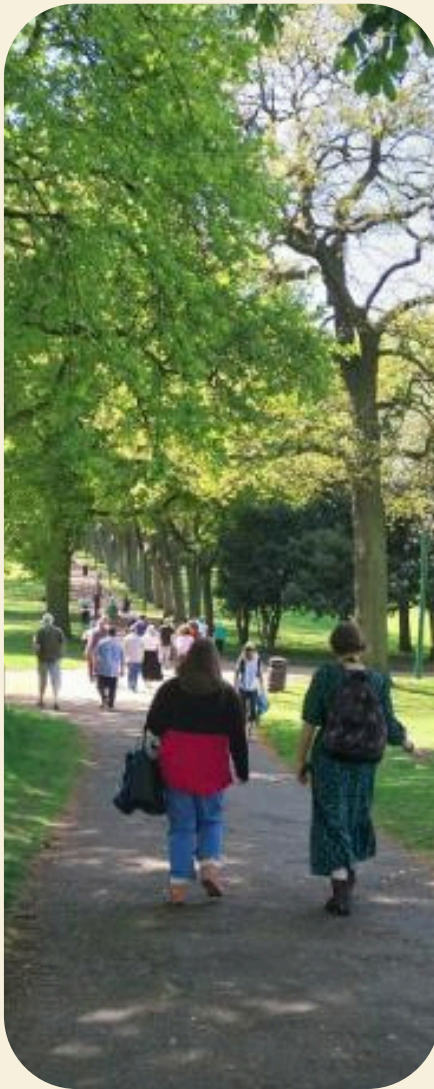




Rotherham Parents Forum Limited



Impact Report March 2025 - April 2026



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Introduction from the Chair of Trustees

I've had the privilege of working alongside Rpcf for 16 years as a practitioner in education and I have seen it grow from strength to strength. As the newly appointed chair of the board of trustees I haven't got the words to describe the pride I have in the association with the Forum. As a relatively small organisation the breadth of work and influence is staggering, from individual support, participation events to influencing practice at strategic level in education, health and social care. At the core is the dedication, knowledge and passion of practitioners and volunteers alike. That the forum so successfully facilitates growth and support for our young people and their families in these difficult times is testament to this. With continued dedication of everyone involved I know we can continue to be the heart in a sometimes heartless world.

Introduction from the Voice, Influence and Engagement Manager



2025/26 has been a year of significant change, growth and opportunity for the Forum. One of our biggest achievements has been moving into our new SEND Hub. While the transition has brought challenges, it has also opened doors for our community. The Hub is becoming a welcoming and inclusive space where SEND families and neurodivergent people can connect, feel a sense of belonging, access support, and build meaningful relationships in the heart of our town centre. Alongside settling into our new home, we were proud to launch our new Autism and ADHD Peer Support Service, creating further opportunities for people to share experiences, learn from one another, and find support from those who truly understand.

Throughout the year, we have remained committed to ensuring that the lived experiences of SEND families and neurodivergent people are heard and represented in the services and decisions that matter most to them. I would like to sincerely thank everyone who has trusted us with their experiences and stories. Your voices continue to shape local services and help drive positive change. I would also like to thank the many professionals and organisations who work alongside us in true partnership, recognising the value of lived experience in local decision-making.

A special thank you must go to our dedicated team of staff, volunteers and helpers. Over the last 12 months, they have shown incredible commitment, resilience and compassion. They have pulled together through periods of change, gone above and beyond to ensure we continue reaching and supporting our community, and consistently offered one another kindness, encouragement and practical support. Their hard work and shared belief in our vision have been at the heart of everything we have achieved this year.

As we look ahead to 2026/27, we are excited to continue placing our community at the heart of everything we do. Our town centre Hub is a valuable asset, and we look forward to growing its impact together, welcoming new people, strengthening connections, amplifying voices, and creating even more opportunities for SEND families and neurodivergent people to thrive. We are also excited to continue building strong relationships with both new and existing services and partners, working together to create positive change and improve outcomes for our community. Together, we will continue building a community where everyone feels heard, valued and empowered.

Kayleigh Harrison

Voice, Influence and Engagement Manager





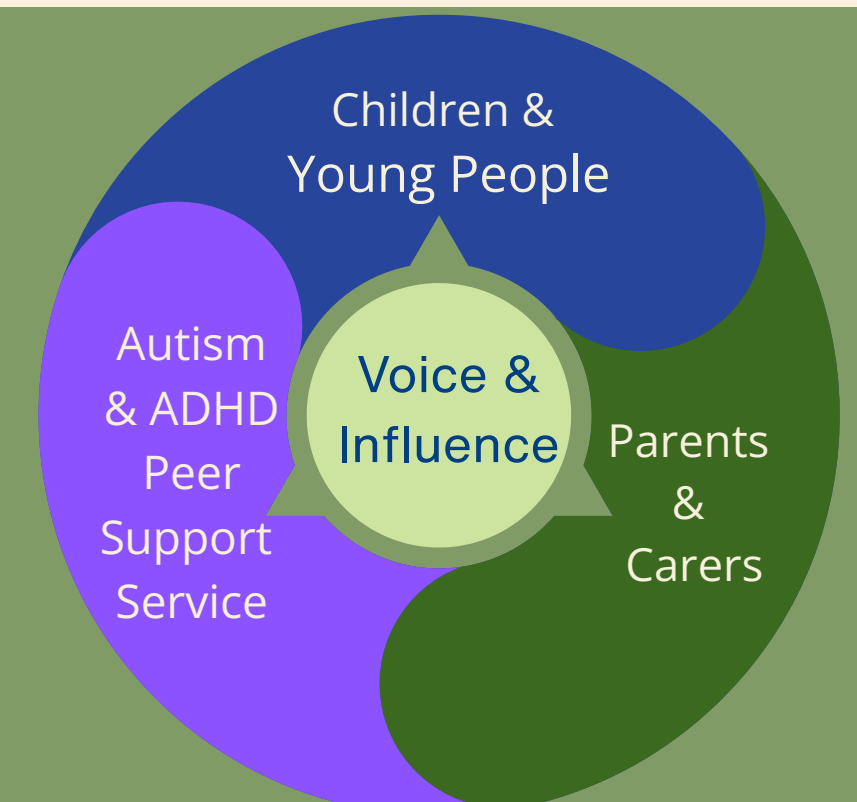
Vision and Mission

Our Vision is to create a society where young people with SEND and their families, and neurodivergent adults, are embraced, understood, and have access to all they need to succeed and flourish.

