

Welcome to

# Re:Minds Re:View

The Re:Minds Group CIC monthly newsletter

## Transition to Adulthood Fair Special! March 2023

### Transition to Adulthood Fair

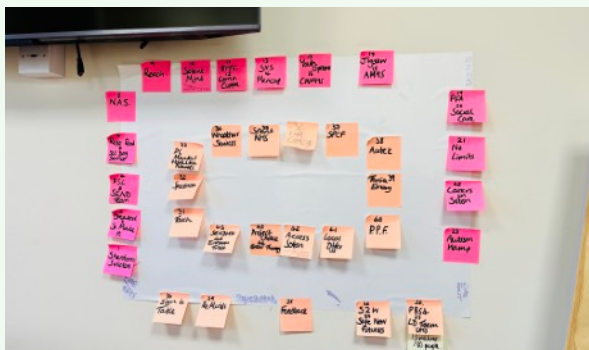
On Friday 24th March we held our first ever Transition to Adulthood Fair. That might not seem like a huge deal to many, but to us, it meant the world.

When Re:Minds was founded almost eight years ago we quickly noticed a pattern, that when a parent/carer's young person turned 18 they stopped coming to groups for support. We would occasionally catch up with them, only to find out that their young person had either gone into crisis or dropped out completely and just stayed in their room, the parents felt there was no point asking for help as there was nothing for their young person in the city. We set up a support group focused on transition to adulthood and started a second Facebook group just to try and reach out to those families. However, at this time we couldn't get speakers or links to adult mental health and we struggled to find out what there was in the city for these young people. We created a section on our website of places parents/carers recommended to go for support, but after a year we had to stop the group, it was impossible when no services would engage with us to make it work. Instead we began gathering parents/carers and young people's experiences of the transition to adulthood process, we went through city policies and highlighted what wasn't being followed and we wrote reports! Three years ago we sent a report to everyone we could think of about the failures in supporting these families. If you have been in a meeting with us, you know we raised this issue at every possible opportunity (sorry about that!). Shortly after this we were delighted to get a link with adult mental health as finally we were able to offer Adult Mental Health Advice Clinics. We worked with them to write guidance for families about the transition process from CAMHS to AMHS and Primary Care. Things were slowly moving.

Over and over we told every professional who might be able to help that there was a cliff edge once a young person turned 18 and whole families were falling straight off of it. In 2022 we were invited to join a working group looking at provision for 16-25 year olds and suddenly it felt as if everything had shifted.

Finally everyone was on the same page and people wanted to know our views - which we happily gave - you can imagine! It was here that we finally got to pitch our idea for a Transition to Adulthood Fair, and we were given the go ahead to run the event. What followed was six months of some of the most intense work we have ever done, but we were determined to make it a success.

As ever, we went straight to our Re:Minds families to ask them what they wanted to see there and then we went out to every service and organisation we could think of. We have sent more emails and made more floor plans that we thought humanly possible, to squeeze in everyone we could and last week it all came together! We enlisted, once again, our own families, partners, children and parents to get everything set up ready for the fair the night before.

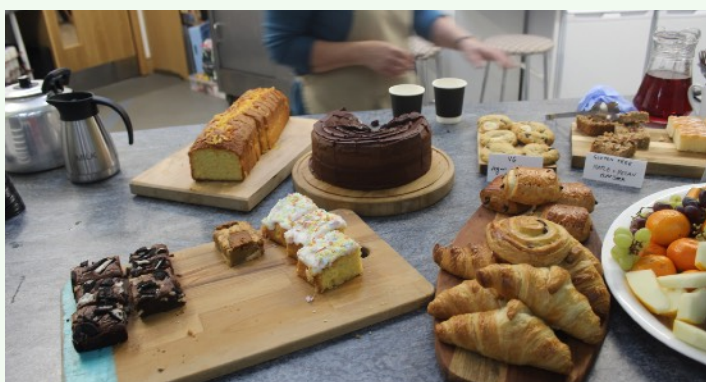


The infamous floor plan!



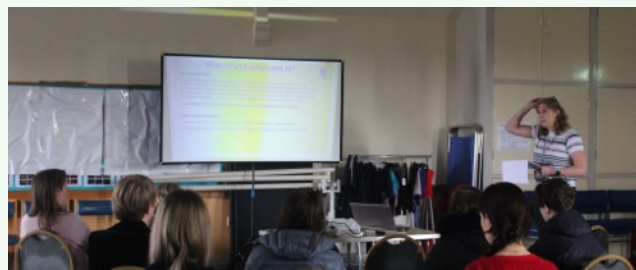
The amazing set-up team!

Bright and early on Friday 24th March we nervously waited to open, our biggest fear was that we hadn't reached enough people and no-one would come – we were delighted to be proved wrong! We had 81 stall holders representing 45 organisations, and over 200 parents/carers, young people and professionals joined us - it was a non-stop day. Many people commented on the fantastic atmosphere and it was certainly lively and of course the cake from Make and Brew was a big hit!





