



Hobb Lane
Hedge End, Southampton
Hampshire, SO30 0GG

Telephone: (01489) 782295

E-mail: admin@freegrounds-jun.hants.sch.uk

Website: www.freegrounds-jun.hants.sch.uk

Headteacher: Melanie Spark, BA (Hons)

No. 7

School Newsletter

March 2026

Message from Miss Spark

What a wonderfully busy and enriching month it has been at Freegrounds Junior School. Our children have embraced every opportunity with enthusiasm, and it has been a joy to see so much learning happening beyond the classroom.

Year 3 enjoyed a fantastic visit to Stubbington Beach, and we were incredibly lucky with the weather. Their excitement was infectious, and it was lovely to hear how much they gained from the experience. I also had the pleasure of attending Ash Class's Fab Finish this week. It was heart-warming to see so many of you there, celebrating the children's poetry recital and admiring their hard work.

Our other year groups have been equally active. Year 4 ventured to Winchester as part of their topic work, and Year 5 visited Portsmouth Cathedral, both trips offering rich opportunities to deepen their understanding of the world around them. This week, our local 'Bobby on the Beat' - PC Amanda Turner- spent time with our Year 6 pupils, reinforcing our ongoing message of respect and responsible citizenship.

It was truly wonderful to see such a strong turnout at our recent coffee morning. The support from our wider school community is invaluable, and I know Michelle, our Family Support Worker, has more events planned for the coming half term.

A huge thank you must also go to our dedicated PTA, who organised a hugely successful school disco. It was incredibly well attended by both children and staff, and every penny raised goes straight back into supporting the children here at school.

Music has certainly been in the air this month. Our Rock to the Beat bands performed brilliantly to parents and pupils, bringing energy and entertainment to the hall. Our school choir has also been busy, sharing their voices with residents at a local nursing home. Back in school, we held our inter-house singing competition—complete with X-Factor style judges. Every child performed with passion, and it was a delight to watch. A special congratulations to Winston House, whose rousing rendition of *Power in Me* secured them the win.

Sporting success has also been on the agenda. Our football team secured a fantastic win under the guidance of Mr Brown and Miss Wood—well done to every player involved. I'm very much looking forward to the fixtures planned for next half term. It's inspiring to see so many different talents, interests, and sports celebrated across our school.

As we head into the Easter break, I want to thank you all for your continued support and engagement. I wish every family a restful and enjoyable holiday, and we look forward to welcoming the children back on Monday 13th April.



Empowerment Approach– Behaviour policy



As we continue embedding our new behaviour policy into its second year; we remain focused on sharing key models of the Empowerment Approach with the children through regular 'Brain Fit' lessons, whole school assemblies and every day interactions and conversations.

Stress Responses: In an assembly last week, children were reminded about their stress responses and the difference between our Comfort Zone, Tolerable Stress Zone, Growth Stress Zone and Toxic Stress Zone. We asked the children the following question – *'When was the last time you tried something new which felt a bit scary?'*

Most stress that we feel is 'Growth Stress' because we learn something. Our brain is like a muscle– when we try things that are a bit tricky, our brain builds new connections. We share with the children that it is okay if learning feels hard – hard means your brain is growing.

We teach the children that sometimes our bodies try to trick us and make us feel stressed – but this isn't Toxic Stress and it won't last long, we just have to use strategies to calm us down and sit with, and push through uncomfortable or unpleasant feelings in order to grow from it.

Temporary feelings of stress such as going to an interview, sitting a test, meeting new people can lead to greater resilience, confidence and good coping skills and we can learn to sit with uncomfortable 'prickle' feelings.

Tolerable stress such as the death of a loved one or parental separation can also feel very hard to manage with stress hormones rising significantly; however, having good buffers such as supportive, caring friends and family and support around us with healthy routines should lead to adaptation and recovery over time with our body's stress levels returning to normal after a while. Our Brain is like a muscle. When we try things that are tricky, our brain grows new connections!

That's AMAZING!!

