

Southampton Parent Carer Forum

NEWSLETTER

November 2025

Welcome to this month's Southampton Parent Carer Forum newsletter!



As we move into the festive period, we know this time of year can bring added pressures and increased anxiety for many families. Please remember you are not alone – we're here to support you. This month's edition includes details of our upcoming workshop designed to help families manage anxiety around the holidays, along with updates on events, news, and opportunities to share your voice. Thank you for being part of our community and for continuing to work with us to shape the services that matter to our children and young people.

Key Updates

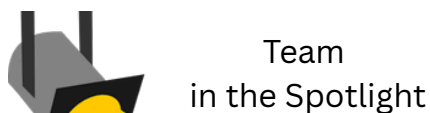
- Rose Road are opening for 2 days before Christmas for Southampton families who are eligible for short breaks with Jigsaw.
- ND MDT is working with pilot schools to use the digital profiling tool, before a full roll out later next year.
- HAF is open for Christmas holiday bookings.

Key Dates - More info on the following page

Thursday 4th
December - SEND get together with Rebecca

Tuesday 9th December
- SEND get together with ND team

Tuesday 16th
December - Workshop on Anxiety and Neurodiversity



Team in the Spotlight

Local Offer - Claire manages the Local Offer website for Southampton City Council and will soon be releasing a newsletter full of activities and information for the festive break. You can sign up to receive it using the QR code below.



Meeting in the Spotlight

This week, we took part in an EHCP audit alongside Case Officers, SENCOs, Health colleagues, and other key stakeholders. It was a productive session with valuable discussions on how plans can be strengthened. The insights gathered will help improve the quality of EHCPs as the new online system is introduced.

Scan the QR code for the link to our facebook page for the most up to date info.



Continued...

A message from the New Designated Clinical Lead within the ICB (NHS)

Hi, I'm Becky Latham and I am your new Designated Clinical Officer (DCO) working for the NHS ICB. My job is to act as a champion for families and professionals, ensuring that health is an integrated part of the support for children with SEND particularly around the EHCP process and that the services provided are effective and high quality. My aim is to connect families and services to support a smooth and supportive system and to look at how we can make systems better and easier to navigate.

My background is as a Speech and Language Therapist, working in the NHS and specialising in working with children with complex needs including eating and drinking difficulties.

I've been busy getting to know all the systems and processes currently in place and gathering ideas for improvement and I would love to hear your thoughts and opinions on what is working well and what needs to change particularly around the health sections within EHCPs.

I look forward to meeting you at a SEND get together and hearing your priorities for change.

Rebecca will be at a SEND get together on 4th December, details on next page.

We can make food bank referrals and signpost you to local support for help with energy costs. If you need assistance with either, please don't hesitate to get in touch.



Community Inclusion Project (Mystery shopping leisure and cultural venues)

As part of an ICB project, we need parent carers and young people to mystery shop a range of local leisure and cultural venues – e.g. leisure centres, museums, cinemas, and theatres.

Once you have visited a venue and completed the survey about your experience, you will be reimbursed for one young person and one adult ticket.

If you would like to get involved, please email chair@sotonpcf.org.uk. We can then let you know which venues we still need families to visit.

The visits need to be completed by the end of 2025.

Whats on ..



| Date | Event Info | Time | Location |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------|
| Thursday 4 th December | SEND get together with Rebecca Latham (Designated Clinical Officer) focusing on health section of EHCPs | 10-12 | High Point, Bursledon Rd, Thornhill, Southampton SO19 8BR |
| Tuesday 9 th December | SEND get together with ND (Neurodiversity) Multi Disciplinary Team | 10-12 | Freemantle and Shirley Community Centre, Randolph Street, Southampton. SO15 3HE |
| Tuesday 16 th December | Workshop supporting young people who are struggling with anxiety | 10-12 | Harbour Lights, Southampton SO14 3TL |
| <p>Christmas Family events which are to be confirmed - Keep a check on Facebook and website for booking information</p> | | | |
| Tuesday 6 th January | SEND get together | 10-12 | Swaythling Neighbourhood Centre, Hampton Pk Wy, Southampton SO17 3AT |
| Thursday 15 th January | SEND get together with ND (Neurodiversity) Multi Disciplinary Team | 10-12 | Cowherds, The Common, Southampton SO15 7NN |
| Wednesday 21 st January | SEND get together with preparation for adulthood team | 10-12 | Townhill Farm Community Centre, Wessex Rd, Southampton SO18 3RA |
| Monday 26 th January | SEND get together with SCC SEND team | 10-12 | Freemantle and Shirley Community Centre, Randolph Street, Southampton. SO15 3HE |