



Ludlow Junior School

Weekly Notices

SCHOOL NURSE



The School Nurse will be holding a clinic here on the 24th September from 9.00am until 12.00pm and there are two appointment slots still available - 10.30am and 11.30am.

To book a 30 minute appointment, please contact the school office. This clinic is open to all parents who wish to discuss any of the following issues:

- Fussy eating
- Sleep
- Toileting
- Growth concerns (over and underweight)
- Healthy lifestyle support

Please note that this clinic is for parents only, and the nurse will not be able to see children during this time.

P.E DAYS



Monday - Avon, Trent, Coast, Ocean, All Year 6

Tuesday - Badger, Wolf, Ocean, Coast, Desert, Forest, Paris, Canberra

Wednesday - Hamble, Stour, All Year 4, Forest, Desert

Thursday - All year 3, Panda, Koala, Madrid, Tokyo

Friday - Thames, Hawk, Mountain, Cairo

AFTER-SCHOOL CLUBS



We still have some availability on the following after school clubs:

Book Club
British Sign Language
Creative Writing
Dodgeball
Girls Football
Netball
Photography
Tag Rugby
Year 3&4 Basketball
Year 5&6 Basketball
Year 5&6 Football

If you would like to book a slot please contact the school office- places are limited so be quick!

JOB OPPORTUNITIES

We currently have job opportunities at Ludlow Junior School including:

- Family Support and Child Protection Lead, full time, term-time only
- School Cleaner, part time, 52 weeks

For more information, please go to our website:
www.ludlow-junior.org.uk/vacancies

2026/2027 TERM DATES & INSET DAYS

1st September - 23rd October 2026
2nd November - 18th December 2026
4th January - 12th February 2027
22nd February - 25th March 2027
12th April - 28th May 2027
7th June - 21st July 2027



INSET days for 2026/2027:
Monday 2nd November 2026
Friday 11th December 2026
Friday 12th February 2027
Friday 25th June 2027



Ludlow Junior School

Weekly Notices

IMPORTANT DATES

- 15th September - School Immunisations .
- 30th September - Year 4 Multiplication Parent Talk
- 30th September - 2nd October - Manor Adventure Residential - Year 6
- 1st October - Year 2 Open Morning & Evening
- 1st October - National Poetry Day
- 12th October - Parents Evening
- 15th October - Parents Evening
- 14th October - Year 5 Winchester Science Museum Visit
- 15th October - Year 4 Roman Experience Day
- 22nd October - School Photo's (Please note this has been changed from the 8th October)

YEAR 6 SECONDARY SCHOOL APPLICATIONS

The application process is now open for children starting secondary school in September 2027. Full details about how to apply can be found on the Southampton City Council website.

A list on parentmail of school open events was sent separately.

Apologies Cantell school was listed incorrectly and their open evening is on the 30th September - 5.30pm - 8.00pm

PLEASE REMEMBER TO NAME UNIFORM AND BELONGINGS

Every term, we end up with a large amount of lost property at school, including jumpers, coats, water bottles, lunch boxes and other items.

To help us return these items to their owners, we kindly ask that all uniform and belongings are clearly named. This makes it much easier for staff to reunite lost items with pupils.

Weather permitting, we will endeavour to regularly put lost property out on the playground at the end of the school day for parents and pupils to check. We also encourage you to remind your child to visit the lost property area if they are missing anything.

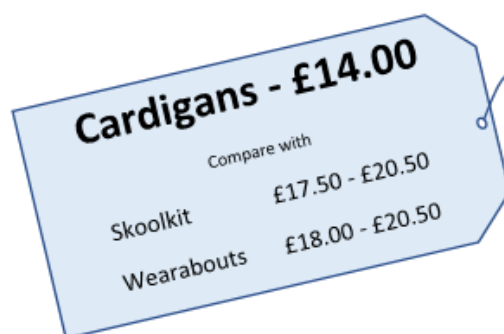
Please note that any unclaimed items may be donated at the end of the term.

Thank you for your continued support.