Different Types of Stress		
GROWTH STRESS	TOLERABLE STRESS	TOXIC STRESS
<ul style="list-style-type: none"> Temporary and only mild increase in stress levels. Temporary increase in heart rate. Body's stress levels return to normal following the event. 	<ul style="list-style-type: none"> Temporary serious stress causing stress hormones to be raised significantly in the body. Tolerable because buffered by supportive, caring adults/friends. 	<ul style="list-style-type: none"> Serious stress activating the body's stress response. Continuing over a period of time. Not enough protection from connections to act as buffers.
<ul style="list-style-type: none"> E.g. an interview; an exam; starting a new club; meeting new people; moving to a new area; a challenging project. 	<ul style="list-style-type: none"> E.g. death of a loved one; parental separation; serious illness; an isolated traumatic experience e.g. car crash. 	<ul style="list-style-type: none"> E.g. seeing ongoing violence; ongoing abuse, bullying or discrimination; ongoing poverty-related stress;
<ul style="list-style-type: none"> Leads to resilience, confidence & good coping skills. 	<ul style="list-style-type: none"> Leads to adaptation & recovery. 	<ul style="list-style-type: none"> Leads to long-term mental & physical health issues & Executive Function Skill difficulties.

Information for Parents/Carers: Please see the following links below to take you to the school's website for further information on our Behaviour Approach:

[School Parent Session Academic Year 2025 2026 flipbook - Flip PDF | FlipBuilder](#)
[Freegrounds Junior School - Empowerment Approach](#)

Parent Survey: As we are now into our second year of embedding the Empowerment Approach, we are sending out a short survey to gauge views of parents/carers. Please click on the link below to complete:

https://docs.google.com/forms/d/e/1FAIpQLSdMiEWWvBGJ8coSOIjv0qtX4-dpFj5E4ItG4kR94MV_wKvJgQ/viewform?usp=dialog

Good luck, Laura!

One of our parents, Laura Pinks, is running the London Marathon this April in support of *Youth Options*, a local charity that does wonderful work with children and young people across Hampshire. Laura has been a parent of three children at Freegrounds, two of whom are still pupils at the school, and we are delighted to support her efforts. Staff at Freegrounds Junior School wish her the very best of luck, and the sponsorship link is below for any members of our community who may wish to support her fundraising.

[Youth Options: Laura's page](#)

You can find out more about Youth Options on their website:

[Youth Support • Children & Youth Charity • Targeted Support](#)



Family Support Worker



Coffee Morning, Parent Coaching & Cook with Michelle Summer Dates:

Please do sign up for our sessions below – I'm looking forward to the next

Cook with Michelle evening online session where we will be making a Spaghetti Carbonara – ingredients provided for any family signing up.

You will also see I am organising some smaller coaching sessions for parents with groups of up to 10 parents only so please sign up if you feel any of those would be useful for you.

Session	Date	Sign up form
Coffee Morning (Starbucks supplying refreshments)	11 th June (9-10am)	https://forms.gle/WQpEhh2yq3usWLmr6
Cooking with Michelle (Spaghetti Carbonara)	30 th April (6-7pm)	https://forms.gle/cBdRi6GTBXgydDD4A
Coaching pop-up session 1 (Setting boundaries & healthy routines)	16 th April (9-10am)	https://forms.gle/sUWt5yQTk9HEPPwg7
Coaching pop-up session 2 (Stressors)	5 th May (9-10am)	https://forms.gle/Gbf2o7QozaoazH6V7
Coaching pop-up session 3 (Online security – parental controls)	3 rd June (9-10am)	https://forms.gle/7UvfBQuUvTNttSbo6
Year 6 Transition to Secondary Coffee Morning	17 th June (9-10am)	https://forms.gle/AifJZtRwGQL8NqMf7
Year 2 Transition to Junior School Coffee Morning	2 nd July (9-10am)	https://forms.gle/19EVfr8cbzXpGDQf9

Please see the information attached at the end of this newsletter about Easter holiday activities that are available for free for families eligible for benefits related free school meals.

Have a lovely Easter break!

Michelle

Family Support Worker (continued)

'You're Already Doing Enough'

I would like to say a BIG thank you to all the parents, Grandparents, and Carers who attend the coffee mornings and the online cooking events. It means so much to the children that you come into the school and online to share in their experiences with school and does so much to build the relationship between home and school.



Our recent coffee morning was a great success and a huge thank you to Starbucks for supplying the amazing refreshments! I'm pleased to say that they have agreed to supply our next coffee morning as well. Thank you also to Alison from Children's Services who visited to share with parents what support is available in Hampshire We hope to invite Alison in again to some of the smaller parenting groups.

