

# Southampton Parent Carer Forum

## Review and Updates

March 2026

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



As we move into March, we know many families are still juggling ongoing pressures at home and school. Please remember you are not alone. In this edition, you'll find updates on support available, upcoming events and ways to share your voice. We're especially excited to see many of you at our upcoming Fun Day! Thank you for being part of our community – your experiences continue to shape and strengthen our work across Southampton.

### Key Updates

- Please use the generic email address for the Southampton SEND Team rather than contacting individual Case Officers, in case they are absent due to annual leave or illness.  
0-25service@southampton.gov.uk
- Responses from the SEND Team can take up to 10 working days, although they are often quicker.
- Don't forget to update your details with School Travel service if you change your mobile number etc.

**Key Dates - More info on the following page**

Tuesday 3<sup>rd</sup> March  
Sensory workshop

Tuesday 24<sup>th</sup> March -  
Self Harm workshop  
with CAMHS

Tuesday 31<sup>st</sup> March  
SEND Fun day - See  
info on next page

Monday 20<sup>th</sup> April  
Communication with  
school workshop



### Team in the Spotlight

The ND MDT (Neurodiversity Multi-Disciplinary Team) has expanded and now includes therapists, Educational Psychologists, family engagement workers and locality officers. It is a valuable early support resource for families and is working with schools to ensure neurodiversity is everyone's responsibility.



### Meeting in the Spotlight

We attend outreach and respite engagement events to share the parent carer voice and highlight the importance of building trusting relationships between families, staff and providers. Strong, respectful relationships are key to ensuring families feel safe, heard and supported.



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

# Continued...

## SEND Fun Day Information

Tuesday 31<sup>st</sup> March

10am to 2pm

Oasis Mayfield school, Ashley  
Crescent, SO19 9NA

### Young people

Range of activities for young people to enjoy:

Unicorn/horse rides

Animal handling

Several bouncy castles

Musical activities

Bubble workshop

Face painting

Sports activities including cricket

Montys bike hub with bikes including Trishaw



### Accessibility

Quieter time is 12.30-2

Over a number of rooms to give everyone space

Extra face painters to keep queues to a minimum

Chill out/ quiet room available

Several disabled toilets

Wheelchairs can access all areas

Changing rooms with bench seating available for those who need a space for changing a young person/adult.



### Grown ups

Wide range of local services will be there to chat to including:

**Southampton Council teams** - SEND team, social care teams, ND team, school travel, HAF, portage and early years.

**Health** - Range of teams and commissioners coming

**Citizens Advice** - Outreach service offering 1:1 advice on a range of topics

Range of other services, teams and voluntary groups who can support your family.

#### Other info

Free tea, coffee, squash, fruit, biscuits and an ice cream. Food van also on site to purchase food.

#### Teens

Army inflatable course

VR headsets

Inflatable laser quest



Southampton Parent Carer Forum invites you to...

## SEND Family Fun Day 2026

Tuesday 31<sup>st</sup> March - 10am to 2pm

#### For Children and Young People:

Bouncy Castles, face painters  
Unicorn, bubbles 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)

