

### Welcome



#### Welcome to the Spring Term DSPL Newsletter!

We're delighted to announce that we now have two specialist SEND School Family Workers in Dacorum. Ruth Mason was introduced in our last newsletter, and Cathy Agnihotri has now taken on the post in the Dacorum Family Services team. Cases are allocated to Ruth and Cathy by their teams, if you need any support contact the appropriate service for your school using the details listed on page 4 of this newsletter.

### Siblings Group

DSPL 8 are running a group for up to 20 children aged 5-11 with a sibling with additional needs and who attend a school in Dacorum. This is in response to a request from parents and feedback from schools and School Family Workers.

The group is being held monthly, with the aims of providing respite and the opportunity to have fun. Activities include a visiting zoo and sports.

To find out more and book a place please email Ashley Fabray, DSPL Administrator [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)



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### SIBLING GROUP

**Are you aged 5 to 11?**

**Do you have a brother or sister with Special Needs?**

**And do you attend a school in Dacorum?**

24 <sup>th</sup> May	Fit for Fun	18 <sup>th</sup> Oct	Fit for Fun	21 <sup>st</sup> Feb	Sublime Science
21 <sup>st</sup> June	Jungle Jo	22 <sup>nd</sup> Nov	Yoga	21 <sup>st</sup> March	Fit for Fun
19 <sup>th</sup> July	Fit for Fun	13 <sup>th</sup> Dec	Christmas Party	19 <sup>th</sup> April	Herts Inclusive Theatre
20 <sup>th</sup> Sept	Herts Inclusive Theatre	17 <sup>th</sup> Jan	Fit for Fun		

A different activity each month | a chance to make new friends, try new things and have fun.

Hobbs Hill Wood School | 4 – 6pm | Snacks & drinks | £1 voluntary donation

For more info contact Ashley Fabray on 07525917125





### An Evening with Dean Beadle

Free event for parents and young people aged 12 and above.

Dean Beadle has toured in the UK for ten years sharing his experiences of life with Asperger's Syndrome. In recent years he has also spoken in Denmark, Belgium, Guernsey and Ireland as well as undertaking four annual seminar tours of Australia and New Zealand. Through his humorous and insightful speeches Dean outlines his positive outlook on his diagnosis. In 2011 Deans' speaking was brought to a wider audience, as a clip of one of his speeches was viewed across the world on YouTube. He is also experienced journalist, having been published in local, regional, national and international publications.



**Thursday 18th May 2017**

**7-9 pm (refreshments provided)**

**Willow Room Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead, HP3 8ER**

To book a place please email Ashley Fabray, DSPL Administrator [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk) or call 07525 917 125.

## Autism News

### Autism Education Trust, working together with your child's school.

We are working to make sure that schools and parents are aware of resources available on the AET website. In particular, Working Together with your Child's School is the recommended guide to help parents and carers identify the important needs in their child's education. The guide is a useful tool to help parents and carers to communicate and work together with schools. It is available at:

[http://www.aetraininghubs.org.uk/wp-content/uploads/2014/07/AET\\_working\\_together\\_with\\_childs\\_school.pdf](http://www.aetraininghubs.org.uk/wp-content/uploads/2014/07/AET_working_together_with_childs_school.pdf)



### Herts Inclusive Theatre



DSPL8 is commissioning Herts Inclusive Theatre to work with young people with ASD or undiagnosed ASD in year 6 and above to use drama as a tool for exploring social skills. The group will look at themes such as making and maintaining friendships, identifying and expressing emotions, coping with anger and anxiety, peer conflict, social media and assertiveness and saying no. More information will be sent out soon. Contact Ashley Fabray on [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk) if you would like to be added to the mailing list.

### Yoga Therapy Workshop for Parents of Children with ASD



**Monday 8th May, 10am to 2.30pm**

**Hobbletts Manor Junior School Community Room (formerly the Link Building)**

**DSPL8 is funding a workshop run by Nicole Zimbler of Yoga for Autism (Yo'tism)**

For a child dealing with symptoms whether mild or severe, yoga can act as a way of balancing, regulating and coping better.

Yoga introduces a deep sense of body awareness, mindfulness, motor-neurone organisation and can gently reset the nervous system to create a shift from 'survival' mode to a feeling of internal safety and coping. The sensory system is given space to process, the muscles slowly come out of a contracted state, and attention is brought more to the quiet self.

In this 4 hour workshop you will learn the basics of how to apply a specific neuro-sensory yoga method with your child. Yoga has been scientifically proven to directly target and treat the nervous system with profound effects.

We will cover:

- A simple structured sequence
- Breathing techniques and how to apply
- The basic neuro-science that goes behind this
- Relaxation techniques and how to apply
- Mindfulness techniques and how to apply
- How to use yoga as a quick therapeutic sensory/movement break at home and a few short sequences for different times of the day. (morning, transitions, home from school, bedtime)
- Ways to individualise what we learn to meet your child's direct needs.

This will be a basic introduction to all topics mentioned, which can be followed up with further detailed workshops and input if desired. No yoga experience is necessary, no specific flexibility or fitness needed. Just your lovely selves and an interest to learn.

To book a place please email Ashley Fabray, DSPL Administrator [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk) or call 07525 917 125.