Our Mission is to reduce isolation, empower parent carers, young people with SEND and neurodivergent adults in daily life and in accessing services in Rotherham. To foster a community that champions inclusion and understanding and raises public awareness to ensure that individuals are seen, heard, and supported to overcome any inequalities they face.



Rotherham Parents Forum Limited (RPFL) is a charity supporting local families of young people with SEND and neurodivergent adults. It runs the Parent Carers Forum to improve outcomes through participation and co-production, and offers Autism and ADHD peer support, along with guidance, counselling, and family activities.



The Four Cornerstones Approach to Co-production

Building **trust** through our commitment to welcome and care, value and include, communication and working in partnership



Welcome & Care

Create a happy, safe and supportive environment
Build confidence, wellbeing and self-esteem
Ensure every voice is heard and valued
Respond with sensitivity and celebrate strengths



Value & Include

Encourage involvement at every stage
Take a positive, “can do” approach
Respond flexibly to individual needs
Share skills, knowledge and understanding
Include partners in decisions and improvements



Communicate

Listen calmly and honestly
Make time for meaningful conversations
Respond promptly and follow up
Share clear, accessible information
Use positive and constructive language



Work in Partnership

Encourage participation and collaboration
Value every contribution equally
Co-create plans, goals and programmes
Involve people in shaping change



≡Welcome≡

Our admin team of staff and volunteers is often the first point of contact for people reaching out to RPFL, and we understand how important that first interaction can be. Whether someone phones us, walks through our doors, or visits for the first time, we aim to make every person feel warmly welcomed, safe, and cared for.

At the heart of our approach is a commitment to creating a happy and secure environment where people feel comfortable being themselves and asking for support. Our team takes time to listen with empathy, respond with sensitivity, and ensure that every individual feels seen, heard, and valued.

By communicating clearly and kindly, we help people feel reassured and supported, especially during difficult or uncertain times.

More than simply providing information or assistance, our reception team helps create a sense of community and belonging. Through everyday interactions built on respect, compassion, and understanding, we strive to make RPFL a place where everyone feels welcomed, supported, and connected.



Our Volunteers Make the Difference

At RPFL, our volunteers are at the heart of everything we do. They bring lived experience, compassion, commitment and valuable skills that help us reach more families and create a stronger, more inclusive community.

Whether supporting events and activities, sharing their experiences to influence change, welcoming families, helping with administration, or offering peer support, our volunteers make a meaningful difference every day.

Their generosity of time, energy and expertise enables us to extend our reach, strengthen our services and ensure that families feel connected, understood and supported.

We are incredibly grateful for the dedication, passion and kindness of every volunteer. Your contribution helps create positive change for children and young people with SEND, neurodivergent adults, and families across Rotherham.

Thank you for being an essential part of the RPFL community.



Our Work at a Glance



2025 – 2026 OUR YEAR IN NUMBERS

April 2025 – March 2026



Rotherham
Parents Forum
Limited



2,063
ATTENDANCES

Children & young people
engaged in activities



3,257
REGISTERED
MEMBERS



2,236,649
VIEWS

On our Facebook
content



944+
HOURS
PROVIDED

By our fantastic team
of volunteers



1,000+
PEOPLE WELCOMED

New and returning
to the SEND Hub



124
SIBLINGS
SUPPORTED



600+
HOURS

Spent representing
Parent Carers at a
strategic level



488
INDIVIDUALS

Supported by our new
Autism & ADHD
Peer Support Service
since October 2025



768 CUPPAS
made at our
Parent Carers groups

ROTHERHAM PARENTS FORUM LIMITED



It was all go in 2025!

Moving from Rawmarsh to the Eric Manns Building in the town centre was a major milestone for our organisation and an important step in improving accessibility for the families we support.

The move was truly a team effort, with all hands on deck, our dedicated staff team worked tirelessly alongside an incredible volunteers who gave their time, energy, and unwavering support to make the transition possible.

Our new town centre base provides a welcoming and accessible space that strengthens our connection with the community and creates new opportunities for support, engagement, and partnership.



Voice and Influence

We are committed to breaking down isolation and empowering individuals to build resilience and confidence in their everyday lives and when engaging with services. By placing lived experience at the heart of decision-making, we ensure that our strategic direction is shaped through genuine partnership, creating meaningful change that reflects the voices and needs of the people we serve.

Empowering families through genuine partnership and lived experience.



Making a Difference



641 unique parent carers attending and/or contributing to strategic meetings.

2069 total parent carer attendances at participation events.

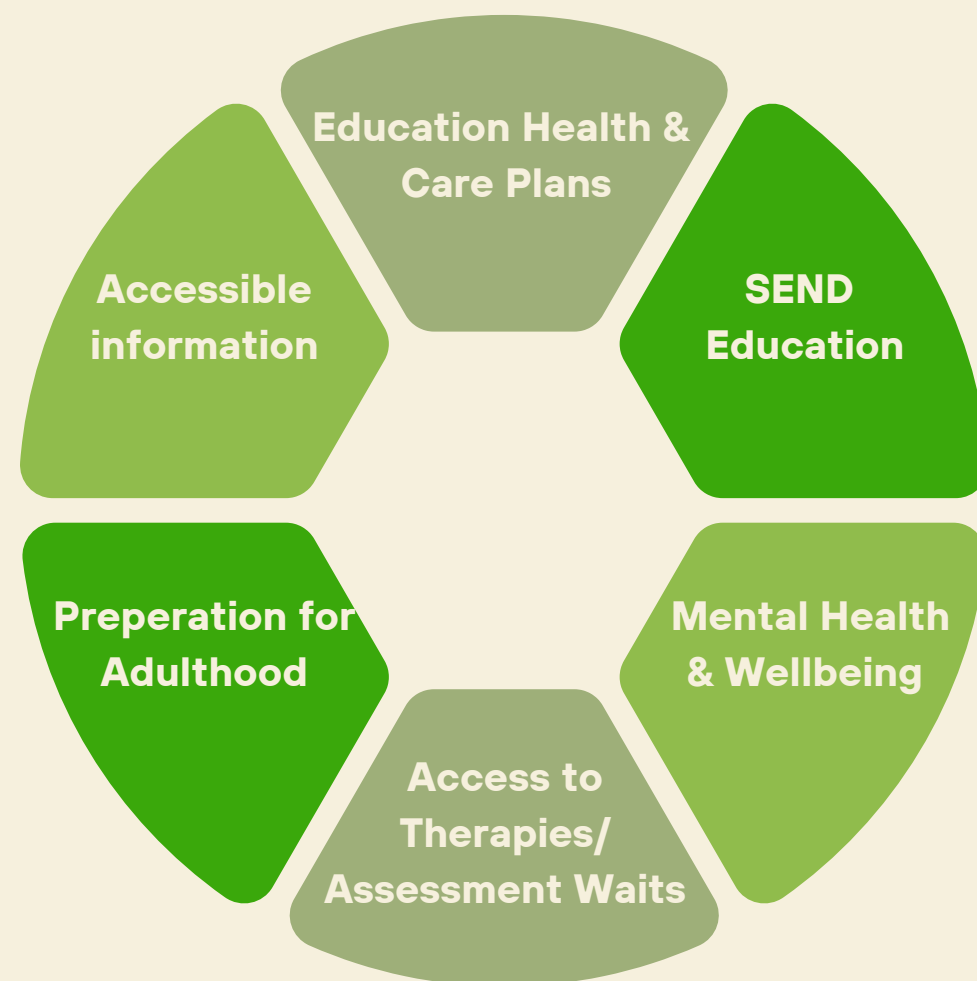
468 new parents and carers gaining knowledge and feeling empowered.

