

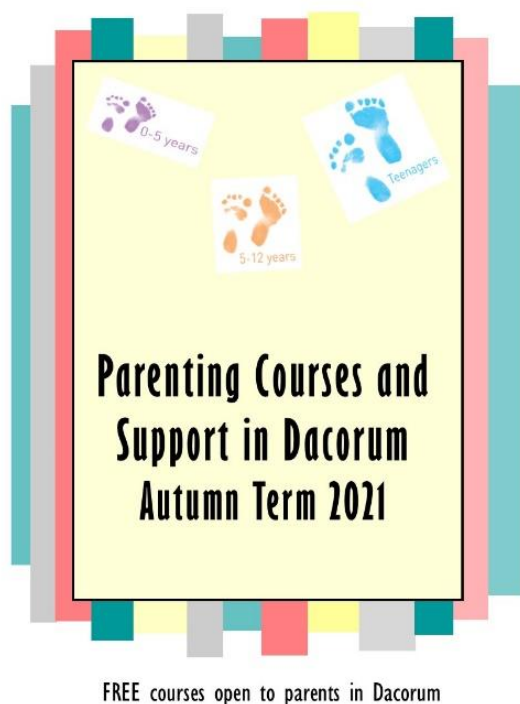
Dear Parent/Carers,

Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

Kind Regards,

DSPL 8 Team

### **Parenting Courses and Support in Dacorum Autumn 2021**



For courses from Local Providers, please view the  
Dacorum Parenting Course Brochure via –

<http://www.dacorumspl.org.uk/courses-for-parents-carers-and-professionals/>

### **ASD/ADHD Workshops - Free to Parents in Hertfordshire**

Supporting Links are pleased to be offering the following 7 workshops this coming Autumn Term. These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.

**Talking ASD/ADHD: Anxiety and Stress - 20th October or 4th November 21**

**Talking ASD/ADHD: Responding to Anger - 23rd September or 9th November 21**

**Talking ASD/ADHD: The Teenage Years - 11th October or 9th December 21**

**Talking ASD/ADHD: Staying Safe Online - 16th November 21**

For more information and how to book, please visit: <https://www.supportinglinks.co.uk>

## **Families in Focus Courses and Parent Network**



Please see the courses and Parent Network from Families in Focus, with the website links to more information and booking:

**1 x Handling anger in your child with Autism or ADHD:** <https://www.familiesinfocus.co.uk/send-courses/>

**1 X Sleep Solutions (priority given to parents of neurotypical children):** <https://www.familiesinfocus.co.uk/current-parent-courses/>

**2 x Handling Anger in Your Family (priority given to parents of neurotypical children):** <https://www.familiesinfocus.co.uk/current-parent-courses/>

**Parent Network SEND support & information groups – For SEND parents by SEND parent:** <https://www.familiesinfocus.co.uk/parent-network/>

## **HPCI Autumn Term Webinars**

**Book a place on these webinars via:** <https://www.hertsparentcarers.org.uk/webinars/>

### **HPCI Autumn Term Webinars are free and open to book now!**

SEN Support in Mainstream Schools – for families whose child may have a special educational need but does not have an EHCP.  
[Wednesday 8 September \(10:00 – 11:00\)](#) or [Thursday 9 September \(19:30 – 20:30\)](#)

EHC Needs Assessments part 1 – What is an Education, Health and Care Needs Assessment? Does my child need one and how do I request one?  
[Wednesday 15 September \(10:00 – 11:00\)](#) or [Thursday 16 September \(19:30 – 20:30\)](#)

SEND Strategy – for parents and carers who are not able to attend one of the SEND Strategy Community events and would like to hear from Herts County Council about their proposals for a new SEND Strategy.  
[Friday 17 September \(10:00 – 11:00\)](#) or [Wednesday 29 September \(19:30 – 20:30\)](#)

Understanding the Local Offer – this session will help you understand what the Local Offer is and how to navigate the website.  
[Friday 24 September \(10:00 – 11:00\)](#)