Some lovely feedback from parents/carers who attended has been included below:

'I always enjoy your coffee mornings; you make it so lovely and welcoming. My girls are always looking forward to the next one. I thought the presentation today was really powerful, and was speaking to other parents about it, and we all felt a little lighter afterwards. I think the way you connect the mental health stuff you guys work on with the kids in school to us as parents is great. I am always grateful for the insight into how things are approached at school with the kids. Super grateful for you! Starbucks was awesome!'

'... the keepsake box activity was a lovely thing to do with the children, and of course the cakes and Starbucks items went down a treat! Thanks so much for putting these on.'

'The meet was greatly beneficial! Lovely to spend time with the children in the setting. Helpful talk and opportunity to seek support for parents in need. Nice to see school staff available too. The treats were an added bonus! Thank you for the support work you do.'



You can find the presentation from this coffee morning on our school website and by using the link below.

[Youre-Already-Doing-Enough.384885654.pptx](#)

A huge thank you to Starbucks Hedge End for providing the drinks and sweet treats for this coffee morning– it made it extra special!



Year 3

It has been a busy and exciting month in Year 3 and the children have thoroughly enjoyed exploring our Blue Planet topic. This theme has inspired learning across many subjects and it has been wonderful to see the enthusiasm and creativity the children have shown.

In art, we have been taking inspiration from the work of artist Fiona Hutchison, who is known for her beautiful coastal and ocean-themed artwork. The children carefully studied colour, texture and movement in the sea before creating their own painted seascapes. The finished pieces are excellent and capture the power and beauty of the ocean brilliantly. We are very proud of their effort and creativity. We have also been using different resources to create a woven seascape!



Our English lessons have also been linked closely to our ocean theme. The children have been exploring poetry and learning how writers can personify the sea, giving it human-like qualities to make descriptions more vivid. We read and discussed poems such as *Sea Fever* and the poem *Mousehole*, thinking carefully about the language used. The children then wrote their own imaginative poems, describing the sea as if it could move, speak and feel. They produced some fantastic writing and used very powerful vocabulary.



We were also very lucky to welcome Rev Phil, who visited us to lead a special Easter assembly. He spoke to the children about the meaning of Easter and shared the story in a thoughtful and engaging way.

During Science Week (Week 3), we were visited by a STEM specialist who led an exciting, slimy scientific experiment with the children. They had the opportunity to explore scientific ideas through investigation and discussion, which they found both interesting and inspiring.

One of the highlights of the month was our day trip to Stubington. The children had a wonderful day visiting the beach, where they explored different marine habitats and learned about a variety of sea creatures. They searched for natural treasures along the shoreline and even created their own pieces of sea-inspired art using the materials they found. It was a fantastic hands-on learning experience and the children represented the school brilliantly.



Thank you, as always, for your continued support.
The Year 3 Team

Year 4

The sunshine has been a welcome visitor this month and Year 4 have enjoyed getting outside to enjoy it!



In English, we have been studying the poem 'Green Candle' by Humbert Wolfe. The children have looked at how Wolfe makes his poem dramatic with furniture that speaks about a mysterious girl outside the door! First, we used drama and role play to act out scenes from the poem. Then we analysed his use of short, repetitive phrases, use of dialogue and personification. We are now writing our own conversation poems based on his work.



Rev Phil paid us a visit to lead our Easter Assembly and then talked to Year 4 about our RE unit this term – crosses as a symbol. The children listened respectfully as he talked about how important the cross is to Christians and what it means. We were able to then use his ideas in the classroom to respond to various scenarios. There were some really thoughtful discussions.



Once again, we welcomed our friends and family into the hall to watch our Listen to me concert on the ukulele. Miss Boyles was brave and wanted the whole year group to perform at the same time! It was wonderful and the children did a fantastic job of demonstrating all that they had learnt this term. Our final instrument next term will be brass and we will perform to the Year 3's to prepare and excite them for what's to come in Year 4.



Year 5

Year 5 have been busy on their road trip around America. In Geography, we have begun by learning about the different states of America and some of their geographical features. We had fun learning some of the state's moto's, flowers and animals and looking at their individual flags. On a sunny afternoon we drew the shapes of North and South America on to the school playground considering which countries they boarder and the size of America in relation to other countries of the world.



In music, the children are travelling through space and time listening to different genres of American music. Starting in Nashville Tennessee we listened to examples of country music including 'Life is a Highway' made famous by the movie Cars. The children then travelled back in time to explore music created during the time of the slave trade and how this style influence music movements. We have also enjoyed listening to some Elvis and Bob Dylan.