69% of parents and carers working with RPFL feel less isolated.

600+ hours spent representing parents carers at a strategic level.

Voice and Influence

Parent Carers Strategic Priorities 25/26



These priorities were identified by our members and have guided our Voice & Influence work throughout 2025–26. Our team has attended regular strategic meetings to ensure the current lived experiences of families are heard and considered in local decision-making. The priorities form a key part of the SENDAP Partnership Board, which RPFL co-chairs, helping to shape local area action plans, influence service development and keep the voices of families at the heart of change. We would like to thank all the families who continue to trust us with their experiences, insights and feedback. By sharing your journeys, challenges and successes, you help drive improvements and shape services for children, young people and families across Rotherham.

Education Health & Care Plans

To better understand families' experiences of the Education, Health and Care Plan (EHCP) process and plans, we undertook a detailed consultation using a combination of surveys, face-to-face discussions, and the lived experiences shared with us through our ongoing engagement work. The findings were analysed and published in a report which was shared with both families and the EHCP Service, and formally presented through the SENDAP Partnership Board. The recommendations have informed service development and improvement activity, with progress continuing to be monitored through the Partnership Board. This approach helps ensure that current lived experience remains at the heart of decision-making and ongoing service improvement.

SEND Education

Throughout 2025–26, our Voice & Influence Team ensured the lived experiences of SEND families were represented at strategic meetings, helping to shape local SEND services and education provision. Through workshops, focused discussions and engagement activities, including SENDIASS workshops and Threshold of Need discussions, families were able to learn, share their experiences and influence change. We also created opportunities for families to engage directly with local leaders and services, including the Educational Psychology Service, Assistant Director for Education & Inclusion, and Head of SEND, strengthening understanding, collaboration and partnership across the local area.

Voice and Influence

Impact Examples of the Voice and Influence of Parent Carers and Partnership Work with Services Influencing Change in SEND Provision

Health Passports

RPFL has worked in partnership with local health colleagues to co-produce a newly refreshed health passport, designed to better meet the needs of individuals attending appointments or staying at Rotherham Hospital. This updated passport helps ensure that personal needs, preferences, and communication requirements are clearly understood, supporting safer, more personalised care experiences. [Please follow this link to complete a health passport.](#)

0-5 Sensory Workshops

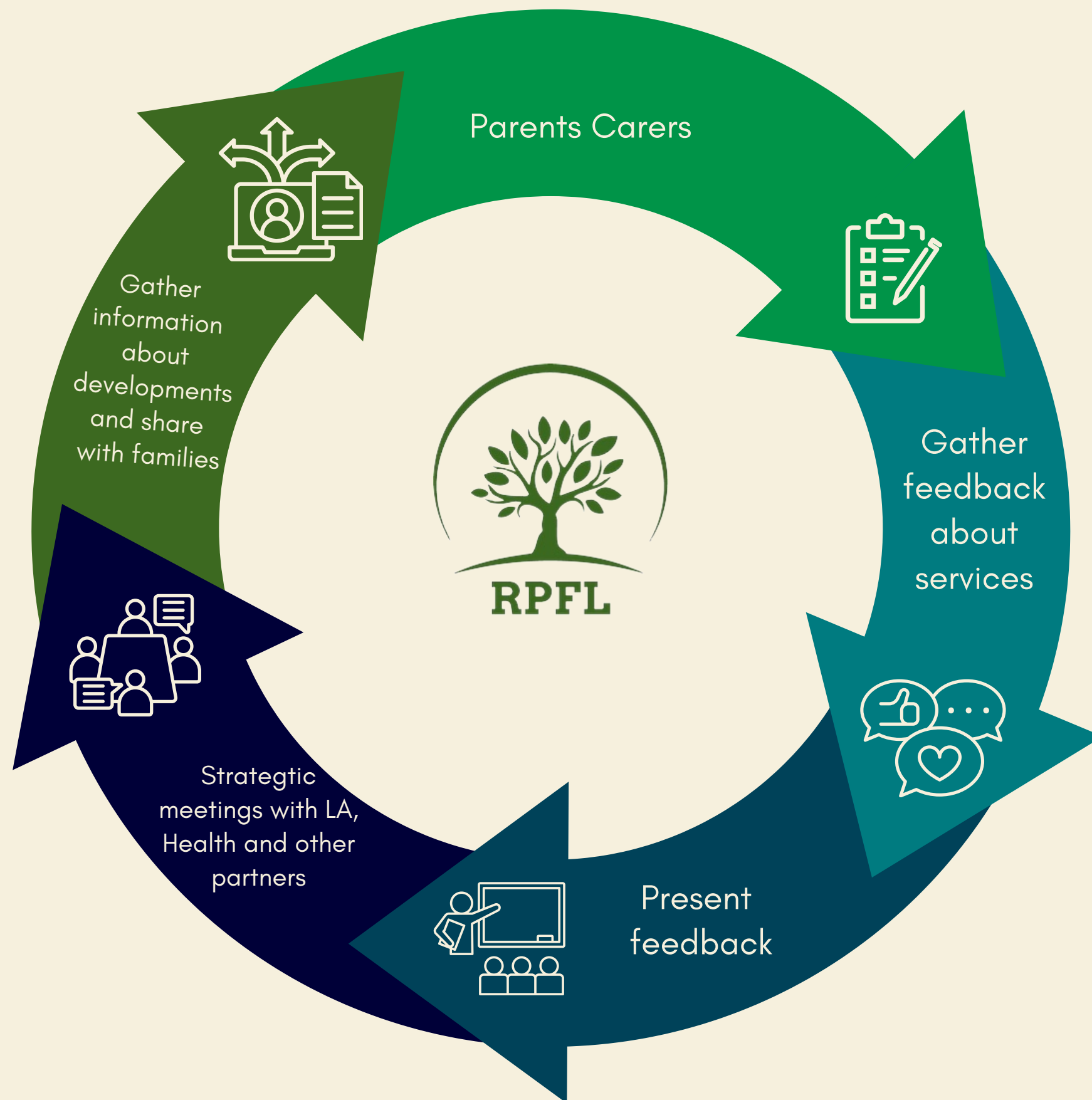
Through our collaboration with local health services and the Family Hubs network, we have supported the development of three new workshops designed to provide earlier support for children's sensory differences. These workshops are now co-delivered in partnership, bringing together the valuable perspective of lived experience alongside the expertise of a sensory therapist. This unique approach enables us to offer SEND families practical information, deeper understanding, and effective strategies to better support their children.