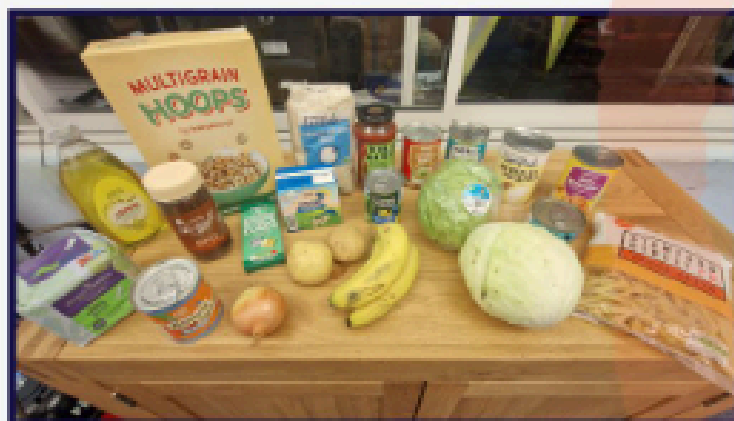


Uniform Shop

Branded Uniform Can be purchased from our Online Shop on Parentmail. Uniform will be available to collect the following morning from our reception on Peveril Road
Purchases can be made from reception by card. Uniform purchased during school closure periods will be available to collect on the first day back at school



**FOR A £5 DONATION YOU
CHOOSE ITEMS WORTH £20+**



WEDNESDAYS 2:30PM - 5PM
VERACITY PAVILION MERRYOAK ROAD
SO19 7QR

Find full details on our website www.oasiseastsouthampton.org
Contact: Email - oasishubeastsoton@oasisuk.org

£3

Merlin Raffle

Win annual passes for a family of up to 6 people to all Merlin attractions for a whole year!



For all 20+ Merlin attractions, include Sea Life, Madame Tussauds, LEGOLAND, Chessington. and much more!

Scan the QR code to access the form and enter



For more details please email activities@spotlightuk.org

Only £4 per ticket

Registered charity 1129258

Win a trip to Disneyland Paris!



Up to a family of 6. Includes 3 nights self catering break at Disney Santa Fe Hotel or Davy Crockett Ranch hotel, theme park access for 4 days, and Eurostar tickets for August 2027

Scan the QR code to access the form and enter



For more details please email activities@spotlightuk.org

In support of
Guide Dogs

Join us!

Community Funday

Games- Speakers- Cake & Coffee- Community

Hosted by Guide Dogs Southampton Fundraising Group

Sunday 25th of October from 10:30 am till 4:00 pm,
Peartree Church Hall, 80 Peartree Rd, Bitterne,
Southampton, SO19 7GZ

Entry: £1 per child, £2 per adult - Token Cards for activities: £5 for 6 tokens, £10 for 12. Entry tickets and tokens on the door.

Additional costs: facepainting, raffle, and food and drink. Guide dog stock only no pet dogs please.

Contact: Katie Murton, katemurton@yahoo.co.uk

Sponsored by: Brystone, Southampton

BRYSTONE
THE FIRST CHOICE FOR BMW & NEW MINI SERVICING



Registered charity in England and Wales
(209617), Scotland (SC038979) and
Isle of Man (1334). C704 01/24



Scarlett's Smiles
SPOTLIGHT UK
Creating positive memories

Discount Activities September

15th Sep | Bowling & Laser Tag Southampton | 6pm £4

17th Sep | Monkey Bizness Gosport | 6:15pm £2.50

19th Sep | Ice Skating Gosport | 3pm £4

19th Sep | High Score Arcade Southampton | 1pm £4.50

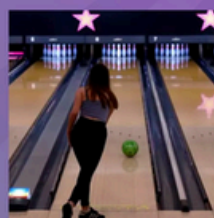
19th Sep | Ninja Warrior Southamtpton | 3pm £5

21st Sep | Flipout Portsmouth | 4pm-6pm - £4.50

24th Sep | Bowling Farham | 6pm - £3.50

26th Sep | Family Swim Romsey | 1pm - £3.50

28th Sep | Monkey Bizness Southampton | 6:15pm - £2.50



To book please email activities@spotlightuk.org

FREE ONLINE **SEMINARS** FOR PARENTS / CARERS No need to book a place! Joining details on each flyer


**Southampton
Family Trust**
 building relationships


 Does your child have ADHD or ADHD traits?

