

Southampton Parent Carer Forum

Review and Updates

January 2026

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



We want to take this moment to acknowledge the challenges you may have faced over the festive period, with your own expectations, changes to routines and increased demands and to remind you that you are not alone. In this edition, you'll find updates on support available as we begin to return to a more normal routine, and ways to stay connected with us. Thank you for being part of our community and for everything you do to support your children and young people – your voices continue to shape and strengthen our work.

Key Updates

- ND MDT is working with pilot schools to use the digital profiling tool, before a full roll out later next year.
- More support for families is becoming available in coming weeks from a range of organisations including ourselves and Re:Minds.
- Direct Payment policy has been written by the council and consultation information will be shared soon.

Key Dates - More info on the following page

Monday 2nd Feb
Early Years event - See next page for info

Tuesday 3rd Feb
Understanding behaviour workshop

Thursday 26th Feb
Keeping young people safe online workshop

Tuesday 31st March
SEND Fun day - See info on next page



Team in the Spotlight

Early Help - Early Help works across the East, Central and West localities, offering advice and support for the whole family, including parenting and behaviour management, emotional wellbeing, substance misuse, domestic abuse, and support with housing, finances and progression into work.



Meeting in the Spotlight

Just before Christmas we attended the SEND Partnership board meeting. Parental mental health was a key focus of the meeting, recognising the vital role parent carers play in supporting their children and young people. As a result, a new working group will be set up with the ICB to take this work forward. Please remember to reach out if you need support – we know this isn't easy.

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



Continued...



Southampton Parent Carer Forum invites you to...

Early Years information event for families with children with additional needs/ SEND/ concerning behaviours

Monday 2nd February - 1pm - 2.30pm



For Parent Carers:

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



For Children and Young People:

Moo Barnyard full of things to play with



Refreshments for all included



BH Live Active, Chamberlayne, 150 Weston Ln, Weston, SO19 9SJ - Free Parking



For more information follow us on Facebook



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.

Southampton Parent Carer Forum invites you to...

SEND Family Fun Day 2026

Tuesday 31st 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 ..



Date	Event Info	Time	Location
Tuesday 6 th January	SEND get together	10-12	Swaythling Neighbourhood Centre, Hampton Pk Wy, 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, SO18 3RA
Monday 26 th January	SEND get together with SCC SEND team and Rebecca the DCO (Designated Clinical officer) who provides medical oversight to EHCPs etc.	10-12	Freemantle and Shirley Community Centre, Randolph Street, SO15 3HE
Monday 2 nd February	Early Years event - Children are welcome as we have sole use of Moo Barnyard and the play equipment	1-2.30 (Afternoon session)	Moo Barnyard, Chamberlayn Lesiure centre, Weston Lane, Sholing, SO19 9SJ
Tuesday 3 rd February	Understanding Behaviour Workshop with ND Team	10-12	High Point, Bursledon Rd, Thornhill, SO19 8BR
Thursday 5 th February	SEND get together with Mental Health in Schools team	10-12	Woolston Community Centre, Church Rd, Woolston, SO19 9FU
Tuesday 9 th February	SEND get together with ND (Neurodiversity) Multi Disciplinary Team	10-12	Lordshill Community Centre, Cromarty Rd, Lordshill, Southampton SO16 8LX
Tuesday 24 th February	SEND get together with the learning disability nursing team	10-12	Oasis Hub East Southampton, 47 Melchet Road, SO18 5GH
Thursday 26 th February	Keeping young people safe on line Workshop with the Police	10-12	Harbour Lights, Southampton SO14 3TL