Carers Pledge @ Rotherham Hospital -

Through the Borough That Cares network, we at Rotherham Parent Forum Limited (RPFL) played an important role in developing the Carers Promise at Rotherham Hospital by sharing our lived experiences as SEND parent carers. We worked to ensure that our roles, responsibilities and insights were recognised, understood and valued within hospital services. Building on this, we have supported the development of a Carers Passport, which aims to ensure that our voices are consistently heard and considered in decisions about our children and young people. Our hope is that this leads to better support for carers, with greater recognition of the vital role we play and the knowledge and understanding we bring. To download and complete your own carers passport please follow this [link](#)



Voice and Influence



Parents Carers

By placing lived experience at the centre of decision-making we ensure our work is shaped through partnership and reflects the voices and needs of those we support.

Gather feedback about services

We regularly gather feedback from parent carers through social media, outreach activities, questionnaires, meetings, and our peer support work.

Present feedback

We share this feedback with the local authority and health services, and regularly represent parent carers' views at strategic meetings that we attend.

Strategic meetings with LA, Health and other partners

Working in collaboration with parent carers helps drive positive change for children and young people with SEND, leading to services that better reflect and meet local needs.

Gather information about developments and share with families

We collect and share updates and developments with families to keep them informed and connected.



VOICE AND INFLUENCE

In Action: Amplifying Parent Carer voice and partnership working to influence change in SEND Provision through regular participation in strategic and operational meetings with the local authority, health services, and other partners.



Education

Partnerships for Inclusion of Neurodiversity in Schools (PINS)
SENDAP Strategy
Roma/Slovak Schools Forum
SENDCO Network meetings

SEN sufficiency board phase 5 meetings
Education Health and Care audits
Threshold of need

School Attendance Matters Pathway
Children Not in School Governance Group
SENDIASS Mointoring Group



Local Authority

Family Hub locality meetings
Better Start in Life - regional project
Family Assessment of Need
Family Help Partnership Group

The Borough that cares
EDI Peer Review
Yorkshire & Humber regional network meetings - SEND Reforms regional
Futures Fayre Planning
CYPF Consortium

CQC Planning
Autism partnership
Genuine Partnerships Meetings - coproduction meetings
Children's Disability Register
SEND Local Offer



Health

Review of All-Age Autism Plan
LD Health Checks -PFA Works
0-5 Restricted Eating Planning
SEMH partnership board
Suicide Prevention Operational Group

SEMH partnership board
Learning Disability and Autism Sub-Group
Charter NHS Mark
Designated Clinical Officer for Special Educational Needs and Disabilities meetings

Teen Life Project Plan
Preparing For Adulthood Voice Sub-group
Annual Health Checks
Community of Practice - National

Impact and Outcomes of the Voice and Influence of Parents and Carers Effecting Strategic Change in SEND Provision - Feedback from Practitioners

"The input from Rotherham Parent Carer Forum was also greatly appreciated, thank you for allowing us to use your lovely facility and giving families an insight into what is available within their local communities. Many parents commented on how helpful it was to meet other families in similar situations and to feel part of a supportive network.

Several families have already asked whether we will be holding more sessions, which speaks volumes about the impact of the support you all provided." - Claire King (Senior Portage Home Visitor, Rotherham Portage Service)

"Thank you for being part of the interview panel, its great to have a parent as part of the panel and bring a different perspective" - Cary-Anne Sykes (Head of Service – SEND)

"We really appreciate the support from wider professionals from the RPFL who supported the sessions as well as allowing us space in your new premises and to all our internal team members across Early Years/Portage." - Paula Williams (Service Leader – Early Years and Childcare Quality, Inclusion and Workforce Development (Deputy to HoS)

"Fostering positive partnerships between health professionals and Parent Forum is crucial for ensuring our young people receive holistic and effective care and support.

Our joint sensory workshops are a great example of this partnership – a way to share knowledge and lived experiences alike, which are both so valuable to our parents." -Sue Whitehead (Sensory OT)



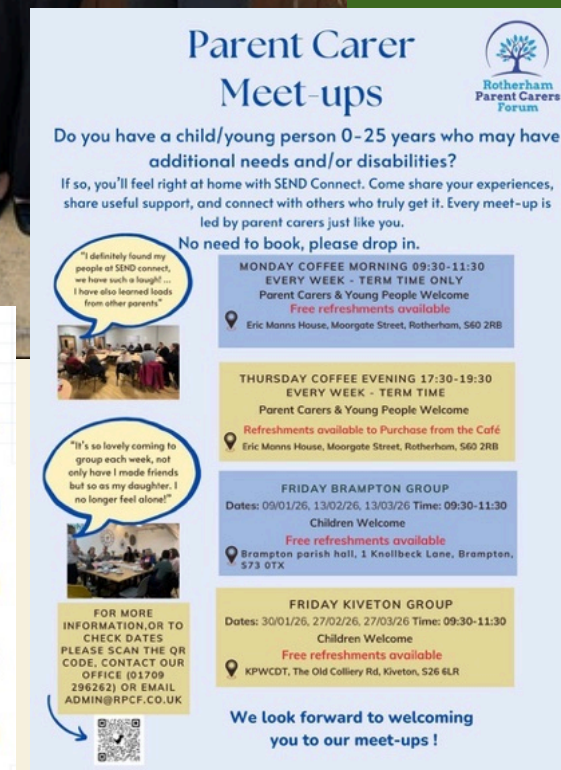
Voice and Influence

SEND Connect Drop-ins, Workshops and Engagement

We host parent carer-led coffee mornings to provide a warm, welcoming space where families can share experiences, connect with others who “get it,” and access support and signposting to local networks. These sessions help reduce the isolation often felt within the SEN community, offering a friendly opportunity for a cuppa and a chat, with children and young people also very welcome to attend.