FREE ONLINE SEMINAR
"An Introduction to Parenting Children with ADHD"
 Insights and strategies for families

Thursday 8th October 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: 890 8579 5122
 Passcode: 452245

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



 Scan the QR code for the Zoom link.


www.sfttrust.org.uk


**Southampton
Family Trust**
 building relationships


 Does your child have or might have autism?

FREE ONLINE SEMINAR
"An Introduction to Parenting Children with Autism"
 Insights and strategies for families

Thursday 22nd October 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: 827 3366 5621
 Passcode: 560704

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



 Scan the QR code for the Zoom link.


www.sfttrust.org.uk


**Southampton
Family Trust**
 building relationships


 Does it sometimes feel like everything is a battle with your child or teen?

FREE ONLINE SEMINAR
Understanding Demand Avoidance in Neurodivergent Children (diagnosed or suspected)
 Insights and strategies for families

Thursday 12th November 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: 857 2751 9710
 Passcode: 701137

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



 Scan the QR code for the Zoom link.


www.sfttrust.org.uk


**Southampton
Family Trust**
 building relationships


 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 26th November 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: 864 5384 1446
 Passcode: 303703

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



 Scan the QR code for the Zoom link.


www.sfttrust.org.uk

Southampton
Family Trust
building relationships



Does your child struggle to attend school? Join us for an informative session exploring why school avoidance arises and learn some tips to help.

FREE ONLINE SEMINAR
"Emotionally Based School Avoidance"
Insights and strategies for families

Thursday 10th December 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: 841 8378 9494
Passcode: 403772

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

www.sfrust.org.uk



Scan the QR code for the Zoom link

FREE ONLINE COURSES FOR PARENTS / CARERS

Book a place by emailing: info@sfrust.org.uk

Southampton
Family Trust
building relationships

COMMUNITY

Parenting Children with Autism

Do you have a 3-11 years old child with autism or autism traits?

Join our free course on Zoom for parents and carers in Hampshire

From 30th September to 25th November 2026
9.30 - 11.30 am, on Wednesdays



Book by emailing:
info@sfrust.org.uk

Understand more about autism and learn about:

- Understanding your child and their behaviour
- Sleep, eating, toileting and ARFID
- Anxiety, sensory needs and demand avoidance
- Meltdowns, shutdowns and aggression
- Positive parenting and stronger relationships
- School, masking, burnout and family life

www.sfrust.org.uk info@sfrust.org.uk

Southampton
Family Trust
building relationships

COMMUNITY

Parenting Children with ADHD

Do you have a 3-11 years old child with ADHD or ADHD traits?

Join our free course on Zoom for parents and carers in Hampshire

From 30th September to 25th November 2026
7:00 - 9:00 pm, on Wednesdays



Book by emailing:
info@sfrust.org.uk

Understand more about ADHD and learn about:

- Understanding your child and building connection
- ADHD brain chemistry, rejection sensitivity, self-esteem and emotional regulation
- Sensory needs, anxiety, demand avoidance and the body-behaviour link
- Meltdowns, shutdowns, aggression and keeping everyone safe
- School, masking, burnout and supporting your child beyond the classroom
- Masking, burnout, family life and sustainable parenting

www.sfrust.org.uk info@sfrust.org.uk

FREE ONLINE **COURSE** FOR COUPLES

Book a place by emailing: info@sftrust.org.uk

Building Relationships

FREE 6 week online course for couples

On Wednesdays, 7.30 - 9.00 pm
14th, 21st, 28th Oct; 18th, 25th Nov and 2nd Dec 2026

Covering topics such as Improving Communication,
Managing Conflict and Feeling Closer to Each Other

The sessions:

- are on Zoom - attend in your own home
- are friendly and relaxed - no need to speak in the group
- need to be attended by **both of you together**

PRIVACY: each online session uses Zoom "focus" mode - which means you can't see the other couples and they can't see you. Any discussions between you and your partner will take place in private breakout rooms. Couples are not required to talk in the group.