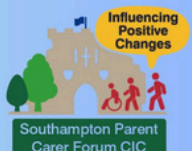
To register



Oasis Academy Mayfield, Ashley Crescent,  
SO19 9NA - Free Parking



For more information  
follow us on Facebook



# Whats on ..

**FREE ENTRY**



Date	Event Info	Time	Location
Tuesday 3 <sup>rd</sup> March	WORKSHOP - Supporting your child's sensory needs	10-12	Freemantle and Shirley Community Centre, Randolph Street, SO15 3HE
Thursday 5 <sup>th</sup> March	SEND get together with the forum staff for general help, support and advice	10-12	Climbing Hanger, Third Ave, SO15 0LD
Wednesday 11 <sup>th</sup> March	SEND get together with ND (Neurodiversity) Multi Disciplinary Team	10-12	Holy Saviour Church, 2 Bursledon Rd, Bitterne Village, SO19 7LW
Monday 16 <sup>th</sup> March	SEND get together with Jigsaw (Social Care)	10-12	Beautifully Bisque at the Crafty Bug, 82 Bridge Rd, Southampton SO19 7GQ
Tuesday 24 <sup>th</sup> March	WORKSHOP - Self Harm / Self Injury with CAMHS	10-12	Harbour Lights, Southampton SO14 3TL
Thursday 26 <sup>th</sup> March	SEND get together with the forum staff for general help, support and advice	10-12	Robins Nest, Atlantic Works, Oakley Rd, SO16 4LL
Tuesday 31 <sup>st</sup> March	SEND FUN DAY	10-2	Oasis Mayfeild, Ashley Crescent, Southampton, SO19 9NA
Tuesday 14 <sup>th</sup> April	SEND get together with Rebecca (Designated Clinical Officer)	10-12	High Point, Bursledon Rd, Thornhill, SO19 8BR
Monday 20 <sup>th</sup> April	WORKSHOP - Communication with School and having challenging conversations	10-12	Harbour Lights, Southampton SO14 3TL
Thursday 23 <sup>rd</sup> April	SEND get together with ND (Neurodiversity) Multi Disciplinary Team including SALT	10-12	Freemantle and Shirley Community Centre, Randolph Street, SO15 3HE
Wednesday 29 <sup>th</sup> April	SEND get together with School Travel Service	10-12	TBC

# Whats on ..



Wednesday 6 May 2026



Time 4 play session for children with Special Educational Needs and Disabilities. Including lots of activities for children aged 0-5 and support for families and carers of children with additional needs. For more info email: [familyhub@southampton.gov.uk](mailto:familyhub@southampton.gov.uk)

[Book Here](#)

**Your Future 2026**  
Guildhall O2  
Southampton

## Family Hub

**Emotionally-Based School Avoidance Virtual Workshop**

6.30pm Monday 16<sup>th</sup> March

**About the Workshop**

**We will cover:**

- What's really going on beneath school anxiety and avoidance
- How school anxiety presents across different ages and needs
- Small, practical steps that can make everyday school life easier
- Support, shared understanding, and where to go next
- Your legal rights and what schools can do to help

Share understanding, learn practical strategies, and take away helpful resources in a supportive space. There will be time to talk with other parents and carers who are going through the same thing and receive support from our team.

**To book onto the workshop, please email:**  
[info@reminds.org.uk](mailto:info@reminds.org.uk)

**Lunch Cooking Club**  
Alternate Wednesday's  
starting 25<sup>th</sup> Feb  
11:30-12:30

Come and join us at our Parent/carers/anyone who is Neurodiverse, chat, cook lunch and share support/experiences

ND Hub 432 Bitterene road SO18 5R. Please book by Tuesday 20<sup>th</sup>  
Call/Text 07803 458097 Email: [Sass@southamptonautismsupportservice.com](mailto:Sass@southamptonautismsupportservice.com)

The 2026 Your Future event is joining forces with Get Inspired. All the hands-on activity of the Get Inspired event PLUS all the post 16 education information you'd expect at the Your Future Transition afternoon.

**Young Adults Neurodiverse Cooking Club**

Our cooking club for young People 14 - 17  
Tuesdays limited Spaces  
10:30-12:00

Held at the ND Hub 432 Bitterene road.  
Please book. Call/Text 07803 458097 to confirm space  
Email [Sass@southamptonautismsupportservice.com](mailto:Sass@southamptonautismsupportservice.com)

**MILLBROOK PAN-DISABILITY FOOTBALL TEAM**

- FREE WEEKLY FOOTBALL SESSIONS
- FOR CHILDREN AND YOUNG PEOPLE AGED 5 - 18
- ADAPTABLE FOOTBALL FOR ALL
- RUN BY DBS CHECKED VOLUNTEER COACHES
- SUPPORTING INDIVIDUALS WITH PHYSICAL AND LEARNING DIFFICULTIES, SENSORY NEEDS AND MORE

**EVERY SATURDAY**  
10:30am - 12:00pm

Test Park Sports Ground Lower Brownhill Rd SO169QZ

Millbrook Meteors PROUDLY SPONSORED BY

INTERESTED IN COACHING OR SPONSORING? Get in touch!

Re:Minds and SASS offer a range of peer support in the city for Parent Carers in the city.

Both have active facebook pages with their events on.

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

For more information on the cooking clubs please contact 07803458097 or email [SASS@southamptonautismsupportservice.com](mailto:SASS@southamptonautismsupportservice.com)