Alongside building a strong sense of belonging and community at our sessions, these opportunities are invaluable in helping us hear directly from families about their lived experiences—the challenges they face and where things are working well. We capture these narratives and shape them into anonymised themes, alongside insights gathered through our wider engagement work. In 2025/26, this included **120** parent participation opportunities, 8 listening events and focused discussions, 10 consultations, and 24 polls, enabling us to hear from **671 unique families**.



Voice and Influence

SEND Connect Parent Drop-ins and Workshops

"I find these groups really helpful and supportive. Always feel listened to and never judged. Can just listen or can chat – there is no pressure."

"It's great to meet other people in similar situations. Made friends with the parents because they understand."

"Reduced my isolation. Time for me, once a week. Others understand me and my child's challenges."

"Get information about anxiety from a different view, understanding how it affect neurodivergent people."

"Found the positivity of staff and how neuro-affirming they were fantastic. It gave me a real lift as a parent, felt I was in an environment and around people who understood. I have already recommended the workshop to others."

"I really valued having the opportunity to come along and learn more about the threshold of needs document, Its really helped to better understand what I need to be working with school on!"

"It was informative, well paced, just right amount of information. It was nice to be around others going through similar issues and trying to find positive ways forward. Felt supported as a parent and that helps me to better support my daughter which is why I wanted to go on the course."

"I find all courses very informative and gives me more knowledge on how to recognise and address many issues we face. Sensory dysregulation is a major factor of all my children's lives, including my own. I feel I am better equipped to help my children make sense of what is happening to them and how they can manage this."

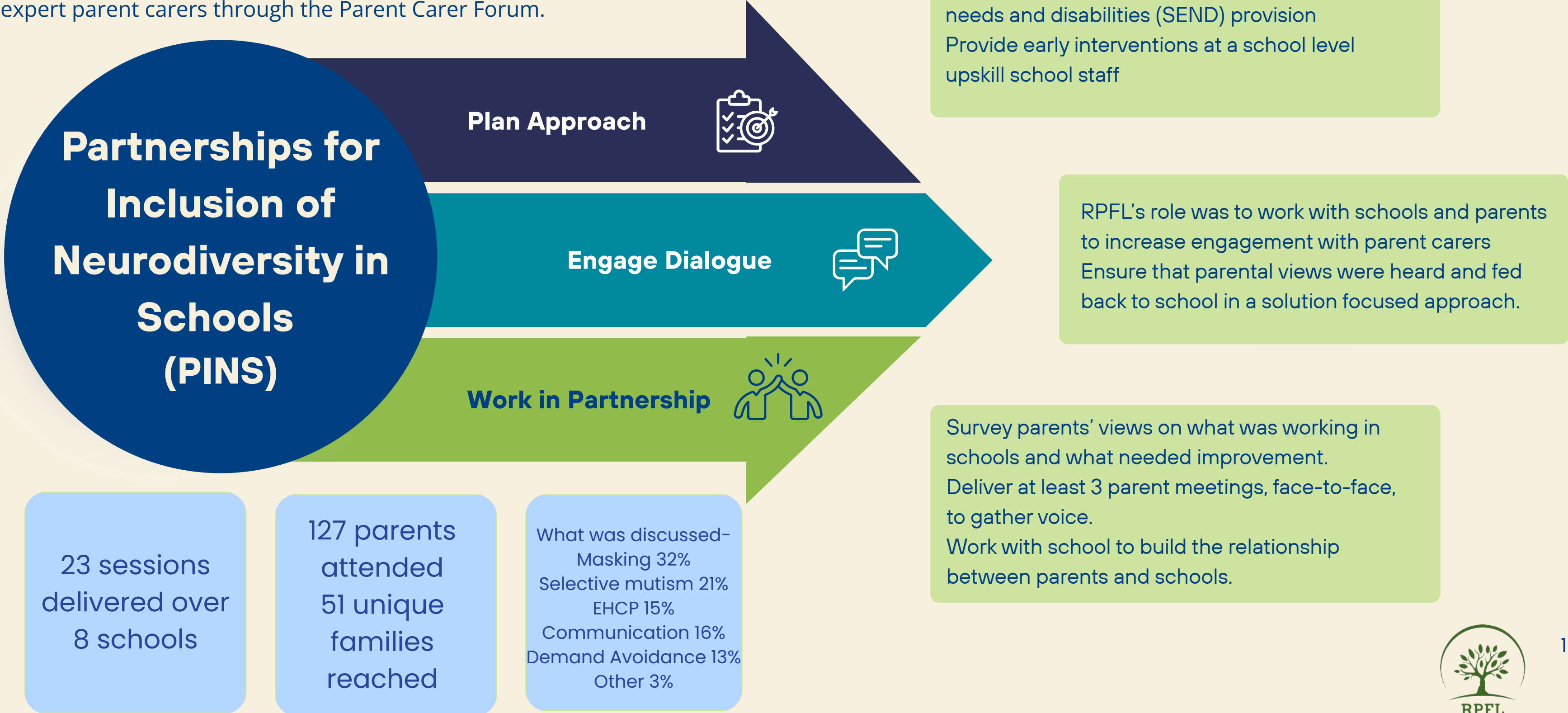
"That I am not alone!
That there is support and understanding and techniques to help make life easier. Grateful to see diversity and friendliness and knowledge in the staff - very reassuring and definitely a quiet confidence boost to be reminded we're doing it right. "



Partnerships for Inclusion of Neurodiversity in Schools (PINS)

Partnerships for Inclusion of Neurodiversity in Schools (PINS) is a national needs-led project that ran by Parent Carer Forums within NHS Integrated Care Boards (ICB) and applies to those who are currently diagnosed and not diagnosed.

The programme brings together health and education specialists and expert parent carers through the Parent Carer Forum.