During PE and Games lessons, we have been lucky enough to see some sunshine and have been taking the opportunity to practice our hand eye coordination in both tennis and golf. In tennis, we have focused on perfecting our forehand and backhand strokes as well as challenging ourselves to improve the number of keep-y ups we can do in 1 minute – lots of us are scoring over 100. In golf, we have been working on 2 main types of shot – putting and chipping – we have completed different target practice activities and next week will create our own mini-golf courses.



On Friday, we concluded our RE unit on the theme of suffering with a visit to Portsmouth Cathedral. The children were lead around the Cathedral exploring some of it's key features including stain glass windows, font and even a display of a piece Admiral Lord Nelson's flag! They then created some art work re-telling the Easter story.



Happy Easter to all from Year 5.

Year 6

It has been another busy few weeks for Year 6. For World Book Day, pupils shared their costumes in the costume parade and spent time writing their own creative stories. They also joined a live author session, where they were able to listen to an author speak about their work and learn how to draw illustrations.

In Geography, our focus has been on the environment and human impact. Pupils carried out an experiment to see how difficult it is to deal with an oil spill and discussed the effect this has on marine wildlife and birds. They also completed an activity in which they “mined” chocolate chips from cookies to represent fossil fuel extraction, helping them understand why these are considered non-renewable resources.



In Dance, pupils have been learning Bhangra, a traditional, energetic Indian folk dance. They worked in groups to keep in time with the music and to develop a coordinated routine using Bhangra motifs.

During PE, pupils practised netball skills such as passing, shooting, and attack and defence techniques. Sessions have given the children the opportunity to develop their teamwork and communication skills.

This half term's PSHE lessons centred on basic first aid. Pupils learned: how and when to call 999, how to respond to someone who is unconscious and ways to look after their own safety before providing help in simple emergency situations. The children also had a visit from local police officers who spoke to them about staying safe and respectful in our local community.

Thank you to everyone who was able to join us for our SATs information evening, we hope you found it useful. You can find the presentation slides through the 'Parents and Guardians' tab on our school website or by using the link below.

[Freegrounds Junior School - Year 6 - End of Key Stage 2 SATs](#)

Music at Freegrounds

It's been a musical month at Freegrounds! Every child has had the opportunity to perform in front of a live audience, some on multiple occasions. A real highlight of this was the annual 'Inter-house Singing Competition', taking place for the second time. Each house was given a song to practise and rehearse and they were then given the task of performing it in front of a fierce panel of judges! After much deliberation the winning house was crowned....Winston!



The lunchtime choir have been out in full force in the community. They began by walking to The Underhill Centre, next to St. John's Church, to celebrate Spring with the lunch club. Then they sang Easter songs for residents at Laburnam House and finally they took the minibus to Ancasta Grove in Sarisbury. Here they not only sang but also took part in an Easter egg hunt in the grounds, to be rewarded with some seasonal treats! The 'Young Voices choir' also performed at the Primary Music Festival held at Wildern. This was a brilliant celebration of all things musical in Hedge End and the children represented the school brilliantly, singing 'A Thousand Years' and 'Your Song' in front of a packed audience.



Additionally, Year 4 entertained their adults at their second 'Listen2Me' concert, showing off everything they have learnt on the ukulele, under the expert guidance of Hampshire Music. Our Rock2TheBeat bands also performed brilliantly in two concerts in the last week of term.

Next term Year 5 look forward to their samba workshop, and performances, in the first week back. We also look forward to welcoming some ex-pupils, from Wildern, back to perform in our whole school music assembly. The choir will also be headlining the summer fair, we cannot wait to see many of you there!

Diary Dates

Monday 30th March—Friday 10th April— **EASTER HOLIDAYS**

Monday 13th April— **RETURN TO SCHOOL**

Tuesday 14th April— Year 5 Samba workshop and performance to parents

Thursday 16th April— FSW workshop 1 9am-10am

Monday 20th April— Year 5 trip to Living Rainforest

Tuesday 28th April— Yellow photographers in school for class photos

Thursday 30th April— FSW Cooking with Michelle 6pm

Monday 4th May— School closed for **BANK HOLIDAY**

Tuesday 5th May— FSW workshop 2 9am-10am

Monday 11th May—Thursday 14th May— Year 6 SATs week

Thursday 14th May— Year 4 Fab Finish to parents

Monday 18th May— Year 6 trip to Paultons Park

Wednesday 20th May— Friday 22nd May— Year 4 Residential to Stubbington Study Centre

