



**Southampton Parent  
Carer Forum CIC**

# **ANNUAL REPORT 2023**

# A FEW WORDS FROM THE DIRECTORS



Amy writes ... What a year! The forum has been on such a amazing journey. I would like to thank everyone for their support and understanding over this last year.

We have become more active since the start of the year we have found our feet since we stopped being hosted by Rose Road.

Your engagement and support is much appreciated. It's important for the work of the forum as it keeps the needs of our families at the forefront of everything we do.

The feedback from families informs service providers and organisations, including Southampton City Council, Solent and Southern Health and the ICB.

This Annual Report provides information on SPCF's work throughout the year. I hope you will take a few minutes to look at all the different areas we have been active in, whilst representing the whole SEND community.

In my role, I have the opportunity to hear many different views and experiences. This motivates me to seek further improvements in all areas of support for our SEND community and to ensure their voice is heard in strategic meetings. SPCF aim to create a culture of participation and co-production with all stakeholders in the city. At the centre of this, is the SEND community voice which must be heard to create real effective improvement.

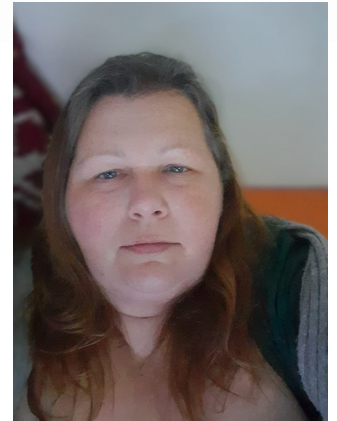
I hope you all can continue supporting your local forum, so that the Lived Experience of families continues to improve for both now and for future generations.



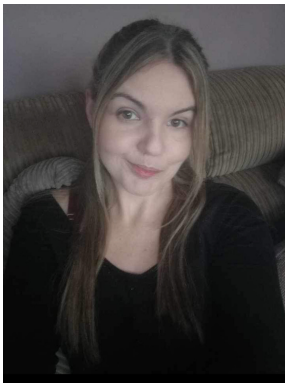
Donna writes ...I am loving the face to face workshops, bridging the gap for families. The fun day and activities we have put on to suit all families, ages and disabilities.

Hopefully these help draw families to events to share their voice at them. It's so important for the families to share what is working well and what we need to work on to improve things for them.

Kelly writes ... I have really enjoyed our engagement activities & working with providers to support them in running SEND sessions. As parent carer I know how hard it can be to find suitable inclusive activities for our families. Continuing to voice our families needs is an important role to ensure the services needed are provided in a way that works for SEND



## STEERING GROUP AND PARENT REPS



Emily



Clare



Nicole



Hayley



First coffee morning of 2023

**Proud to be a Parent Representative supporting families to have a voice and talking with SEN Services to provide the highest standards of care to our community!**

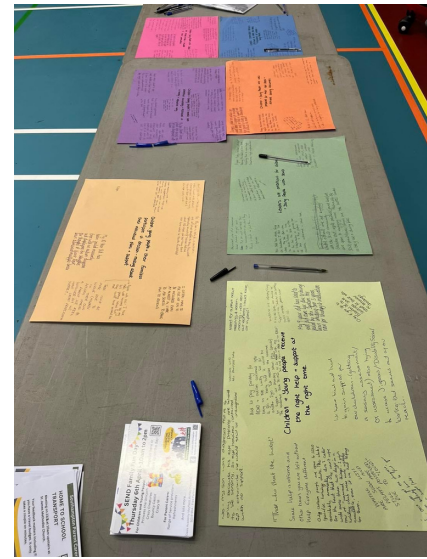


# WHAT IS A PARENT CARER FORUM?

A parent carer forum is a group of parents and carers of children with a special educational need and/or disability (diagnosed or not) who work with local authorities, education settings, health providers and other providers to make sure the services they commission, plan and deliver meet the needs of SEND children and families in the local area.

The National Network of Parent Carer Forums (NNPCF) is made up of all of the parent carer forums from across England. The NNPCF ensures that local parent carer forums are aware of national developments. It promotes opportunities for the voice of parent carers to influence at a national level.

The NNPCF works closely with the Department for Education, the Department of Health, and other partner organisations to improve outcomes for children and young people with disabilities or additional needs and their families.



Feedback collected at Inftazone Feb 2023

## PURPOSE, VISION AND VALUES

### Purpose

Southampton Parent Carer Forum exists as a force for positive change. At its core, our purpose is to make life better for parents of children and young people with additional needs in Southampton by creating a loving and supportive community in which we all belong, where our challenges are truly acknowledged, our voices are heard and respected, and together, we can shape the services that our children deserve.