Partnerships for Inclusion of Neurodiversity in Schools (PINS)

"Initially, I felt quite negative about school and believed our views were not being listened to. I felt let down, as reflected in the low number of parent replies, which indicated a lack of faith in the school. This changed during the meeting when Marie actually listened to us. By the end of the meeting, I began to recognise the benefits of the parents' meeting, I felt like other parents understood me."- Parent

"I can't begin to tell you how impressed I was with every teacher who spoke today at the celebration. Honestly, the dedication, the passion, the organisation and the work that is happening everyday in these schools. It was heart-warming to see all these young, enthusiastic teachers flying the flag for SEND children, for all children. It gave me a lot of hope for the future"- Grandparent

"I know it's early days, but I can see a positive change already"- Parent

"We never realised how this parent was struggling until today...we have a greater understanding of what is going on for them as a family"- Teacher



Sibling Support

Sibling Support Groups create opportunities for siblings of children with SEND to meet other young people who are in similar situations and share their thoughts, feelings, opinions and insights, as well as having lots of fun on the journey too. This year we have worked with 9 different Primary schools across the borough to deliver our school-based sibling support sessions.

"I found these sessions really helpful; it is the first time I have been able to talk about my brother and family without feeling (judged). I didn't realise that some of the things I did for my brother was a 'super skill', it was just stuff I have always done to help him"

I can express my anger
I can explain my feelings
Like sad or unhappy.

I can say what really goes on in
my head, tell the truth in this
group and feel safe. It's fun to

I can relax more
can express my feelings more
I can control my emotions
and I can control my
anger

I can finally
expressed my feeling
Happy

61 unique
siblings of
Children/Young
People with SEND
took part in
Sibling Support
Sessions in
schools across
Rotherham with
total attendances
of **357**





Through Family Hubs funding during 2024–25, we delivered a range of inclusive activities to support children with SEND and their families across Rotherham. This included our monthly SEND toddler group, targeted parent/carer workshops, and accessible seasonal coach trips aimed at reducing isolation and increasing family engagement.



We worked closely with partners through Family Hub locality meetings to strengthen joined-up support and improve early intervention for families. Feedback from families and practitioners helped shape our delivery and ensured activities were needs-led and inclusive.

We also enhanced our early years offer by integrating PEEP approaches into the toddler group to support school readiness and parental confidence in children's development.

National Autistic Society Teen Life Programme was delivered twice across the year, offering both in-person and online delivery to ensure accessibility for working families. This programme will provide structured support for parents and carers of autistic teenagers.



These helped to increase parent confidence, improve access to support, strengthen partnerships, and create more opportunities for families of children with SEND to connect with others and access help at the right time.



All-Age Autism Strategy
Delivery Plan Priorities

This list shows the topics we'll be focusing on in our upcoming Voice Groups. You'll find them here in order of what the community voted as most important.

- 1 - Mental Health
- 2 - Information & Advice
- 3 - Diagnostic Process
- 4 - Education
- 5 - Physical Health
- 6 - Employment & Volunteering
- 7 - Housing
- 8 - Social Care
- 9 - Hospital Admissions
- 10 - Unpaid Carers
- 11 - Criminal Justice System

Voice and Influence
All Age Autism Strategy

RPFL were asked by partners in RMBC to lead on the engagement element of the refreshed All Age Autism Strategy. Results from hearing the living experience of autistic people and their family, carers and loved ones will inform the delivery plan over the next 3 years. The updated strategy can be found here: [Autism Strategy 2024 2027.pdf \(rotherham.gov.uk\)](#)

We ran monthly in-person and online groups for neurodivergent adults and parent/carers to share their voice on the All-Age Autism Strategy Priorities. We also encouraged people to share their voice creatively and offered one to one opportunities to support alternative communication methods.

You can see the Strategy Priorities in order as voted by the community to the left.

We contributed to the government’s Autism Act Review, RMBC Mental Health and Social Care Strategy consultations. We supported two research projects and worked alongside our internal teams and external partners such as Public Health, Partners in Care, Health Watch, Employment Solutions, The Rainbow Project, RAW People, VAR, Safe Space, The Keyworker Service and Swallownest Court.

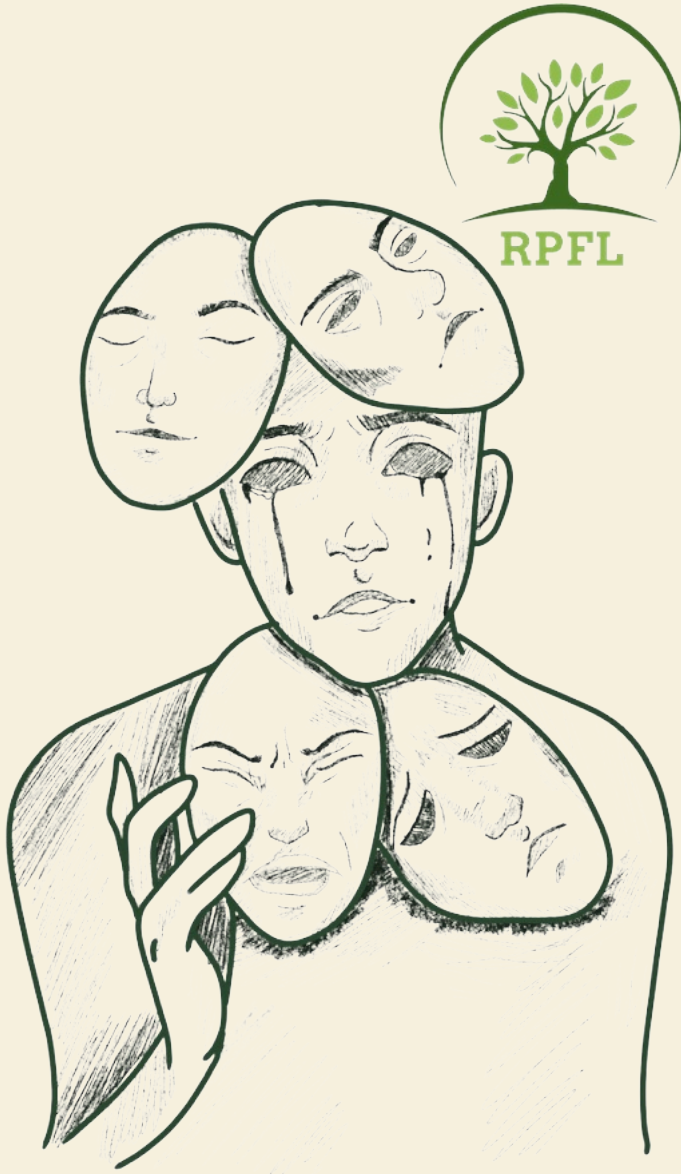
44 Neurodivergent people shared their voice at groups and one to one.