Choosing a secondary school  
[Wednesday 6 October \(10:00 – 11:00\)](#)

Choosing a primary school  
[Wednesday 13 October \(19:30 – 20:30\)](#)

EHC Needs Assessments part 2 – weeks 6-12 of the 20-week process  
[Wednesday 20 October \(10:00 – 11:00\)](#) or [Thursday 21 October \(19:30 – 20:30\)](#)

Tribunals part 1 – How to lodge your appeal  
[Tuesday 2 November \(10:00 – 11:00\)](#) or [Wednesday 3 November \(19:30 – 20:30\)](#)

Making Meetings Matter  
[Thursday 11 November \(10:00 – 11:00\)](#)

EHC Annual Reviews  
[Tuesday 16 November \(10:00 – 11:00\)](#) or [Wednesday 17 November \(19:30 – 20:30\)](#)

Tribunals part 2 – After you have lodged your appeal  
[Tuesday 30 November \(10:00 – 11:00\)](#) or [Wednesday 1 December \(19:30 – 20:30\)](#)

EHC Needs Assessments part 3 - Assessment Feedback / EHCP Planning meeting and beyond  
[Tuesday 7 December \(10:00 – 11:00\)](#) or [Wednesday 8 December \(19:30 – 20:30\)](#)

For full details about each webinar, please visit [www.hertsparentcarers.org.uk/webinars](https://www.hertsparentcarers.org.uk/webinars)



### **Family Lives Autumn Term online groups**

#### **Bringing Up Confident Children for Parents of Children with ADHD/ASD (6 weeks)**

**Thursday 16<sup>th</sup> September to 21<sup>st</sup> October 9.30am to 11.30am**

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover :

- \* ADHD - a whole-family issue
- \* Understanding your child's behaviour
- \* Helping your child manage their feelings and outbursts
- \* Balancing support of siblings
- \* Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

#### **Getting on with your Pre Teen/Teenager (6 weeks)**

**Tuesday 28<sup>th</sup> September to 9<sup>th</sup> November 7pm – 9pm**

This group is aimed at families with a FFA, CIN, CP OR Youth Justice Plan but places also available for parents wanting to gain an understanding of the feelings & needs underlying teenager behaviour and knowledge and skills to develop a more positive relationship. Course content may vary depending on needs of the group.

- \* Risky behaviour online through social media
- \* Attraction to or involvement in gangs
- \* Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour

#### **Bringing Up Confident Children for Parents of Children with ADHD/ASD (6 weeks)**

**Thursday 11<sup>th</sup> November to 9<sup>th</sup> December 7pm to 9pm**

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover:

- \* ADHD - a whole-family issue
- \* Understanding your child's behaviour
- \* Helping your child manage their feelings and outbursts
- \* Balancing support of siblings
- \* Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

Here is the link to our referral form [Family Lives Referral Form](#), this form can be used for self-referrals and for referrals from professionals for parents/carers who live in Hertfordshire or whose children attend a Hertfordshire school.