### Vision

Our Vision is for an accepting and empathetic wider community where the daily challenges faced by Parent Carers are recognised and understood, and there is a shared commitment to overcome them.

### Values

Making life better for people and speaking up to fix a broken system isn't always straightforward or easy so we lean on each other and all of our amazing employees, volunteers, stakeholders, partner organisations and family members to keep us going.

These values and the way we behave to demonstrate them are what makes us so special; they are:





Everyone belongs

Lived experience can make all the difference



People, as well as parents

Together we're stronger



Happy child, happy parents, happy home

## SNAP SHOT OF MEETINGS ATTENDED

Below are some examples of the meetings we have attended over 2023

Preparation  
for adulthood

Community  
Inclusion

SEND  
partnership

All age ND  
partnership  
board

Supported  
Internship

Inclusion  
Charter

Adult social  
care workshop

Children and  
young people  
emotional and  
mental health  
steering group

Short break  
innovation bid  
for ND hubs

School  
transport  
transformation  
board

Carers  
Steering group  
& Partnership  
board

SEND activities  
meeting with  
Active Nation

Specialist  
dental  
services

# THE YEAR IN NUMBERS

Total number of coffee mornings:  
21

Number of free to attend, family events:  
22

Number of workshops:  
4

Number of parent carers who attended a coffee morning:  
176

Number of parent carers who attended family events:  
293 (not including children or young people)

Number of parent carers who attended a workshop:  
34

Number of Professionals who came to a coffee morning:  
17

Parent carers in closed Facebook group:  
458

Facebook followers:  
2,182

Meetings attended around education/ transport:  
46

Other strategic meetings:  
57

Number of schools we visited to host coffee mornings:  
6

Number of blue bags given out:  
5,537

Number of food bank vouchers issued:  
114

Number of trainings delivered:  
6

Number of engagement events we attended:  
7



Our stand at pride in August 2023

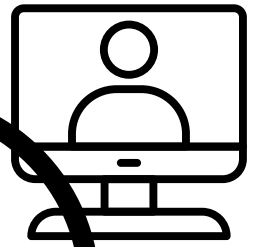
# DURING 2023 ...



Decided to go independent



Opened Bank Account



Facebook live



Family events -  
inflata zone



Blue bags



First coffee  
morning



Delivering  
training



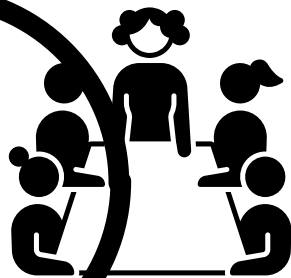
LO audit



Transistion fair



Fun day



First workshop -  
Police workshop



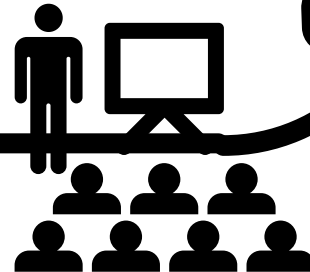
Pride



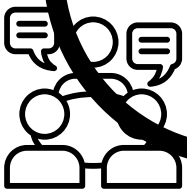
Review of Max card



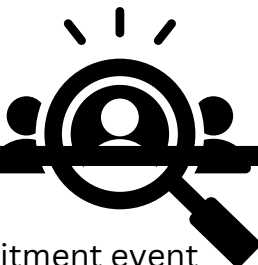
Annual survey



SEN school expansion



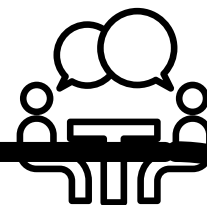
Worked on  
Ofstead  
SEF day



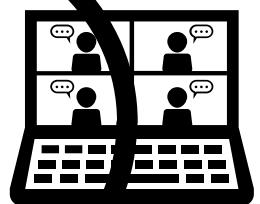
Recruitment event



New Database -  
Lamplight



SPCF on  
Interviews  
pannels with  
SCC



Webinar for  
STS  
consultation

What a  
great  
year!