Monday 25th March—Friday 29th May— **HALF TERM**

Monday 1st June— **RETURN TO SCHOOL**

Wednesday 3rd June— FSW workshop 3 9am-10am

Friday 5th June— Sports Day (Details TBC)

Thursday 11th June— FSW Summer term coffee morning 9am

Friday 12th June— Year 3 trip to Fort Nelson

Monday 15th June— **Russett Reading Café 9:00am—9:20am**

Tuesday 16th June— **Empire Reading Café 9:00am—9:20am**

Wednesday 17th June— FSW coffee morning— Year 6 transition to secondary school 9am

Thursday 19th June— **Winston Reading Café 9:00am—9:20am**

Friday 20th June— **Bramley Reading Café 9:00am—9:20am**

Thursday 25th June— Cluster transition day

Monday 29th June— **INSET DAY**

Thursday 2nd July— FSW Year 2 parent coffee morning 9am

Monday 13th July— Year 6 Production (details TBC)

Tuesday 14th July— Year 6 Production (details TBC)

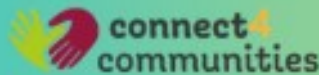
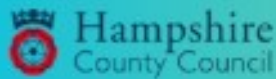
Wednesday 15th— Year 6 Production (details TBC)

Wednesday 15th July— Rock to the Beat concerts

(Bands 1, 2 & 3 at 2pm / Bands 4, 5 & 6 at 2:30pm)

Wednesday 22nd July— **LAST DAY OF TERM**

Multi-activity Fun Days



Funded by

Department
for Education



4WARDS

MULTI-ACTIVITY

FUN DAYS

DATES:

MON 30 MARCH
TUES 31 MARCH
WED 1 APRIL
THUR 2 APRIL

**WELLSTEAD
PRIMARY**

9am - 3.15pm

£23
per day

or

FREE for families eligible for
benefits related free school meals
(includes lunch)


AGES 4-12


- ARCHERY
- TAG RUGBY
- NERF WARS
- FOOTBALL
- CRICKET
- DODGEBALL
- TENNIS
- ARTS&CRAFTS
- DANCE
- GOLF
- AND MORE!




4WARDSMULTIACTIVITY@GMAIL.COM



 **Funded by UK Government**

 **ITCHEN SIXTH FORM COLLEGE**

KICKSTART YOUR CAREER WITH SKILLS BOOTCAMPS



Do you want to work in Early Years?
Come and join our Skills Bootcamps


The course runs for 3 weeks, Monday to Friday from 9.30-2.30


Dates: Monday 11th May- Friday 5th June

(No course will run between 25th- 29th May due to Half Term)

Venue: Wells Place Centre, Wells Place, Eastleigh, SO50 5LJ

For more information or to book onto the Skills Bootcamps please contact Itchen College on 02380 446156 or email courses@itchen.ac.uk

 **Funded by Hampshire County Council**

 **SKILLS FOR LIFE SKILLS BOOTCAMPS**

 **Funded by UK Government**

 **SKILLS FOR LIFE SKILLS BOOTCAMPS**

KICKSTART YOUR CAREER WITH SKILLS BOOTCAMPS



 **Hampshire County Council**

Do you want to work in Health and Social Care?
Come and join our Skills Bootcamps

Starting 5th May 2026

This course runs Monday-Friday 9.30-2.30 for three weeks (5th - 22nd May 2026)

Venue: Wells Place Centre, Wells Place, Eastleigh, SO50 5LJ

For more information or to book onto the Skills Bootcamps please contact Itchen College Adult Education on 02380 446156 or courses@itchen.ac.uk

 **Funded by Hampshire County Council**

 **ITCHEN COLLEGE**

Xperience youth hub

MONTHLY MINDFULNESS CRAFT SESSIONS FOR YOUNG WOMEN 10-15 YRS 12.30-2PM £4 PER SESSION

- 28.2.26 - JEWELLERY MAKING
- 25.4.26 - FAIRY DOORS
- 9.5.26 - FRAGRANT STONES
- 27.6.26 - MINDFULL MOSAICS
- 25.7.26 - BRACELETS
- 15.8.26 - KEY RINGS & CLAY
- 26.9.26 - WAX PAINTING
- 24.10.26 - HALLOWEEN THEME
- 28.11.26 - CHRISTMAS CARDS

PLEASE EMAIL IN ADVANCE 20 PLACES PER SESSION



XPERIENCE YOUTH CENTRE
TRINITY STREET
FAREHAM
PO16 7SJ
FOR MORE INFO
EMAIL
INFO@YSERVICES.CO.UK



Services for Young People

Charity no 1145664



HAMPSHIRE
PARENT CARER
NETWORK
enabling voices to be heard

MYSTERY VISITS



Visit leisure centers & culture providers,
report back in secret, to help improve send
accessibility.

