

Southampton Parent Carer Forum

Review and Updates

May 2026

Welcome to this month's Southampton Parent Carer Forum Review and Updates



As we continue working to improve services for children, young people and families, it's really important that your experiences and views are at the heart of what happens next.

Our latest survey is now open, and we'd love as many families as possible to take part. It's your opportunity to tell us what's working well, what still needs to improve, and what matters most to you.

This survey includes questions about progress since the recent Ofsted inspection, as well as your experiences of services ahead of an upcoming social care inspection. We're also asking about transitions, as this is an area of ongoing work and focus locally.

Your feedback helps us represent your voice when working with decision-makers and services—and it plays a vital role in shaping real change.

Key Updates

- You can now text or whats app the forum on 07354 940 838
- Transport deadline for post 16 applications and exceptional circumstances forms is approaching. Deadline is 31st May.
- Transition events are planned for the summer. Keep a eye on facebook for lots more information.

Key Dates - More info on the following page

Tuesday 2nd June - 10-12 Transition workshop with the ND team followed by a summer survival event 11-2pm with various providers.

Thursday 28th June - 4 to 7pm Transition event with secondary schools and colleges.

Your Voice in the Spotlight

Young Person Survey



Parent Carer Survey



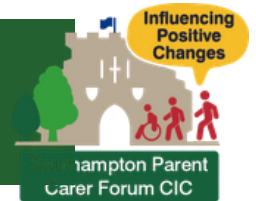
Professional Survey



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



Continued ...



Sensory Support on the local offer

This resource page, designed to support children and young people with sensory needs both at home and in school.

This guidance has been written by Jessie, the Sensory Occupational Therapist from the Neurodiversity (ND) MDT team within Southampton City Council (SCC). Drawing on her expertise, you'll find a range of practical, easy-to-use strategies to help support sensory differences in everyday life.

Whether you're a parent, carer, or professional, these ideas are intended to help you better understand sensory needs and feel more confident in supporting children across different environments. From calming strategies to ideas for improving focus and regulation, there's something here to try in both home and school settings.

<https://www.southampton.gov.uk/schools-learning/send-local-offer/professionals/sensory-supports/sensory-strategies/>



In this section

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Sensory profiles and sensory passports

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Sensory training opportunities

Sensory Support resources

Support for home and parents

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Online sensory checklist

Understanding a child's sensory profile—how they process and respond to sensory input—can be a powerful tool in identifying the most effective strategies. By recognising patterns in sensory preferences and sensitivities, adults can tailor environments and routines to better support regulation, attention, and emotional wellbeing.

Understanding sensory regulation

Sensory regulation refers to the way the nervous system regulates and responds to sensory information throughout the day. It is very common for children to show a mixture of responses across different sensory systems. A child may seek certain types of sensory input (e.g., movement or touch) while also being sensitive or avoidant of others (e.g., noise, crowded spaces, bright lights). This is a normal pattern for many children, and responses can vary depending on:

- The environment
- The child's emotional state
- Demands of the activity
- Overall stress and fatigue

We are actively working to gather feedback from a wide range of families across the city and will be attending local school fairs and community events. If there are events you feel we should attend, please let us know and we will do our best to be there.

SOUTHAMPTON PARENT CARER FORUM INVITES YOU TO ...

FREE ENTRY

Summer Survival

Helping you and your child feel confident about managing the summer holiday



Transition workshop with the Neurodiversity Multidisciplinary team
✓ Ideas and strategies to support your young person as they transition to a new class, year group or even school.

Date: Tuesday 2nd June

Times: 10-12 for Workshop

11-2pm for chatting to providers

Where: Harbour Lights Picture House,
Maritime Walk, SO14 3TL

What to expect 11am -2pm:
✓ Meet a range of activity providers
✓ Friendly advice and guidance from SEND Team, School transport and ND Team
✓ Ask questions in a relaxed setting



We're really excited to share that the Jigsaw Social Care Team have given us funding to run some activities for families!

We've got a few things planned for May half term, so keep an eye on our website for all the details as they're released.

To give as many families as possible the chance to take part, we kindly ask that you book one activity per family for half term.

Whats on ..