## SPACE September Activities



AUTUMN TERM 2021 ACTIVITIES FOR FAMILIES			
SEPTEMBER			
<b>FRI 3<sup>RD</sup></b> KIDS ART 5pm - 6pm Booking Required	<b>SAT 11<sup>TH</sup></b> STUDIO FLY 2pm - 3pm 3.30pm - 4.30pm Booking Required	<b>SAT 18<sup>TH</sup></b> DRIVING EXPERIENCE 11am - 11.45am 12.15pm - 1pm 1.30pm - 2.15pm Booking Required	<b>SAT 25<sup>TH</sup></b> MONTHLY LEGO CLUB 10am - 12pm Booking Required
<b>SAT 4<sup>TH</sup></b> JUMP CITY 9am - 11am Booking Required	<b>TUE 14<sup>TH</sup></b> WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield Booking Required	<b>TUE 21<sup>ST</sup></b> WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield Booking Required	<b>SUN 26<sup>TH</sup></b> STAND UP PADDLE BOARDING 10am - 12pm 1pm - 3pm Booking Required
<b>SUN 5<sup>TH</sup></b> OUTDOOR FREE PLAY 10am - 12pm Booking Required	<b>TUE 14<sup>TH</sup></b> RANGER STU ANIMAL ENCOUNTER 5pm - 6.30pm Booking Required	<b>TUE 21<sup>ST</sup></b> TRAIN AND TRACK PLAY 5pm - 6pm Booking Required	<b>TUE 28<sup>TH</sup></b> WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield Booking Required
<b>MON 6<sup>TH</sup></b> ONLINE COOKING CLASS 5.30pm - 6.30pm Booking Required	<b>FRI 17<sup>TH</sup></b> OLDER KIDS / ADULT ART 7pm - 9pm Booking Required	<b>FRI 24<sup>TH</sup></b> GIRLS GROUP 5pm - 6.30pm Booking Required	<b>WED 29<sup>TH</sup></b> FAMILY QUIZ 'ARTY' 6pm Booking Required
<b>WED 8<sup>TH</sup></b> ONLINE LEGO CLUB 6pm - 7pm Booking Required			

Pre-bookable 1:1 sessions available including cooking, yoga, and art

All activities, workshops and courses can be booked via Eventbrite and will be posted on our social media in due course

**#SPACETOGETHER**

For further information then please email: [events@spaceherts.org.uk](mailto:events@spaceherts.org.uk) or check Eventbrite & our FB pages

All events are subject to change, correct at time of printing

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO. 117 2178

## SPACE Family Support Worker



### FAMILY SUPPORT WORKER



#### FAMILY SUPPORT

Do you need a listening ear?  
Do you need practical help  
or emotional support?

Why don't you contact  
Abby or Steph

Appointment Times  
Monday - 7pm - 9pm  
Thursday - 10am - 12pm

To book your time slot please use the Eventbrite link below:

<https://www.eventbrite.co.uk/e/space-hertfordshire-family-support-helpline-tickets-160194818013>

For general enquires regarding family support please email: [support@spaceherts.org.uk](mailto:support@spaceherts.org.uk)

[support@spaceherts.org.uk](mailto:support@spaceherts.org.uk)



[www.spaceherts.org.uk](http://www.spaceherts.org.uk)

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO. 117 2178

## Parent Support Group coffee morning at Woodfield School

### Parent Support Group

**Every Wednesday  
9.00 am to 12 noon**

(Term time only)

@ Woodfield School

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

Contact: [clare.neale@woodfield.herts.sch.uk](mailto:clare.neale@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,  
diagnosed or undiagnosed, you are welcome to come along and 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

Starting again on Wednesday 19<sup>th</sup> May 2021

## Beezee Bodies

### HERTFORDSHIRE FAMILY WEIGHT MANAGEMENT COURSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Br</b> Beezee Families WELWYN GARDEN CITY Ridgegway Academy 17:00 - 19:00 Age 5 - 15	<b>Br</b> Beezee Families HEMEL HEMPSTEAD The Hemel Hempstead School 17:00 - 19:00 Age 5 - 15		<b>Br</b> Beezee Families STEVENAGE Barnwell Middle School 17:30 - 19:30 Age 5 - 15
<b>Br</b> Beezee Families BOREHAMWOOD Allum Hall 17:00 - 19:00 Age 5 - 15	<b>Br</b> Beezee Families SOUTH OXHEY Oxhey Wood Primary School 17:30 - 19:30 Age 5 - 15		
<b>B</b> Beezee Live ONLINE 16:45 - 18:00 Age 5 - 8	<b>B</b> Beezee Live ONLINE 18:00 - 19:15 Age 9 - 12	<b>B</b> Beezee Live ONLINE 17:45 - 19:00 Age 9 - 12	