Email us at info@sftrust.org.uk
to book a place



Re:Minds Re:View

September 2026

Update

After the ridiculously hot summer, we are back and very ready for the cooler autumn. In our last newsletter we talked about our new work with Neuly and why we had got involved. Since then, we have spent the summer working getting ready for launch, alongside a hundred Re:Minds members who have been testing it, challenging it and helping make it better and better. We have absolutely loved the feedback we have had from them so far.

"I wish I had Neuly years ago! How did I ever live without it? I'm telling all my mum friends who have children with ADHD and autism."

"To have support and be able to chat freely whenever it is needed has been so helpful for myself and my family. The strategies and ideas it can bring into everyday life has helped us so much."

"It's such a good resource to help you navigate what you're going through, offer suggestions, and make you feel validated for your feelings as the parent."

"100% would recommend to any parent struggling with their ND child. Science backed and evidence based gives you confidence to apply the suggestions."

We would not be involved with Neuly if we did not genuinely think it could be useful to families. It has been created to support parents and carers of neurodivergent children with practical advice, ideas and strategies, but it also helps you keep track of what is actually going on over time. As you use it, it starts to build a picture of your child, their strengths, needs, behaviours, triggers and all those little things that can be really important but are very easy to forget when someone suddenly asks you in an appointment.

You can also talk to Neuly through WhatsApp, which we really love at Re:Minds. It makes it feel much more like something you can use in normal life rather than another system you have to log into. We also rather like the fact that it checks in and asks how we are doing too. As parents and carers, we spend an awful lot of time talking about how our children are doing. Sometimes it is quite nice when somebody remembers to ask about us.

Workshops

This autumn we are running the final three workshops in our current series, covering School Avoidance, Emotional Regulation and Transitions. The workshops have been incredibly popular and every session so far has been fully booked, which has been brilliant.

The final three sessions will all be online, with some taking place in the evening too, so we hope this makes them a little easier for more parents and carers to attend.

We are hugely grateful to Southampton City Council for funding these workshops and helping us make them available to families.



New Support Groups

Last year, when we had to reduce the number of support groups we were running, we told you we would be back, and thanks to funding from The National Lottery Community Fund, we are! Alongside our popular Shirley group, we now have a new venue in Sholing at The Salvation Army, a new group in Northam at the Community Centre, and we are delighted to be bringing back our group at All Saints in Millbrook. The groups will run mostly once a month during term time, and all the dates and details are on our website. You will also see some familiar faces from the Re:Minds team, including Emma and Lynne, who run our courses and provide one to one support,

One of our favourite bits is the ONE PAGE Insight. Neuly can take everything that has been shared and pull it together into a clear one page overview which can then be shared with professionals. We know how exhausting it is to tell the same story over and over again, particularly when you only have a short appointment and are desperately trying to remember what you wanted to say. Parents and carers hold an enormous amount of information about their children in their heads, so anything that helps capture that properly has to be a good thing.



We are also really interested in what Neuly could do for professionals. Re:Minds has always sat between families and professionals, so we see the pressure on both sides. Parents and carers know their children incredibly well, but often do not have enough time or space to explain everything. At the same time, teachers, SENCOs, health professionals and others are dealing with huge workloads and trying to understand complicated situations very quickly. Most families and professionals actually want the same thing. The problem is that time, systems, paperwork and communication can get in the way. If Neuly can help a parent or carer spot patterns, organise what they know and share the important bits more clearly, then hopefully everybody can start from a better place. It could save professionals time too, by giving them a clearer picture earlier rather than having to piece everything together from scratch.

We are also exploring how Neuly could support schools, and would love to hear from schools and staff interested in helping us understand what would be useful. Please email gill@reminds.org.uk if you would like to get involved.

One of the things we are enjoying most about all of this is making sure that real people and lived experience stay right at the heart of Neuly. We have definitely been taken out of our comfort zone a few times, but we are really enjoying delivering webinars, running the Facebook group and doing live Ask Me Anything sessions. They give families a chance to ask questions, tell us what is working, tell us what definitely is not, and have a real say in what happens next.

