



Re:Minds ReCharge

Questions & Answers

What is the ReCharge Course?

The course has been written by the people who run Re:Minds for parents whose children have neurodiverse needs and/or mental health issues. We know that being the parent of a child with additional needs can be isolating and exhausting and you rarely have time to think about yourself. The aim of the course is to help you find that time to think about your own well-being, as well as offering some strategies we hope you can use with your children too. Each course is slightly different as we tailor it to meet the needs of the people on it. We aren't experts in mental health, but we are using our own experiences to try and help others. The course has been written and approved by Southampton CAMHS and is commissioned by the NHS.

What is covered?

Week 1 – Feelings around having a child with additional needs, finding time for ourselves in a busy week, what to expect from CAMHS

Week 2 – Dealing with worries, mindfulness, what to expect from Education

Week 3 – Dealing with unhelpful thinking styles, Zones of Support, what to expect from social care.

Week 4 – Strategies to help build resilience and overcome trauma.

Week 5 – All about me!

How long is it?

It is a five-week course, each week runs from 9.30am-12.00pm. Within this there will be a short break and at the end of each session time for 1:1 support and advice.

Where is it?

This time the course will be run upstairs in Room 7, St James Road Methodist Church, Shirley, Southampton, SO155HE. There is a car park to the rear of the building and you can find us by entering from the car park and going upstairs.

How often does it run?

We run the face-to-face course once a term.

How many people will be on the course?

We hope to have between 6-10 people on each course, we keep the numbers low so that everyone gets a chance to talk and be heard.

Does my child need to be under CAMHS or have a diagnosis to attend the course?

No diagnosis is needed. All you need to be is a member of Re:Minds.

Do I have to live in Southampton to attend the course?

No, any member of Re:Minds and any parents who thinks they would benefit from the course are welcome to attend.

Do I have to attend all the sessions?

We would hope that you would attend every session to get the most out of the course. We know sometimes things happen that we can't plan for, but the expectation is that you are committing to attending all five weeks.

What do I have to do on the course?

The course works best when you join in and share your thoughts and feelings. There will be activities to do throughout, it is very interactive, rather than us just talking at you. We know this can be hard for some people, so we won't ever force you to talk or share things if you don't want to.

How much is it?

There is no charge for the course. Our ethos as Re:Minds is that parents should not have to pay for things which will help them,

What do I need to bring?

We will supply everything you will need.

What do I need to do to sign up?

Please complete the booking form. You will be sent a pre-evaluation just before the course starts - <https://forms.gle/presLNvSgbRFnMyZA>

What if I change my mind and no longer want to do the course?

That is absolutely fine, but please let us know as soon as possible as we may be able to offer your place to someone else.

What are the course dates?

- 20th April, 27th April, 4th May, 11th May, 18th May 2023

If you have any questions, please do not hesitate to email info@reminds.org.uk