

## 🌀 September 2025 Update: Welcome and Introductions 🌀

Thank you to everyone who joined us at our most recent Parent/Carer Support Group last week, both in-person and online. It was lovely to see some returning parents & carers as well as meeting new ones – and it was a full house! Whether you were able to attend or not, we wanted to share a summary of what was discussed.

We had a warm and open session with parents, carers, and staff including Emily (Counsellor), Shelley (SENCO), Julie (Job Coach), and Adele (Principal). Many parents were new to Lighthouse Futures Trust and shared their young person's journeys so far. It was heartening to hear that many students have settled in well, gaining confidence, independence, and even job placements through our supported internship pathways.

A key theme was **friendships and social development**. We talked about how some young people take time to build friendships—and that's okay. The Lighthouse Futures Trust environment supports this in a gentle and natural way, always recognising individual needs.

We also discussed what parents and carers would like from future sessions. Suggestions included topics like:

- **Understanding social care and PA support**
- **Demand Avoidant profiles (as part of Autistic Spectrum)**
- **Independent travel and life skills**
- **Wellbeing, burnout, and mental health**
- **Online/Social media safety guidance for parents/carers**
- **Accessing financial support, including bursaries and Universal Credit**

There was interest in hearing from external guest speakers in the future (e.g. Citizens Advice, Through the Maze services), and we're exploring these options.

**Have Your Say!** We would love to hear from you all – if you'd like to request a particular topic for discussion in this year's upcoming sessions, please head to: <https://forms.office.com/e/iLyCzSRBzs> to select your preferences and leave your ideas.



Communication and feedback were also discussed. While we aim to keep families informed, we understand some prefer less frequent updates. There's always the opportunity for individual chats with job coaches or other staff.

Finally, we acknowledged the emotional side of caring for young people with additional needs. The group is here to be a safe, supportive space where everyone is welcome.



👉 **Next session:** Thursday, 16th October, 5:00 – 6:30pm at Carlton House – Theme: **Personal Assistants and Social Care**.

To book your free, **in-person ticket**, head to <https://tinyurl.com/2mv695dp>

or to **join remotely**, use this joining link: <https://tinyurl.com/342mpcj7>

🔔 Join our [private Facebook group](#) to stay connected with other parents and carers!

Thank you again for being part of this community.



Best wishes,  
Emily, Shelley & Julie