We have also asked a lot of questions about what actually sits behind Neuly, because we would expect our families to do exactly the same. It is not just an AI bot making things up as it goes along. There is serious clinical and research expertise behind it, and it draws on peer reviewed research around neurodevelopment, autism, ADHD, behaviour and parenting, alongside lived experience and the expertise of leading professionals in neurodiversity.

and Kerstin, who leads our support for young people aged 16 to 25. For now, we are pausing our evening group, but instead we have moved some support online, which is proving really popular. People are using the online sessions in all sorts of ways, sometimes for a proper chat and sometimes just to nip on, ask a question and get a bit of advice. We also hope to pop up in other areas, so that we can come to you rather than you always having to come to us. We are trialling some themed groups too, including EBSA and Coping and Resilience Plans. You can pop in for some advice, stay for the whole session and chat with other families, or simply come and spend some time with people who understand. For all groups we will have colouring, books and a few other things available, and you are very welcome to bring something of your own to do too. We know that sometimes it is easier to be doing something while you chat! Everything is free, so just come along in whatever way works for you.



1:1 Support

A reminder that our one-to-one support is still available if you need a bit more individual help. Lynne and Kerstin can meet with you face to face or virtually, or support you by email or phone, depending on what works best for you. Lynne can help with anything around neurodiversity and mental health, from managing challenging behaviour and understanding what may be going on for your child, to difficulties with school or knowing where to go next. Kerstin is our resident expert in all things 16 to 25 and can support with education, employment, benefits, transitions and

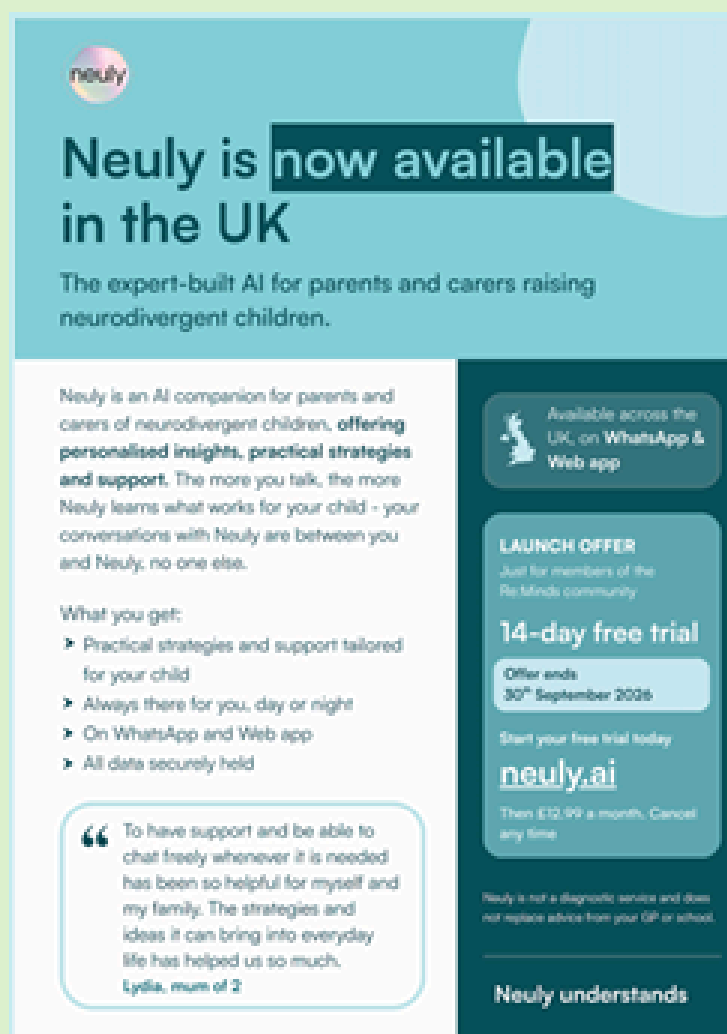
It does not diagnose, provide therapy or replace professionals, it is a parenting support companion. There are clear boundaries around what it can and cannot do, and a lot of work has gone into privacy, safety and data protection too.