68 Neurodivergent people shared their voice anonymously via surveys.

“It’s a fab idea to use collage to express your voice and opinions”

“I really enjoyed today’s session, it was very therapeutic”

“I started coming to the Voice & Influence groups both to make a difference in the local autistic community and to meet other like-minded autistic/ADHD people. The Voice & Influence groups are both a place I feel like I can be myself without having to mask as heavily as I would anywhere else, and they’ve really given me a strong sense of community and that I’m not alone.”



Voice & Influence

BRIC (Building Recovery in Communities)

We worked alongside the Recovery Community to help improve outcomes for neurodivergent people in recovery from alcohol and substance misuse.

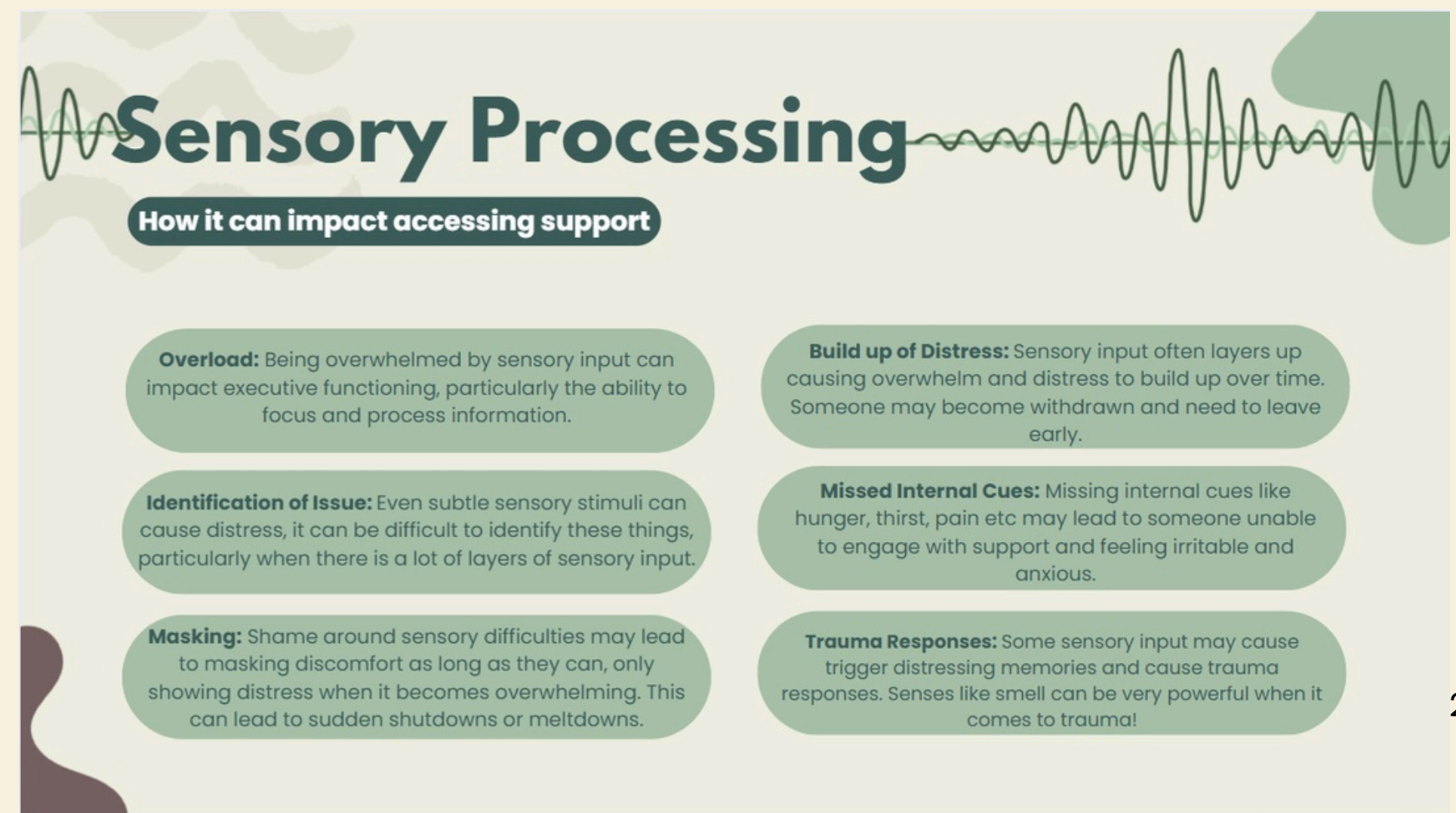
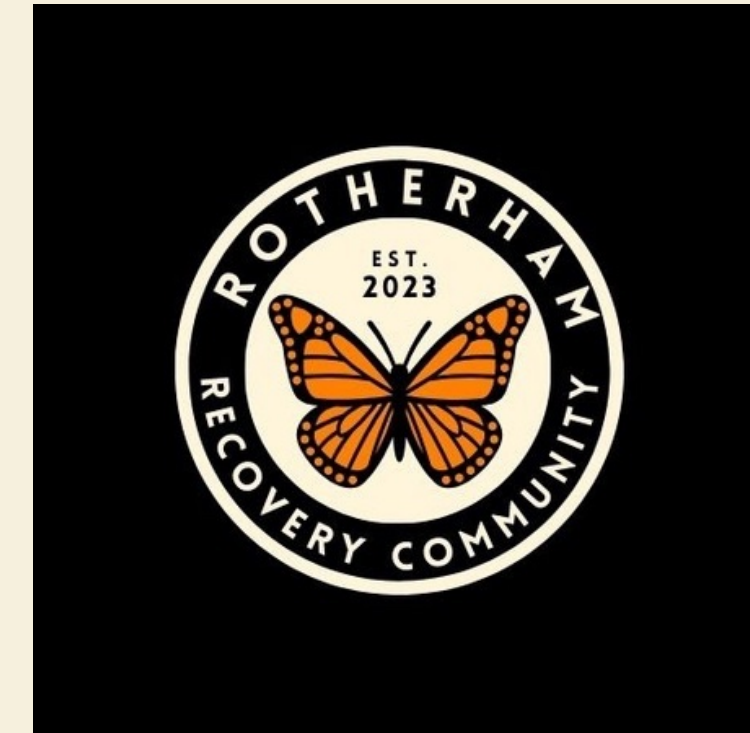
We consulted research papers, spoke to the local community and support services to find the common barriers neurodivergent people face when accessing support in recovery and developed a training package to further understanding and support with making adjustments for accessing support.

We also offered one to one peer support to people in recovery exploring a potential diagnosis of autism and/or ADHD. These sessions helped people to understand their differences and make sense of their addiction difficulties.