## Courses, Workshops and Support Groups:

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**Evening for Parents/Carers of children with ASD in School Years 4/5/6**  
**Thinking and planning for Transitions to Secondary School.**  
**What to look for in a Secondary School?**  
**How to support your child and the school to make the transition a success?**

This Workshop will be run by Jo Whitlock and team members from the Autism and Communication Teaching advisory services

Tuesday 16th May 2017  
7:00-9:00pm  
Gade Community Room, Chaulden Junior School  
School Row, Hemel Hempstead, HP1 2JU

To book, please call Ashley Fabray, DSPL8 Administrator on 07525 917125 or email [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)

**Places are limited – please book early to avoid disappointment!**  
**Please note that this course is only open to Dacorum parents/carers.**



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**ISL** Integrated Services for Learning  
working together locally  
Herts. CSF Specialist Advisory Service - Autism

Sarah Ellis  
Potential

**Dacorum**

# Autism and Anxiety

Anxiety is a normal part of children's development, but children with autism spectrum disorder (ASD) can experience anxiety more intensely and more often than other children.

This **FREE** four week course run by Sally Glossop and Sarah Ellis explores how we can support young people on the autistic spectrum manage their anxiety appropriately.

**6.30pm – 8.00pm**  
Tuesday 12<sup>th</sup> September 2017  
Tuesday 19<sup>th</sup> September 2017  
Tuesday 26<sup>th</sup> September 2017  
Tuesday 3<sup>rd</sup> October 2017

Myatt room, Dacorum Family Services, Hobbs Hill Wood School, Peascroft Road, Hemel Hempstead, HP3 8ER  
**Free parking and refreshments provided**

**Information and bookings:**  
**Ashley Fabray - 07525 917125 Email - [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)**

## Parent Support Group

**Every Wednesday**  
**10:30 am to 12 noon**

(Term time only)

@ The Lodge, Woodfield School

Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: [yvonna.gregory@woodfield.herts.sch.uk](mailto:yvonna.gregory@woodfield.herts.sch.uk)  
01442 253476

Do you have a child with additional needs? Need somebody to talk to?

Come and meet other parents for a coffee and a chat. Young children welcome

Whether your child is at mainstream school or a special school, you are welcome to meet other parents, talk to professionals, or simply drop in for a coffee and meet new friends who also have a child with special educational needs.

ALL WELCOME - JUST COME ALONG

## ADD-vance Workshops

All of the Parent/ career and Professional Workshops are now fully booked.

More dates coming soon....



## Are you a parent of a child with ADHD/ASD/ Communication Disorder or with Sensory Processing needs?

A daytime support group has been set up at for parents across Berkhamsted. The next two groups for Summer term will be held on the following dates:

- **Friday 12th May**
- **Friday 23rd June**  
**1.15-2.45pm**

The group is facilitated by Lisa MacGovern (School Family Worker) with Jo Whitlock from the Communication Autism Team.

At Westfield Primary School (Community Room), Durrants Lane, Berkhamsted, HP4 3PJ

Coffee will be available from 1.15 pm and Toddlers are welcome!

## Help, Support & Advice

### Herts Local Offer

Information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

[directory.hertsdirect.org/kb5/hertfordshire/directory/localoffer.page](http://directory.hertsdirect.org/kb5/hertfordshire/directory/localoffer.page)



### Hertfordshire Additional Needs Database

You are entitled to join HAND if you are the parent or carer of a child or young person with an additional need or disability aged 0-19. Benefits of joining include a leisure concession card, and subscription to the HAND newsletter. [directory.hertsdirect.org/kb5/hertfordshire/directory/service.page?id=W-oM7uWKTro&familychannel=4](http://directory.hertsdirect.org/kb5/hertfordshire/directory/service.page?id=W-oM7uWKTro&familychannel=4)

For a list of local support groups and voluntary organisations click here

<http://www.hertsdirect.org/docs/pdf/v/volorgs.pdf>

### Dacorum School Family Worker Services

Dacorum has three School Family Services teams, who support families of children attending Dacorum Schools. Advice and support is available on a range of issues, including supporting families of children with additional needs. School Family Workers can also help with the facilitation of Education, Health and Care Plans. The teams also run parenting courses and advice sessions, for example with specialists in special educational needs.

**Dacorum Family Services** [www.dacorumfamilyservices.org.uk](http://www.dacorumfamilyservices.org.uk)

**Gade Schools Family Support** [www.gadeschoolsfamilysupport.co.uk](http://www.gadeschoolsfamilysupport.co.uk)

**Kings Langley Partnership of Schools** 01923 271744

### Hertfordshire SEND Information, Advice & Support Service (SENDIASS)

Formerly known as Parent Partnership Service, SENDIASS is an impartial information, advice and support service funded by Hertfordshire County Council for parents, carers, young people (0-25) and professionals. Phone 01992 555847 or email [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk).

Find out more at <http://www.hertsdirect.org/services/healthsoc/childfam/specialneeds/educ/parpart/>



### The KIDS East and West HUBs 01923 676549

The KIDS HUB offers information and support for parents and carers of disabled children / children with additional needs. aged 0-19 in Hertfordshire. KIDS Hub directory of SEND services has also now been published—take a look at what's going on in your area. [www.kids.org.uk/hub](http://www.kids.org.uk/hub)



### HARC (Hertfordshire Branch of the NAS)

Supporting families and people living with autism

<http://nasherts.org.uk/>



harc – the Hertfordshire branch  
of the National Autistic Society



### DSPL - How can I get involved?

There are a number of ways in which parents can get involved in services. Herts Parent Carer Involvement is a forum for parents to get more involved in the shaping and improving of services for children with additional needs. For more information

contact your local network at [chair@hertsparentcarers.org](mailto:chair@hertsparentcarers.org) or visit [www.hertsparentcarers.org.uk](http://www.hertsparentcarers.org.uk)



### The DSPL Dacorum Team

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