

# July 2025

HAMPSHIRE  
PARENT CARER

NETWORK

enabling voices to be heard



- **1st July , 12-1pm: Online Bridging the Gap -Autism with Ellie** - Book via Ticket tailor
- **3rd July , 10 -12pm: Fleet Get Together-** Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -
- **3rd July 7-8pm: Online Bridging the Gap -Breath work & Grounding Tools-** Book via Ticket tailor
- **9th July , 10am : Basingstoke Get Together** - The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ - **with Healthwatch**
- **10th July , 10am :Alton Get Together** - Alton community Centre GU34 1HN - **with SENDIASS**
- **10th July , 7-8pm: Online Bridging the Gap -Mindfulness and Visualisation** - Book via Ticket tailor
- **11th July , 10-11am : Online Bridging the Gap - Understanding Self-harmnwith Ellie** - Book via Ticket tailor
- **16th July , 10-12pm: Winchester Get Together** - Badger Farm Community centre , SO22 4QB
- **17th July , 12-1pm :Online Lunchtime Get Together** - Zoom Meeting ID: 835 1332 0196, Passcode: GT
- **18th July 10-12pm: - Alresford** - The Swan Hotel, 11 West Street, SO24 9AD
- **18th July , 4-5pm: Bridging the Gap -Executive Functioning with Ellie** - Book via Ticket tailor
- **21st July , 12-1pm : - Bridging the Gap -Sunshine support - EHCP, Yearly reviews, Section 19** - Book via Ticket tailor

To book onto the Bridging the Gap sessions use our  
Ticket Tailor link :

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