Food bank  
voucher



CIC



Carers Fair



# YOU SAID, WE DID

You Said	We heard and did the following in response
There is a lack of opportunity for parents who work to give feedback about local services.	<ul style="list-style-type: none"> <li>• Weekday morning coffee mornings</li> <li>• Evening sessions eg Board in the city</li> <li>• Weekend events eg swimming or KEEN stay and play</li> <li>• School holiday sessions eg testlands and SEND fun day</li> <li>• SEND Survey online</li> </ul>
It's difficult to find what I am looking for on the local offer website	<ul style="list-style-type: none"> <li>• Been working with the local offer development officer (Claire) to make changes.</li> <li>• Held a user feedback coffee morning last term with Claire.</li> <li>• Asked for feedback about the local offer website in the SEND Survey we recently completed. Which will then be shared.</li> <li>• More co-production planned to continue developing it.</li> </ul>
School transport is unreliable and the staff are unhelpful	<ul style="list-style-type: none"> <li>• Completed a survey and used the results to form our own report to senior staff. Copy on website.</li> <li>• Delivered training to the transport staff</li> <li>• After training completed a second survey and shared results</li> <li>• Held a coffee morning with Transport Staff</li> <li>• Held a facebook live about transport</li> <li>• Key dates on school travel service (Local offer) website</li> <li>• Regular updates on website</li> </ul>
Lots of places are not send friendly eg Swimming and Museums	<ul style="list-style-type: none"> <li>• Feeding back to the community inclusion project the NHS are working on.</li> <li>• Training is being rolled out to leisure and cultural providers across the area from September hopefully.</li> <li>• Venues are being encouraged to complete an environmental audit to make the area more SEND friendly</li> <li>• There is a mystery shopper programme coming in September to gather feedback from families.</li> <li>• Active Nation have begun the Saturday SEN swimming sessions again</li> </ul>
Last year (2022) HAF were not SEND friendly	<ul style="list-style-type: none"> <li>• Feedback to SCC who manage the HAF programme. (Training has been rolled out to all SEN accredited programmes (purple starts on website).</li> <li>• Ryan has attended 2 coffee mornings in recent months to hear the feedback and share the developments for this summer.</li> <li>• SEND accredited providers can apply for funding for 1:1s for young people.</li> <li>• Feedback this summer (2023) is far more positive.</li> </ul>

Over the year we have achieved a lot more but this is just a small snap shot of some of the work.

# SEND FUN DAY 2023

On the 6th April 2023 we held a SEND fun day with local service providers. This was a free event for families to attend.

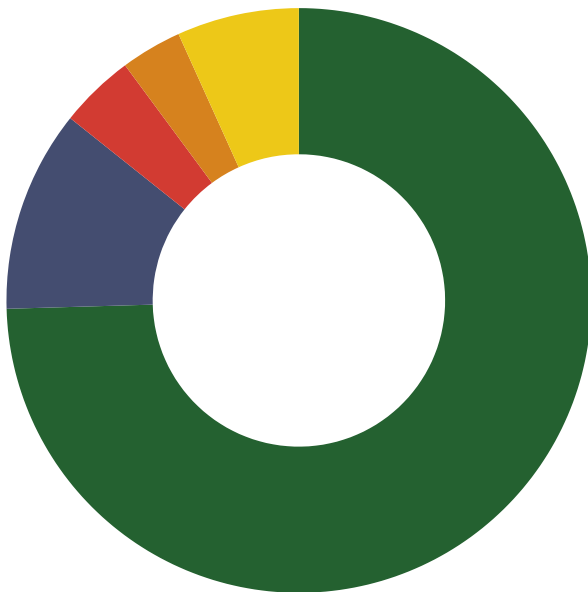
We had a range of entertainment for the children and young people with 385 adults and 437 children attending who signed in.

In the main space there was a range of different local service providers for families to speak to for support, advice or ideas.



This shows which ethnicity were represented at the SEND Fun day.

■ White (British) 74.5%   ■ Asian 11.2%  
 ■ Black 4.2%   ■ Mixed or Multiple 3.3%  
 ■ Other or did not state 6.8%



Well done to Southampton Parent Carer Forum for putting on what looked like a amazing event. I know our daughter really enjoyed it. Keep up the great work supporting the send community. (Parent Carer )

What a fantastic day!!! Thank you so much to everyone involved in this amazing event. Lots of info for parents and so much fun for the kids!!! (Parent carer)

# ANNUAL SURVEY RESULTS

How important are these issues to you? This will help us focus on the right things? (222 Responses)  
Results are percentages

	Very Important	Important	Netural	Not very Important	Not a issue for us
Local Offer	24.	39.6	29.4	4.6	1.9
School transport	39	27.1	23	3.6	6.3
Short breaks (play schemes)	30	41	21	3.2	2.7
Short breaks (Council funded eg Active Nation)	28	39	27	2.7	1.4
CAMHS	33	30	31	2	4
Support for Carers	35	37	24	2.3	0.9
Young Carers	31	40	21	3.7	3.2
Support in Schools	42	34	18	1.8	2.3
Health (physio, OT etc)	36	41	18	2	1

Could you help schools have a better understanding of parents, mental health

Lovely atmosphere and approachable.

I love the support, and the friendships I've made since coming to your coffee mornings.

Easy to speak to at events, not sure what they do at a council or strategic level as don't always get the feedback.