We are not trying to sell Neuly to our families, Re:Minds would not put its name behind something simply because it is new, shiny or has AI written on it. We are involved because we have seen it developing, watched families use it, listened to their feedback and can genuinely see the difference it can make. We are excited about anything that might make family life a little easier, help us understand our children better and make those conversations with professionals a bit easier.

We are delighted that our community can now start using Neuly before its wider UK launch and continue helping to shape what comes next.

And if you are a parent, professional, school or organisation who is curious about it, please ask us. We are more than happy to talk about how it works, answer questions and show you what it actually does.

To get early access to Neuly and for a special 14-day trial you can click - https://neuly.ai/start-community?utm_source=friend-GW and we are really happy for you to share the poster and the code with anyone who might find it useful.



The poster for Neuly is a vertical rectangle with a teal background. At the top left is the Neuly logo, a pink circle with the word 'neuly' in white. The main headline 'Neuly is now available in the UK' is in large white font, with 'now available' highlighted in a dark teal box. Below this is the subtitle 'The expert-built AI for parents and carers raising neurodivergent children.' in white. The body of the poster is divided into two columns. The left column contains text about Neuly as an AI companion, a list of features under 'What you get:', and a quote from Lydia, mum of 2. The right column contains a map of the UK with text about availability, a 'LAUNCH OFFER' section with a '14-day free trial' and 'Offer ends 30th September 2026', a 'Start your free trial today' button with the URL 'neuly.ai', and a disclaimer at the bottom. The footer says 'Neuly understands'.

neuly

Neuly is now available in the UK

The expert-built AI for parents and carers raising neurodivergent children.

Neuly is an AI companion for parents and carers of neurodivergent children, **offering personalised insights, practical strategies and support.** The more you talk, the more Neuly learns what works for your child - your conversations with Neuly are between you and Neuly, no one else.

What you get:

- Practical strategies and support tailored for your child
- Always there for you, day or night
- On WhatsApp and Web app
- All data securely held

“ To have support and be able to chat freely whenever it is needed has been so helpful for myself and my family. The strategies and ideas it can bring into everyday life has helped us so much.
Lydia, mum of 2

Available across the UK, on WhatsApp & Web app

LAUNCH OFFER
Just for members of the Re:Minds community

14-day free trial

Offer ends 30th September 2026

Start your free trial today

neuly.ai

Then £12.99 a month. Cancel any time.

Neuly is not a diagnostic service and does not replace advice from your GP or school.

Neuly understands

pretty much anything else that comes up during those years. The funding for this support is for Southampton families, but Re:Minds will always do our best to help families from any area, so please do get in touch. We know that sometimes you just need to talk something through with someone who understands.



Courses

Our courses are proving really popular at the moment, and we are incredibly grateful to The National Lottery Community Fund for funding them through to March 2027. We know from families just how much difference these courses can make, so we are already working hard to find further funding to make sure we can continue offering them beyond that point.

If you are in Hampshire or Southampton and would like to attend one of our courses, please let us know. For autism we offer EarlyBird and Teen Life, and for ADHD we run the New Forest Parenting Programme and the Teen New Forest Parenting Programme.

We are also really enjoying delivering the Teen New Forest Parenting Programme to families in Jersey at the moment. It has been lovely to take what we do a little further afield and work with a new group of families.

If you are interested in any of the courses, or would like to know when the next one is running, please get in touch with us at

courses@reminds.org.uk





Support Groups

September - December 2026

All support groups are open to parents/carers in any area
All venues are fully accessible with parking. Adults only, unless specified children welcome

Shirley Support Group Room 7, St James Road Methodist Church, St James Road, Shirley, Southampton, SO16 6JW	10am 11 th September 10am 2 nd October - <i>also focus</i> 10am 27 th November - <i>children welcome</i> 10am 11 th December
Millbrook Support Group All Saints Church, Bealough Road, Bealough, Southampton, SO16 9W	10am 18 th September 10am 16 th October 10am 13 th November - <i>Coping and resilience focus</i> 10am 4 th December - <i>children welcome</i>
Sholing Support Group Sholing Salvation Army, 60 North East Road, Sholing, Southampton, SO16 6AF	10am 15 th September - <i>children welcome</i> 10am 5 th October
Northam Support Group Northam Community Centre, Kent Street, Northam, Southampton, SO14 6AP	10am Monday 14 th September 10am Monday 12 th October 10am Monday 16 th November 10am Monday 14 th December - <i>children welcome</i>
Virtual Support Group	6pm 9 th September 6pm 7 th October 6pm 11 th November

