

Your Voice

Support



Advice

Information

April 2025

Dear all,

Welcome to PPV April 's newsletter. We hope you find it useful to see all we have been doing.

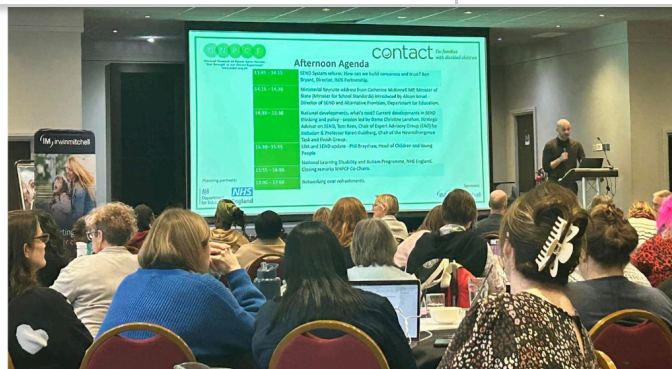
This term PPV have been working on lots of exciting events. We have co-produced the 'Celebrating Neurodiversity' event which was held on 20th March in the Guildhall. There were over 15 Stall Holders and over 50 attendees. We also co-produced the 'Moving Forward' event on 27th March which is aimed at post 16 and over 30 services attended.

In SBFT we have been continuing work on the parent/carer guide to send and the local offer awareness.

We have started planning the next Local Offer Live which is booked for April 30th Cosham Community Centre.

We will be back to the office on Tuesday 22nd April 2025. Wishing you all a very Happy Easter.

PPV Team



PROJECTS PPV HAVE BEEN WORKING

NNPCF/Contact 2025 annual Conference

PPV attended the Annual 2025 NNPCF/Contact Conference back in February, this was an incredible opportunity not only to catch up with PCFs around the country but hear from guest speakers and find out the latest going Ons within the DfE and the NHS.

We received a warm welcome followed by NNPCF and Contact updates, it was lovely to see NNPCF Co-Chairs and Olivia Newbolt, Operations Lead, Contact present this. This was followed by a presentation on 'What Works in SEND: Holding onto hope' – by Amanda Allard, Director, Council for Disabled Children. To our surprise the Portsmouth ND Profile Tool was shared in her presentation to show good practise and excellent co production.

We also had a Ministerial Keynote Video address from Catherine McKinnell MP, Minister of State (Minister for School Standards), yes it was a little disappointing that she did not attend in person as this was an important event for PCFs across the country. It helped us to understand the new government's position regarding SEN/Disabilities and more importantly co-production with parent carers.

Current developments in SEND thinking and policies, this was a working group session led by Dame Christine Lenehan, Chair. PCFs raised their voices together during this session to remind professionals the current work that they were doing was not in co production especially the new Neurodivergence Task and Finish Group they had set up without Parent Carer Forums or young people representation.

We saw PCFs stand side by side with NNPCF and Contact and together we feedback our concerns and the importance to work with PCFs and Young people in co production and to acknowledge the amazing work PCFs do.

As always, the NNPCF and Contact deserve a round of applause for the incredible work they put into putting on the conference. PPV wanted to do a special shout out about the amazing work done by Sarah Clarke (NNPCF Director - South East) for your amazing support during the event and the event itself so "thank you" from everyone at PPV.

You can watch clips from the NNPCF/Contact 2025 conference here - [Contact & NNPCF Conference 2024-25](#)

[Watch a reel here.](#)

February / March 2025

Time spent in strategic meetings,
parent hubs and 1:1s supporting
Parent/Carers

69

HOURS

29

MEETINGS

2

PARENT/
CARERS



PARENT/CARER QUOTES

"We can't thank you enough for all your support and information."



Upcoming events

April
30

LOCAL OFFER LIVE

10:30am – 2:30pm

Cosham Community Centre, PO6 3AP

May
6

CAMHS DROP IN

10:00am – 12:00pm

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

May
7

MILTON PARK PARENT HUB

9:30am – 10:30pm

Milton Park School (for Milton Park School Parents only)

May
12

MORIAH COFFEE MORNING

10:30am – 12:30pm

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

May
13

ZOOM SLEEP COURSE

10.00am – 12:00pm

Online - booking required

May
20

ZOOM SLEEP COURSE

7.00pm – 9:00pm

Online - booking required

May
21

ND DROP IN

9.45am – 11.45am

Portsmouth Central Library, Guildhall Square, Portsmouth, PO1 2DX

These sessions are open to parent carers of children and young people with special additional needs and disability. Feel free to bring a friend or family member.

spotlight on a Service



SPOTLIGHT ON A SERVICE **MENTAL HEALTH SUPPORT TEAM (MHST)**

What is Mental Health Support Team (MHST)?

The Mental Health Support Team (MHST) is an NHS service that has been introduced as part of the national plans to expand mental health services for children, young people, and their families within an education setting. They work with education settings to provide mental health interventions, advice, and liaise with external specialist service to help children and young people to get the right support.

What they do:

- Whole school approach: we provide whole class, year group and group interventions in line with identified school needs.
- A range of CBT treatments: we offer a range of CBT interventions to treat low to moderate anxiety and low mood presentations. For primary age children, this is with parents.
- Signposting to other services: we work with schools and families to think about ways of supporting the child or young person, including signposting to other services or activities.
- Staff workshops: we offer training sessions to school staff to support understanding and management of mental health presentations in a school environment.

Some of the things they support with are:

- Low mood: sadness, low motivation
- Mild to moderate anxiety: worries, irrational fears and concerns. This includes social anxiety and specific phobias

Accessing the service

All referrals for direct intervention come through a named link within the education setting.

They work within mainstream schools and colleges within Portsmouth.

Outside of direct intervention, they also offer whole school approaches which include universal content – such as assemblies and parent workshops. These can be accessed within schools without the need for a referral to MHST.

We encourage other professionals, outside of schools, to discuss possible referrals with schools directly.

More information on mental health support in Portsmouth can be found on the Local Offer website:

www.portsmouthlocaloffer.org/information/supportformentalhealth



GET TO KNOW A MEMBER OF THE PPV TEAM: 'Flo' Olufolake Ayeyemi

Position at PPV and the year you joined:

Neurodiversity Coordinator, joined in February 2022.

Reason for joining:

I desired to work for Portsmouth Parent Voice (PPV) because of my personal connection as a parent of a child with SEND and my passion for supporting parents and making a difference. My job gives me the opportunity to support

that support children and young people with autism.

Biggest achievement whilst working at PPV:

One of my biggest achievements while working for PPV has been coproducing the Neurodiversity Parent Hubs in schools. This focuses on meeting the specific needs of families in each school, ensuring better outcomes for our children and young people and their families. Collaborating with schools and parent carers to create a plan that is meaningful has been incredibly rewarding.

The song that gets you on the dance floor:

I'm every woman - Whitney Houston.

Three people you'd invite to your dinner party (dead or alive):

Michelle Obama, Mary Slessor and Marie Curie.

What superhero would you be and why:

Black Panther, the King of Wakanda, I love how he balances heroism with the responsibilities of ruling a powerful, technologically advanced nation.

If you were an animal what would you be and why:

A dove - It's a symbol of peace, love and wisdom.

What I wanted to be when I was a child:

A Pharmacist.



**PPV is closed from 4th April 2025.
We are back in the office on 22nd April 2025.**

**HAPPY
EASTER**

Visit our website, read about what we do, sign up to our newsletter,
book a zoom sleep course, contact us and more:



portsmouthparentvoice.org



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