

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.

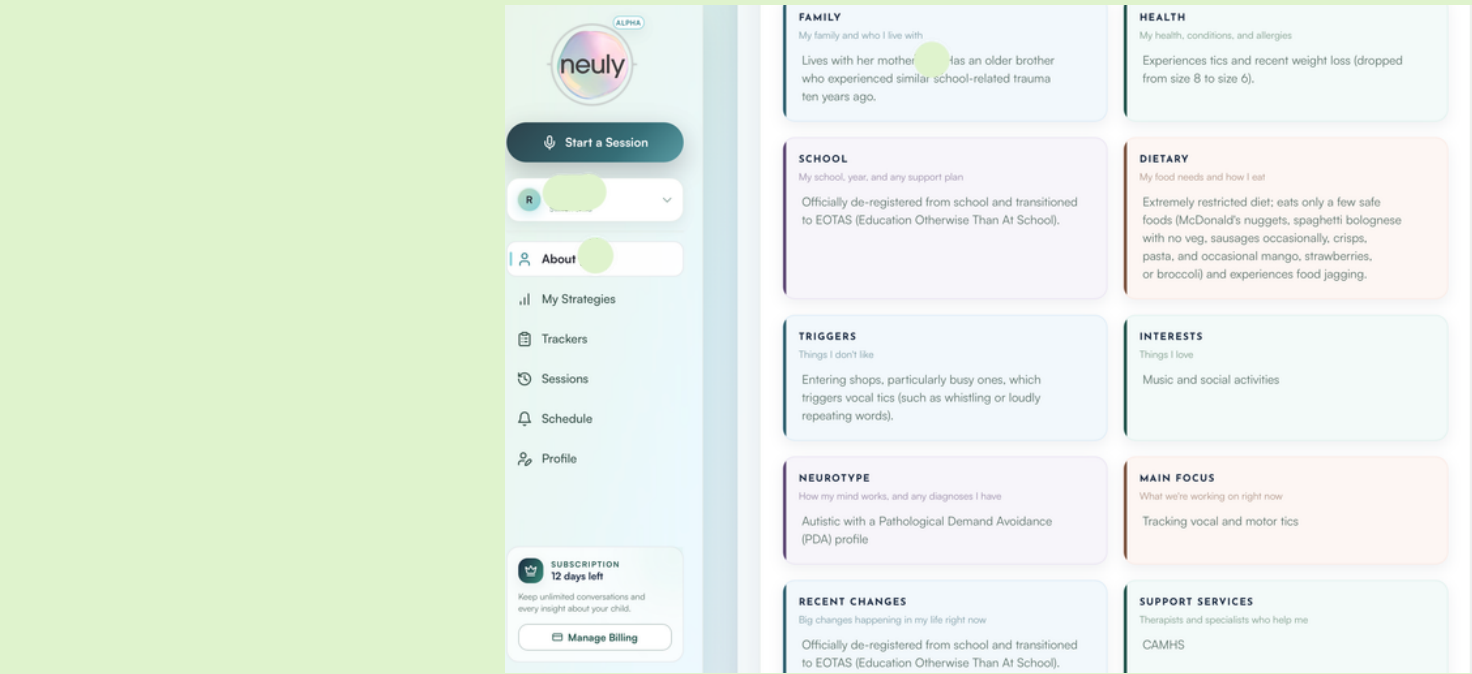
We are hugely grateful to Southampton City Council for funding these workshops and helping us make them available to families.



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.



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, SO155HE	10am 11 th September 10am 2 nd October - EBSA Focus 10am 27 th November - children welcome 10am 11 th December
Millbrook Support Group All Saints Church, Sedbergh Road, Redbridge, Southampton, SO16 9HJ	10am 18 th September 10am 16 th October 10am 13 th November - Coping and Resilience focus 10am 4 th December - children welcome
Sholing Support Group Sholing Salvation Army, 93 North East Road, Sholing, Southampton, SO19 8AF	10am 25 th September - children welcome 10am 5 th October
Northam Support Group Northam Community Centre, Kent Street, Northam, Southampton, SO14 5SP	10am Monday 14 th September 10am Monday 12 th October 10am Monday 16 th November 10am Monday 14 th December - children welcome
Virtual Support Group	6pm 9 th September 6pm 7 th October 6pm 11 th November