FREE ENTRY



Wednesday 29 th April	SEND get together with School Travel Service	10-12	High Point, Bursledon Rd, Thornhill, SO19 8BR
Tuesday 5 th May	SEND get together with SCC SEND Team	10-12	Harbour Lights, Southampton SO14 3TL
Tuesday 12 th May	WORKSHOP - Understanding behaviour	10-12	Freemantle and Shirley Community Centre, Randolph Street, SO15 3HE
Thursday 14 th May	SEND get together with the forum	10-12	Mayfield Nursery, Weston Lane, Weston, Southampton SO19 9HL
Tuesday 19 th May	SEND Get together with ND (Neurodiversity) Multi Disciplinary Team including EP	10-12	Beautifully Bisque at the Crafty Bug, 82 Bridge Rd, Southampton SO19 7GQ
Tuesday 2 nd June	WORKSHOP - Transistion	10-12	Harbour Lights, Southampton SO14 3TL
Tuesday 2 nd June	Summer Survival - See Flyer on previous page	11-2	Harbour Lights, Southampton SO14 3TL
Wednesday 3 rd June	WORKSHOP - Sensory support with Jessie (Sensory OT with the ND MDT)	10-12	High Point, Bursledon Rd, Thornhill, SO19 8BR
Tuesday 9 th June	WORKSHOP - School Avoidance with the mental health in Schools team	10-12	High Point, Bursledon Rd, Thornhill, SO19 8BR
Thursday 11 th June	SEND Get together with ND (Neurodiversity) Multi Disciplinary Team	10-12	Freemantle and Shirley Community Centre, Randolph Street, SO15 3HE
Wednesday 17 th June	SEND get together with Portage	10-12	Jumpin Jax, Ashley Crescent, Sholing, SO19 9NA
Thursday 18 th June	Transition event for year 5/6, year 10/11	4-7pm	Saints Stadium, Britannia Rd, Southampton SO14 5FP
Monday 22 nd June	SEND get together with Jigsaw (Social Care team)	10-12	Townhill Farm Community Centre, Wessex Rd, Southampton SO18 3RA

Whats on locally ...



NAS are running groups for children with Autism, see the below flyer for information.

- **Autism support group**

Monthly on Mondays, open to parents, carers and family members of autistic children and adults, autistic individuals and autism professionals – to exchange experiences, skills and understanding. Guest speakers often invited. Held at The Junction Church (formerly Bishopstoke Evangelical Church), SO50 6DA; 7.30–9.30pm.

- **Family youth club and LEGO club**

Monthly on Saturdays. Youth club for autistic children, their siblings and parents, at Chandlers Ford Methodist Church, SO53 2GJ; 3.30–5.30pm. LEGO club: 2.00–3.15pm – referral only.

- **Children's and Adults' social groups**

Indoor and outdoor activities, social events and friendship. Fortnightly (term-time) on Tuesdays at St Patrick's Church Hall, Woolston, Southampton, SO19 9BD (Porchester Road entrance). Children and Teenagers: 6.00–8.00pm; Adults: 7.00–9.00pm. For further details email: southampton@shantsnas.org.uk or phone Sue on 023 8043 2612 or Tracey on 07532 282301.

- **Partners' support group**

Monthly on Thursdays, for partners of autistic people, at Chandlers Ford Methodist Church; SO53 2GJ. 7.30–9.30pm.

- **Resource library**

Access to our extensive library of books, DVDs and games.

- **Social events, Training opportunities and Seminars**

- **Links with other local support services and groups**

- **Representation on Hampshire Autism Partnership Board**

For details, times, venues and booking information, visit our website.

Contact us:

www.shantsnas.org.uk

www.facebook.com/nassouthhampshirebranch

southhampshire.branch@nas.org.uk

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427). v7.0



SOUTHAMPTON PARENT CARER FORUM INVITES YOU TO ...

Transition event

Helping you and your child feel confident about their next step

What to expect:

- ✓ Meet schools, colleges & services
- ✓ Friendly advice and guidance from SEND team and SENDIASS
- ✓ Ask questions in a relaxed setting

Who is this for?

- Year 5 parents (moving to secondary school) without EHCPs but who need support
- Year 10 & 11 parents (moving to college)

Date: 18th June

Times: 4pm to 7pm

Where: St Marys Football Stadium,
Britannia Rd, Southampton SO14 5FP
(parking available on site)



FREE ENTRY



www.sotonpcf.org.uk



07354 940838

NHS
Hampshire and Isle of Wight



Re:Minds now have a variety of courses available for booking including Teen Life, Early Bird, NFPP and teen NNPF. Please email them for info: courses@reminds.org.uk



Is your child masking at school and crashing at home?

FREE ONLINE SEMINAR

“Understanding Masking and Burnout in Neurodivergent Children”

Insights and strategies for families

Thursday 25th June 2026, 7.30 – 9.00 PM

No booking required!

Simply join the seminar by scanning the QR code or use the Zoom details below:

Meeting ID: 856 7807 0454
Passcode: 634232

If you prefer, feel free to email us at Info@sftrust.org.uk for the Zoom link.



DEAF FAMILY FUN DAY



EVERYONE WELCOME!

STALLS
NEWLANDS SIGN CHOIR
INFLAPLANET
RAFFLE
AMBULANCE
FIRE ENGINE
AND MORE...

COME JOIN US FOR A FUN DAY BRINGING THE DEAF COMMUNITY TOGETHER

**SUNDAY 10th MAY
11AM - 2PM**

**REDBRIDGE COMMUNITY CENTRE
CUCKMERE LANE
SOUTHAMPTON SO16 9RJ**

For more information visit: www.shdcs.org.uk/upcoming-events

Please let us know if you are aware of any other SEN friendly activities.