Whilst downstairs was very busy, upstairs was a much calmer place where we had speakers on topics our families had asked for. A massive thank you to SENDIASS, Shentons Solicitors, Adult Mental Health Services, SARC and Southampton City Council's Preparation for Adulthood and Social Care teams for giving talks. The amazing Autek team filmed each talk and very soon we will have them on our YouTube channel, along with the slides so they are accessible to everyone. We have received wonderful feedback about the talks and how useful they were from parents/carers and professionals. We were really grateful for each service for then giving 1:1 support in a quiet room after the event, so parents/carers in particular could ask for much needed advice, In fact some speakers spent almost 2 hours doing this, which was amazing.



To help parents/carers who couldn't make it, we are going to make our next evening group in April all about the Transition to Adulthood Fair, with all the information we collected on the day, the PowerPoint's and we will have a general catch up on anything they might have missed.

We received some wonderful feedback and at the end of it all, when the office looked like a bomb had gone off we had a chance to reflect on all the things we want to do differently next year! We know we need more space and more tables and more services and a way to try and reduce the noise - we are buzzing with new ideas to make it even better next time. Whilst we reflect on the incredible event, we want to say thank you to everyone who attended, everyone who helped make it happen, everyone who put up with us asking for it for all these years and those of you who listened - we couldn't have done it without you. There is still a long way to go, but finally things are moving and it is really exciting to be part of it, bring on Transition to Adulthood Fair 2 - the sequel!

'I have no family so being able to look into the future and make plans and actually meet the people who will look after my son is like a weight lifted. The impact of today may seem small to some but to me this has made a massive difference.'

'This was brilliant for us. My daughter was having a particularly bad day and everyone was so nice.. even made her smile and the information.....EMPOWERING! Thank you so much.'

'Absolutely amazing transition to adulthood fair, so much information it will take me a week to get through all the paperwork, but such a fantastic event. Thank you for making it happen.'



The tired team at the end of the event!

## Re:Minds April-July 2023 Dates



Advice Clinics - please book in for these the week before the clinic All advice clinics and speaker meetings are held online	
<b>Autism Advice Clinic</b> With Dr Anastasia Sedikides Principal Clinical Psychologist at Southampton Autism Service	10.30am 19th April 10.30am 17th May 10.30am 14th June 10.30am 12th July
<b>CAMHS Advice Clinic</b> With Sabya Basra & Chantal Homan from Southampton CAMHS	10am 21st April 10am 19th May 10am 16th June 10am 14th July
<b>ADHD Advice Clinic</b> With Consultant Nurse & ADHD guru Cathy Laver Bradbury	9.30am 26th April 9.30am 5th May 1.30pm 15th June 1.30pm 5th July
<b>Adult Mental Health Advice Clinic</b> With Sarah Leonard, Head of Community Nursing	10am 18th April 10am 19th May 2pm 8th June 11am 20th July
<b>Free Legal Advice Clinic</b> With Hannah Adams from Shelton's Solicitors	12.30pm 20th April 12.30 18th May Other dates tbc
Speakers, Workshops & Support	
To be confirmed, please check our website for more details	
Courses	
<b>ReCharge Course</b> 5-week face to face course	20th April - face-to-face course
<b>NFPP</b> 6-week course for ADHD	19th April - Face to face course begins 7th June - online course begins Guided Self available on request

Please note meeting dates may change, any updates will be added to our Facebook group and website

Face to Face Meetings - no need to book!	
<b>Shirley Support Group</b> Adults only please, unless specified Room 7, St James Road Methodist Church, St James Road, Shirley, Southampton	6.30pm 17th April 10am 21st April 10am 5th May 6.30pm 8th May 10am 19th May - children welcome 6.30pm 5th June 10am 9th June 10am 23rd June - children welcome 6.30pm 3rd July 10am 7th July 10am 21st July - children welcome
<b>Woolston Support Group</b> Adults only please, unless specified Hall behind St Patrick's Church, Portsmouth Road, Woolston, Southampton	10am 27th April 10am 11th May 10am 25th May - children welcome 10am 15th June - children welcome 10am 29th June - children welcome 10am 13th July
<b>Paperwork Support Group</b> Room 7, St James Road Methodist Church, St James Road, Shirley, Southampton	10am 30th March 10am 28th April 10am 23rd May

Contact us on [info@reminds.org.uk](mailto:info@reminds.org.uk)



## New Forest Parenting Programme with Re:Minds

We are delighted to be able to offer a free 6-week course offering strategies and support to parents of children with ADHD aged 3-12.

We run a face-to-face, online and guided self-help course.



Please email [info@reminds.org.uk](mailto:info@reminds.org.uk) for more information and to book a place  
For more details go to [www.reminds.org.uk](http://www.reminds.org.uk)



## Re:Minds ReCharge

A wellbeing and resilience course for parents



A chance for parents to think about their own wellbeing, and to talk to others in similar situations.

The course is run over 5 weeks and will cover topics including unhelpful thinking, dealing with worries, the emotions around parenting a child with additional needs, mindfulness and how to be resilient



For further information please email [info@reminds.org.uk](mailto:info@reminds.org.uk)



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See you in May 2023