Email
info@reminds.org.uk

Join
facebook.com/groups/reminds

Website
reminds.org.uk



Please check Facebook and our website for any last minute changes

NHS
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 Ennis Clinical Psychologist at Southampton Autism Assessment Service	10.30am 8 th September 10.30am 20 th October 10.30am 17th November 10.30am 15 th December	
CAMHS Advice Clinic With Satty Basra from Southampton Specialist CAMHS	10am 16 th September 10am 14 th October 10am 11 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 Nisbet 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 Shentons 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/groups/reminds

Website
reminds.org.uk



Please check Facebook and our website for any last minute changes

NHS
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

NHS
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
- living independently
- finding a job
- EHCPs
- 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 feel overwhelming. We will cover what's behind school anxiety, practical strategies to support your child, working with schools, and where to find 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 everyday transitions, why they can lead to anxiety, overwhelm, or distress, and practical strategies to reduce stress, build predictability, and help children feel more able to cope with change across home, school, and everyday life.
Dates: 6pm 16 th September Virtual	Dates: 10am 14 th October Virtual	Dates: 6pm, 22 nd October Virtual

To book onto a workshop, please complete the form:
<https://forms.gle/YTy9SbCW15DJyBx28>

ADHD Course

New Forest Parenting Programme

A course for parents/carers of children aged 3-12 years who have ADHD or symptoms of ADHD

What will the course cover:

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

About the course:

- 6 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

or scan here





Teen ADHD Course

Teen New Forest Parenting Programme

A course for parents/carers of children and young people aged 11-16 years who have ADHD or symptoms of ADHD

What will the course cover:

- What is ADHD?
- How the brain changes in puberty
- Communication
- Motivating teenagers
- Behaviour strategies
- Understanding emotions
- Friendships
- Money
- Consent
- Understanding the world

About the course:

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

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

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or scan here





Early Bird + AUTISM COURSE

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

Re:Minds delivers the National Autistic Society's Early Bird Plus autism course

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

Course Details

Free 6-week course
2.5 hours per session
Various locations across Southampton, Totton and Eastleigh

For more information visit
www.reminds.org.uk

TO ENQUIRE
Email courses@reminds.org.uk



Teen Life

Teen Life is a six-session programme for parents/carers of young people aged 10 to 16 years on the autism spectrum. The aim of the programme is to bring parents together to share information, experiences and ideas in a structured way.

The Teen Life programme aims to empower parents/carers to understand more about how autism is experienced by autistic teenagers. A Teen Life Programme Book will be provided for each family to accompany the programme.

For Parents/Carers, Grandparents, other family members, close friends or other main caregivers.

What the course will cover

Understanding autism in teenagers	Understanding behaviour
Creating a one-page profile	Self-esteem, health & wellbeing
Diagnosis and autistic identity	Puberty
Understanding interests	Sensory differences
Meltdowns and shutdowns	Education
Masking	Independence skills

For more information visit
www.reminds.org.uk

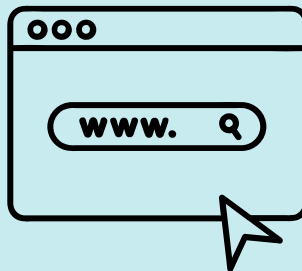
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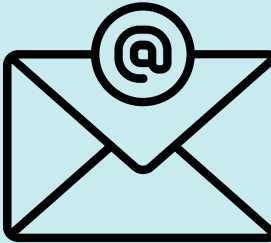
If you would like to receive our newsletter by email, please sign up by emailing info@reminds.org.uk with the title 'Newsletter'



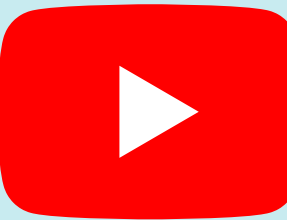
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See you soon!