We will cover the cost of the visit!*

MAKE SURE YOU'RE ON OUR MAILING LIST TO BE PART OF THIS PROGRAMME!



SEND SURVEY 2026



PLEASE SHARE YOUR EXPERIENCES WITH US & ENTER OUR PRIZE DRAW



<https://www.surveymonkey.com/r/HPCN2026>

- 1 £150
- 2 £100
- 3 £50

★ WE NEED YOUR VOICE! HPCN'S ANNUAL SEND SURVEY IS HERE, AND YOUR FEEDBACK IS CRUCIAL TO SHAPING BETTER SERVICES FOR OUR COMMUNITY, AND YOUNG PEOPLE. PLUS, BY FILLING IT OUT, YOU'RE ENTERED INTO OUR PRIZE DRAW! 🎉

IF YOU'RE A PROFESSIONAL PLEASE DO. FILL IT OUT ON BEHALF OF A YOUNG PERSON, OR PROFESSIONALLY.



SEND reform White Paper Workshops

Join us at the **SEND Local Offer Discovery Days**

These workshops give parents and carers the chance to learn about the proposals, ask questions, and share their views. They are designed to help families understand the consultation and ensure that parent voices help shape our response and next steps.

Times and dates of HPCN workshop

- 21 March, 10:30am – Havant
- 26 March, 4:30pm – Andover
- 14 April, 2:00pm – Farnborough
- 20 April, 2:00pm – Winchester
- 30 April, 5:00pm – Gosport
- 7 May, 5:00pm – Alton
- 12 May, 2:30pm – Basingstoke
- 15 May, 5:00pm – Eastleigh
- 18 May, 2:30pm – Petersfield

May 2026

Get Together



**HAMPSHIRE
PARENT CARER
NETWORK**
enabling voices to be heard



5th May 12-1pm: online Lunctime Get Together- Zoom

Meeting ID: 835 1332 0196 Passcode: GT

7th May, 10 -12pm: Fleet Get Together- Fleet Town Football Club, Crookham Road , GU51 5FA **SENDIASS ATTENDING******

13th May, 10-12pm : Basingstoke Get Together - The Viables Craft Centre, 19 The Harrow Way RG22 4BJ

20th May 10-12pm: Winchester Get Together - TBC

22nd May 10-12pm: Alresford Get Together - The Swan Hotel, Alresford, SO24 9AD

- Connect with other parent carers
- Relax over a cuppa
- Share experiences & local issues
- Give feedback on services supporting your children & young people

This month
Hampshire SENDIASS will be attending the **Fleet GT**. They will be available to offer 1:1 time to discuss your personal journey and will offer in the moment guidance to help your young person 0-25.

**Hampshire
SENDIASS**

April 2026

Get Together



**HAMPSHIRE
PARENT CARER
NETWORK**
enabling voices to be heard



14th April, 10 -12pm: Havant Get Together- Horizon Havant, PO9 2AY

15th April , 10-12pm : Basingstoke Get Together - The Viables Craft Centre, 19 The Harrow Way RG22 4BJ

16th April 8-pm: online Evening Get Together- Zoom Meeting
ID: 890 6612 2644 Passcode: GT ****SENDIASS Attending ****

21st April 10-12pm: Eastleigh Get Together - The Point, 14 Leigh Rd, Eastleigh SO50 9DE

24th April 10-12pm: Alresford Get Together - The Swan Hotel, Alresford, SO24 9AD

- Connect with other parent carers
- Relax over a cuppa
- Share experiences & local issues
- Give feedback on services supporting your children & young people

This month
Hampshire SENDIASS will be attending the **Online Evening GT**. They will be available to offer 1:1 time to discuss your personal journey and will offer in the moment guidance to help your young person 0-25.

**Hampshire
SENDIASS**