“It’s helped to talk to you whilst I’m waiting for other services”

“You’ve taught me so much about myself”

“I appreciated the insight into some new concepts and ideas around Autism.”



Rotherham Children's Disability Register

Using Data to Drive Impact

Rotherham Parents Forum Limited manages the Rotherham Children's Disability Register on behalf of Rotherham Metropolitan Borough Council. The register provides valuable information about children and young people with SEND across the borough, helping to ensure services are equitable, targeted, and responsive to local needs.

The data, voluntarily provided by parents, carers, and young people, gives insight into areas such as age, gender, disability type, geographical location, and deprivation. This information helps us and our partners identify trends, understand emerging needs, inform strategic planning, and target resources more effectively.

By using this evidence to guide decision-making, we can better advocate for families, influence service improvements, and support the development of more inclusive and accessible services for children and young people with SEND across Rotherham.



Short Breaks

Our short breaks programme is designed to be accessible, inclusive, and genuinely valuable for children and young people (CYP) with SEND and their families. Feedback from parent carers shows increases in their child's independence and confidence, while CYP themselves tell us they enjoy the activities, feel safe, make new friends, and develop important social skills. In addition, many families report feeling less isolated as a result of engaging with the programme, highlighting the wider benefits of short breaks for both CYP and their support networks.



"I like to come because I can talk about my favourite interests and be myself"

879 unique Children/Young Person with SEND accessed RPFL activities.

134 unique siblings accessed RPFL activities.

2076 total attendances to RPFL activities.

160 activities delivered

Short Breaks

Young People's Outcomes

"The staff here are so friendly and helpful - I like the football table and pretending to be dinosaurs with the other boys and girls."



86%

of parent carers reported increased independence in their child

98%

of young people reported an increase in confidence

91%

of families felt less isolated

Short Breaks

Young People's Outcomes

Feedback from Families, Children and Young People



"Absolutely amazing, my daughter loves these session as she can be her self without judgment - I always feel welcome and support nothing is to much trouble for the staff supporting this event, thank you for everything."

"My son absolutely loves the Youth Club sessions. It was the first time he felt truly included and understood. The Staff are amazing and really took the time to get to know him."

"I've started to make more friends."

"I feel safe here."

"We've tried other groups before, but the forums approach to children and young people with SEND is different. They listen. They adapt. And they genuinely care about making activities accessible for all."

The Autism and ADHD Peer Support Service



This year saw the launch of the Autism & ADHD Peer Support Service, bringing together Rotherham Parent Carer Forum's Family Peer Support Service and the Rotherham Adult Neurodiversity Support Service (RANSS) to create a single, integrated offer for neurodivergent individuals and families across Rotherham.

Funded by NHS South Yorkshire ICB, Rotherham Place, the service provides tailored peer support for autistic and ADHD adults, those awaiting assessment, and parents and carers of children and young people who are autistic, have ADHD, or are on the assessment pathway.

The service offers both one-to-one and group-based support, providing opportunities for individuals and families to connect, share experiences, access information, and build confidence in navigating their neurodiversity journey. At the heart of the service is peer support delivered by people with lived experience of autism and ADHD, either as neurodivergent individuals themselves or as parents and carers of neurodivergent children and young people.

By creating safe, welcoming spaces for people to share experiences and learn from one another, the service helps reduce isolation, promote wellbeing, and empower individuals and families to access the support and strategies that best meet their needs.



488

appointments
delivered by our new
Autism and ADHD
Peer Support Service
since October 2025

86

unique
individuals
attended groups

Peer Support Groups

Our Group Peer Support sessions provide a welcoming space for autistic and ADHD adults, young people aged 16 and over, and parents and carers of autistic and/or ADHD individuals to connect with others who share similar experiences. Through facilitated discussions, shared learning, and opportunities to socialise, participants can access peer-led support, build confidence, reduce isolation, and develop meaningful connections within their community.



"It has been so nice and validating to know there is support that understands and has strategies to help manage complexities of ADHD, autism and PDA. I feel less isolated as a result of this and more confident in managing challenges as they arise."



"I finally feel its not just me" having someone with lived experience who has been though what i am experiencing makes such a difference in feeling empowered to challenge and have needs understood. I am so grateful, *peer support* has instantly put me at ease and is helping me so much not feel so isolated and out of my depth"



"I understand more about emotional regulation and managing it in a positive way. I feel more confident going forward implementing strategies"

"Really good service, I'd be lost without it"

"Autism and ADHD peer support service is wonderful, I feel so listened to and understood"

Counselling and Psychotherapy

Our Counselling and Psychotherapy Service provides specialist emotional wellbeing support for young people aged 13+, neurodivergent adults, parents and carers, and siblings of children and young people with SEND. Recognising that many individuals and families face barriers to accessing appropriate mental health support, we offer a safe, inclusive, and neurodiversity-affirming service that values lived experience and individual identity.

Using a strengths-based approach, our therapists support people to better understand themselves, their experiences, and the challenges they may be facing. Counselling is tailored to each individual's needs and preferences, ensuring that support is accessible, flexible, and person-centred.

Throughout the year, the service has provided a welcoming space where individuals can explore their thoughts and feelings, build resilience, improve wellbeing, and develop strategies to navigate life's challenges. To increase accessibility, appointments are offered face-to-face, online, or by telephone, enabling people to access support in a way that works best for them.

86 one to one
counselling sessions
delivered



“Counselling with Claire is allowing me to process a lot of fears that I have been holding onto and previously did not know how to express. Therapy is enabling me to see progress and areas of my life that I feel proud of that I wouldn't have recognised before”

“We have worked through a lot of issues in my counselling sessions. It started with what was happening in the present moment but now unravelling things and reasons from the past which I am starting to make sense of now. My life and outlook are much better than it was before I started counselling”

“Counselling has had a massively positive impact on my life. You understood me when no one else did. It has helped me to feel safe, understood, and given me the confidence to be myself as an autistic person and not blame myself for everything”



As we reflect on another year of growth, partnership and impact, we are incredibly grateful to every parent carer, child, young person, neurodivergent adult, volunteer, trustee, staff member and partner organisation who has been part of our journey.

Every conversation shared, every experience voiced, and every opportunity to work together has helped create positive change across Rotherham. Together, we have strengthened voices, reduced isolation, influenced services, and created more inclusive opportunities for families and communities.

While there is still work to do, we are proud of what we have achieved together and excited about what lies ahead. We remain committed to ensuring that children and young people with SEND, neurodivergent adults, and their families are seen, heard, valued and supported to thrive.

**Thank you for helping us make a difference.
Together, we are shaping a more inclusive future.**

