

# February 2025



**Our Get Togethers are for parent carers of children and young people (0-25 years old) with any additional needs (diagnosis not needed).**

**What we offer: To Share experiences, discuss local issues and enjoy a cuppa with other parents at our non-judgemental, friendly, and relaxed sessions!**



**6th February, 10am: Fleet** - Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -



**11th February, 10am: Eastleigh** - St Francis Hall, Nightingale Avenue SO50 9JH



**12th February, 10am : Basingstoke** - The Viabes Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ



**25th February 8pm: Evening Zoom** - Meeting ID: 890 6612 2644  
Passcode: GT



**28th February , 10am: Alresford** - The Swan Hotel, 11 West Street, Alresford,SO24 9AD - **SENDIASS ATTENDING**



**HAMPSHIRE  
PARENT CARER  
NETWORK**



**Hampshire  
SENDIASS**

Follow us on our socials:



participation@hpcn.org.uk

**Future in Mind - Presents a Face to Face workshop**  
**with Viv Dawes**



**Thursday 13th February  
2025  
11-1pm**

**At : Hanger Farm Arts  
Centre , SO40 8FT**




**Book tickets via our ticket tailor :**  
**<https://www.tickettailor.com/events/hpcn>**  
**if you have any questions please contact :**  
**[FIM@hpcn.org.uk](mailto:FIM@hpcn.org.uk)**





## ☀️ February 2025 ☀️

These sessions are to give parent carers of young people 14-25 years, access to information to support their young person during transitions

- ✓ **7th Feb 7-8pm - Mindfulness - Meditation skills with a Mental health wellbeing Practitioner**
- ✓ **11th Feb, 11.30-1pm - Transitions with IPSEA**  **IPSEA**
- ✓ **13th Feb - 7-8pm - Mindfulness, with Solent Trust Practitioner**
- ✓ **24th Feb, 1-2pm - Post 16 sexual health concerns - with Solent Trust**
- ✓ **25th Feb, 1-2pm - Information session with Sunshine Support** 
- ✓ **26th Feb, 1-2pm - Information Session with KOOOTH -** 
- ✓ **27th Feb, 6-7pm - Send Employability Post 16 Options - with HCC**
- ✓ **28th Feb, 7-8pm - Mindfulness - with a Mental health wellbeing Practitioner**

Please book tickets here

<https://www.tickettailor.com/events/hpcn>





## Hampshire SENDIASS at HPCN Get Togethers in 2025

Hampshire SENDIASS have agreed to join several HPCN Get Togethers across Hampshire in 2025. These sessions provide a supportive environment for parent peer support while SENDIASS offer:

- Confidential, impartial information, advice, and support on SEND-related issues.
- 1:1 guidance tailored to your personal journey, with real-time advice to support your young person (ages 0-25).

If you'd like to have a 1:1 conversation with SENDIASS, they'll be available at the following sessions:

- **09/01/2025, 10am – Fleet Get Together** - Fleet Town Football Club, Fleet Hampshire GU51 5FA
- **23/01/2025, 12pm – Lunchtime Online Get Together** - Zoom meeting ID: 835 1332 0196 Passcode: GT
- **28/02/2025, 10am – Alresford Get Together** - The Swan Hotel, 11 West Street Alresford, SO24 9AD
- **19/03/2025, 10am – Winchester Get Together** - Badger Farm Community Centre, Winchester, SO22 4QB
- **03/04/2025, 10am – Fleet Get Together** - Fleet Town Football Club, Fleet Hampshire GU51 5FA
- **22/05/2025, 12pm – Lunchtime Online Get Together** - Zoom meeting ID: 835 1332 0196 Passcode: GT
- **11/06/2025, 10am – Basingstoke Get Together** - The Viables Craft Centre, Basingstoke RG22 4BJ
- **10/07/2025, 10.30am – East Hants (Alton) Get Together** - Alton community centre Alton GU34 1HN



Follow us on our socials:



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[participation@hpcn.org.uk](mailto:participation@hpcn.org.uk)