Email
info@reminds.org.uk

Join
facebook.com/parentsreminds

Website
reminds.org.uk



Please check Facebook and our website for any last minute changes

Hampshire and Isle of Wight



Advice Clinics

September - December 2026

Bookings open the week before

All clinics are run virtually		
CAMHS Autism Advice Clinic With Stephanie Lewis Clinical Psychologist at Southampton Autism Assessment Service	10.30am 8 th September 10.30am 20 th October 10.30am 17 th November 10.30am 15 th December	
CAMHS Advice Clinic With Sally Baine from Southampton Specialist CAMHS	10am 16 th September 10am 14 th October 10am 12 th November 10am 9 th December	5pm 7 th September 5pm 5 th October 5pm 2 nd November 5pm 7 th December
CAMHS ADHD Advice Clinic With Laura Hobbs Lead ADHD Nurse at Southampton Specialist CAMHS	10am 14 th September 10am 12 th October 10am 9 th November 10am 14 th December	
Eating Disorders Advice Clinic With Southampton Specialist CAMHS Eating Disorders Team	10.30am 29 th September 10.30am 24 th November	5pm 5 th October 5pm 7 th December
SEND Legal Advice Clinic With Sherrine Solicitors	From 12.30pm 15 th September From 12.30pm 13 th October From 12.30pm 10 th November From 12.30pm 8 th December	

Email
info@reminds.org.uk

Join
facebook.com/parentsreminds

Website
reminds.org.uk



Please check Facebook and our website for any last minute changes

Hampshire and Isle of Wight

1:1 Support

Need a bit of extra support?

Re:Minds parents &
carers can now get
1:1 support



Talk to us about neurodiversity, mental
health, or anything you're finding tough



Support available:

Face-to-face
Email
Zoom
Phone

Drop us a message and let us know how we can help:
info@reminds.org.uk

Hampshire and Isle of Wight



16-25 Mental Health Collective

Supporting young people with their
transition to adulthood

A brand new service for young people aged
16-25 with mental health needs and their
parents/carers in getting support for the
transitions which happen in their lives

Advice & Support on all aspects of transitions

- leaving school
- starting college or higher education
- leaving care
- housing
- benefits
- social care
- being independent
- finding a job
- DASH
- health
- financial
- mental capacity
- advocacy
- adult mental health
- sexuality and gender



Peer Support
Information
Advice
Advocacy



Find more details on how to refer on
the No Limits and Re:Minds websites

www.noLimitshelp.org.uk
www.reminds.org.uk



Autumn Workshops

Bookings now open!

Emotionally Based School Avoidance Emotionally Based School Avoidance (EBSA) is when anxiety or emotional distress makes attending school/college overwhelming. We will cover what's behind school anxiety, practical strategies to support your child, working with schools, and when to seek further support.	Emotional Regulation Emotional regulation is how we manage emotions, thoughts, and responses. We'll cover why some children find it harder, what dysregulation can look like, practical ways to support regulation, and how to create a simple plan that works for your child and family in everyday life.	Transitions (big & small) We will cover big life changes and everything in between, why they can be scary, overwhelming, or stressful, and practical strategies to reduce stress, build predictability, and help children feel more able to cope with change across home, school, and everyday life.
Date: 6pm 10 th September Virtual	Date: 10am 14 th October Virtual	Date: 6pm 22 nd October Virtual

To book onto a workshop, please complete the form
<https://forms.gle/7Yt8bCW5DyYs28>

ADHD Course

New Forest Parenting Programme

A course for parents/carers of children aged 5-12 years who have ADHD or symptoms of ADHD



What will the course cover:

- What is ADHD?
- How the brain works
- Behaviour theories
- Signs of Positive Development
- Assessing abilities
- Understanding feelings and emotions
- Strategies to support behaviour
- Attention training
- All about play
- Looking after yourself

About the course:

- 8 week free course
- 2.5 hours per session
- Delivered Face-to-Face and virtually

To enquire email us on courses@reminds.org.uk

For more information visit www.reminds.org.uk

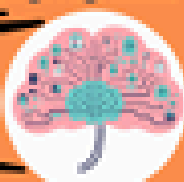


Partners: Reminds, Hampshire, Southampton, New Forest

Teen ADHD Course

Teen New Forest Parenting Programme

A course for parents/carers of children and young people aged 13-16 years who have ADHD or symptoms of ADHD



What will the course cover:

- What is ADHD?
- How the brain changes in puberty
- Coping strategies
- Managing teenagers
- Behaviour strategies
- Understanding emotions
- Friendship
- Sleep
- Consent
- Understanding the world

About the course:

- 8 week free course
- 2.5 hours per session
- Delivered Face-to-Face and virtually

To enquire email us on courses@reminds.org.uk

For more information visit www.reminds.org.uk



Partners: Reminds, Hampshire, Southampton, New Forest

Early Bird + AUTISM COURSE

A course for parents/carers of 5-10 year olds with autism.



Reminds delivers the National Autistic Society's Early Bird Plus autism course

What the course will cover:

- Understanding Autism
- Play
- Social Communication and Interaction
- Sensory Processing
- Understanding behaviour
- Approaches to support behaviour
- Understanding feelings
- Visual Support and Working with Professionals
- Education

Course Details:

- Free 8-week course
- 2.5 hours per session
- Various locations across Southampton, Totton and Eastleigh

For more information visit www.remindsautism.co.uk

For enquiries: Email courses@remindsautism.co.uk

Partners: Reminds, Hampshire, Southampton, Totton, Eastleigh

Teen Life

Teen Life is a six-session programme for parents/carers of young people aged 11-16 years on the autism spectrum. The aim of the programme is helping parents together to share information, experiences and ideas in a safe and supportive way.

The Teen Life programme aims to empower parents/carers to understand more about how autism is experienced by a child/teenager in Teen Life Programme that will be provided for each family to accompany the programme.

For Parents/Carers, Grandparents, other family members, school friends or other adult caregivers.

What the course will cover:

- Understanding autism in teenagers
- Creating a one-page profile
- Diagnosis and autistic identity
- Understanding interests
- Identities and shadows
- Making
- Understanding behaviour
- Self-esteem, health & wellbeing
- Puberty
- Sensory differences
- Education
- Independence & life

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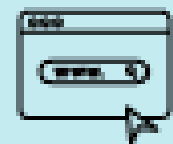
Partners: Reminds, Hampshire, Southampton, Totton, Eastleigh

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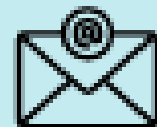
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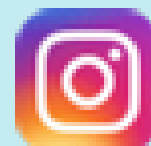
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Upcoming Course Dates & Locations			
Autumn Term 1 - Starting week commencing 01/09/2025			
Course	Location	Day/Time	Availability
Teen Life Autism Course (11-16 years)	Island & King George's Centre	Week 01/09/25/02pm	Limited Spaces
Early Bird + Autism Course (5-10 years)	The Century Centre, Eastleigh	Week 01/09/25/02pm	Limited Spaces
Autumn Term 2 - Starting week commencing 01/10/2025			
Course	Location	Day/Time	Availability
Teen Life Autism Course (11-16 years)	Island	Week 01/10/25/02pm	Limited Spaces
Teen Life Autism Course (11-16 years)	Island	Week 01/10/25/02pm	Spaces Available
Spring Term 1 - Starting week commencing 04/01/2027			
Course	Location	Day/Time	Availability
Teen Life Autism Course (11-16 years)	Island	Week 04/01/27/02pm	Limited Spaces

All courses run for 8 weeks, two sessions per starting school holidays, weekends or on bank holidays

For more information visit www.reminds.org.uk or email us courses@reminds.org.uk

Course dates, times and locations are subject to change

See you soon!