

Who are



A Southampton based organisation supporting families whose children/young people have Autism, ADHD or other neurodiverse needs and/or mental health needs, with or without a diagnosis.
Run by parents, for parents!

How we can help

you

As a peer support organisation, we can offer help in a variety of different ways including:

- ★ Support Groups
 - ★ Online Clinics
 - ★ Workshops
 - ★ Courses
 - ★ Lending Library
- and much, much more!

We can support families facing issues with (but not limited to):

Child to Parent Violence
Sensory Processing
Contenance
Respite
SEND Legal Advice
Hospital Admissions
LGBTQ+
Self Harm
Gender Identity
Crisis Care
Anxiety
EHCP's
Worrying Behaviour
Schools/Education (including Senco's, reasonable adjustments, school refusal etc)
OT/EP Reports
Suicidal thoughts/idealisation
Diagnosis
Bereavement
CETR's
ARFID
Sexuality
Mental Health
Autism
Social Skills
Disorder Eating
ADHD
Benefits/Funding
Depression
Adult Mental Health

And Many More Things!

How To

CONTACT US



www.facebook.com/groups/ReMinds



Info@reminds.org.uk



reminds.org.uk

Dates for Your Diary:

Clinics - online through Zoom (email info@reminds.org.uk to book)

Re:Minds Dates April - July 2024			
Advice Clinics - All clinics and speaker meetings are held online. Bookings open the week before			
Autism Advice Clinic With Dr Anastasia Bekides Principal Clinical Psychologist at Southampton Autism Assessment Service	10.30am 6 th March 10.30am 10 th April 10.30am 8 th May 10.30am 5 th June 10.30am 3 rd July		
CAMHS Advice Clinic With Salya Bava & Viky Gosham, from Southampton CAMHS	10am 21 st March 10am 11 th April 10am 16 th May 10am 13 th June 10am 11 th July	6pm 20 th March 6pm 24 th April 6pm 22 nd May 6pm 26 th June 6pm 17 th July	
ADHD Advice Clinic With the ADHD team at Southampton CAMHS	9.30am 13 th March 11am 4 th April 11am 3 rd May 9.30am 10 th June 9.30am 12 th July	9.30am 17 th April 9.30am 16 th May 11am 26 th June 11am 23 rd July	4pm 29 th May
Adult Mental Health Advice Clinic With Sarah Gennard, Head of Community Nursing	11.30am 11 th March 10am 20 th May 10am 15 th July		
SEND Legal Advice Clinic With Sherron's Solicitors	12.30pm 20 th March 12.30pm 24 th April 12.30pm 22 nd May 12.30pm 19 th June 12.30pm 17 th July		
Self-Harm Advice Clinic With Georgia Marks, Team Clinical Child Team Clinical Therapist	9.30am 19 th April 9.30am 24 th June		
Speakers - further details can be found on our social media sites			
Coping with feelings around an autism assessment & diagnosis - 10am 20 th March Southampton Educational Psychology Service			
Autism puberty & sexual relations - 9.30am 13 th March - Southampton CAMHS - Southampton CAMHS			
Courses - we run a variety of courses, please see our website for more details - www.reminds.org.uk			
ReCharge Course	A five-week, course for parents/carers to think about their own wellbeing & resilience		
New Forest Parenting Programme	A six-week course supporting parent/carers whose children are aged 3-12 with ADHD issues, no diagnosis needed - January 2024		
Early Bird +	A ten-week course about autism for parents/carers whose children are aged 5-9, this course is being offered in 3 different locations across the city each week.		
Teen Life	A six-week course about autism for parents/carers of children aged 10-16. This course is being offered in three different locations across the city each week and virtually in the evening.		

Please note times and meetings may vary, any updates will be on our social media and website or email info@reminds.org.uk for more details.

Groups	
All venues are fully accessible	
Shirley Support Group Adults only please, unless specified children welcome St James Road Methodist Church, St James Road, Shirley, Southampton, SO15 0BE	10am 1st March 6.30pm 4 th March 10am 15th March - children welcome 10am 19 th April 10am 3 rd May - children welcome 6.30pm 6 th May 10am 17 th May 6.30pm 3 rd June - children welcome 10am 7 th June 6.30pm 1 st July 10am 5 th July - children welcome
Sholing Support Group Adults only please, unless specified children welcome Church Hall, St Marys Church, St Monica Rd, Sholing, Southampton SO19 8BS	10am 8th March 10am 22nd March - children welcome 10am 10 th May 10am 14 th June 10am 28 th June - children welcome 10am 12 th July
Thornhill Support Group Adults only please, unless specified children welcome Peggy Ave, Thornhill, Southampton, SO19 8PJ	10am 26 th April 10am 24 th May - children welcome 10am 21 st Jun
Library	
Re:Minds has over 200 books on neurodiversity and mental health, including all books recommended by CAMHS. We also have a range of sensory items available to borrow. To find out more please see our website www.reminds.org.uk/library	
Advice	
We have links to over 120 organisations which offer support for neurodiversity and/or mental health needs. You can search by topic or explore the website www.reminds.org.uk/advice	
YouTube	
We have our own YouTube channel with videos for families and professionals about a variety of different topics relating to neurodiversity and mental health www.youtube.com/remindsic	
Social Media	
For Re:Minds families: www.facebook.com/groups/reminds https://www.facebook.com/groups/remindsia - for https://www.facebook.com/groups/remindsiscare	
For professionals: https://www.facebook.com/ReMindsCIC Twitter - @ReMindsCIC	

Courses - Dates TBC Email Courses@reminds.org.uk

- ★ Re:Charge
- ★ New Forst Parenting Program - NFPP
- ★ Early Bird+ (Autism in children aged 5-9)
- ★ Teen Life (Autism in children aged 10-16)