## Spending:

- Events
- Meetings
- Staffing
- Hard to reach
- Infrastructure
- Develop info and resources
- Web development
- Parent Carer expenses
- Parent Carer remuneration
- Other

# FINANCIAL REVIEW

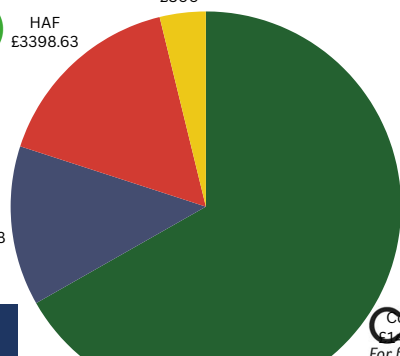
November 2022 to April 2023

Income:

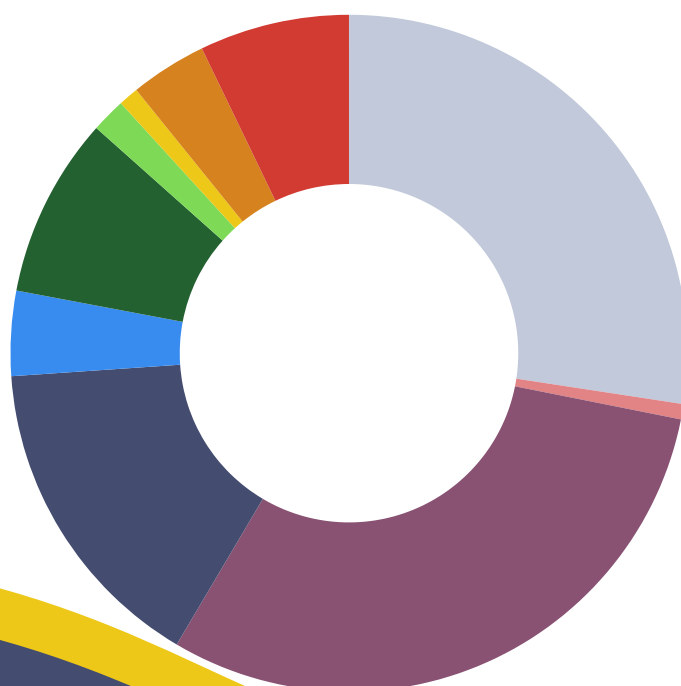
- Contact
- SCC
- HAF
- Underspend from previous period



Underspend from previous period  
£800



contact  
For families with disabled children





# PRIORITIES FOR NEXT YEAR

Thinking ahead to 2024 we would like to try

## Raise the profile of the forum



To reach out to more of the seldom heard group to increase their membership and attendance at events



To be invited to more venues including schools to hold coffee mornings.



To be invited to more health and social care strategic meetings so the lived experience is heard by those professionals

Run some recruitment events at specific target groups to ensure we are pan disability covering all ages of 0 to 25



Recruit more volunteers to the steering group and more parent reps.



## Grow the steering group

# SAVE THE DATES

## SEND Family Fun Day 2024

Tuesday 9th April - 10am to 2pm

### For Children and Young People:

Bouncy Castles, face painters  
Unicorns, creepy crawlies and lots more ...



### For Parent Carers:

Range of **Local offer Service providers** for advice, ideas and support



Refreshments for all (drinks, fruit, biscuits and ice cream are all free, there will be a food van with food for sale)



At: Richard Taunton College,  
Hill Lane, SO15 5RL



For more information  
follow us on Facebook



Summer Survival event:  
20th June, Northam

Your opportunity to find out what's available in the summer through local providers.

Found the group friendly and was nice to meet like minded parents and share our experiences. (Parent carer at a swimming session)

# CAN YOU HELP?

Southampton Parent Carer Forum is a thriving and active organisation driven by the desire to improve and shape services for children with special educational needs and disabilities (SEND).

We do this by influencing the design of policy and provision in the city of Southampton at the highest levels.

The more we grow and develop our presence, the more we need to add to our dynamic team of change makers.

Would you be interested in:

- representing the voice of Southampton parents and carers at meetings and partnerships?
- being involved in surveys and consultations about aspects of provision in the city?
- supporting with events and promotional activity
- having access to training and activities that develop your skills and aspirations

If so then we need to hear from you.

I enjoy my role as a parent rep, as we get to hear about local developments before other families. We can give our feedback on them which can make a difference. Supporting at the events reminds me I am not alone as SEN parent.

## KEEP IN CONTACT FOR UPDATES



<https://www.facebook.com/southamptonparentcarerforum>



Southampton Parent  
Carer Forum CIC  
Company Number:  
15322658



07907777053

Scan the QR code  
for link to  
facebook (above)  
and website  
(below)

Members of



National Network of Parent Carer Forums  
'Our Strength is our Shared Experience'  
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