

Free Confidential Impartial

Parents and Carers, Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

Hertfordshire one stop parenting directory for parents:

www.hertfordshire.gov.uk







This leaflet last amended 15.07.2021 by Ashley Fabray, Support Officer,
PoDS (Partnership of Dacorum Schools)
Email: fabraya@kls.herts.sch.uk M: 07525 917125
If you would like to be added to the email distribution list for future issues, please
contact Ashley on the details above.

Parenting Courses and Support in Dacorum Autumn Term 2021

FREE courses open to parents in Dacorum

CONTENTS

	Warners End, Gadebridge, Chaulden, Hemel Central, Kings Langley & Villages
	Adeyfield, Highfield, Woodhall Farm, Grovehill, Bennetts End, Corner Hall, Leverstock Green, Berkhamsted, Tring & Villages
	Dacorum
	DSPL Dacorum

Parenting Courses & Support

Understanding and Managing Teenagers and their behaviour	Page 4
Understanding and Managing Teenagers and their behaviour	Page 5
Not fine in school - understanding and managing challenges with school attendance	Page 5
SEND Surgery	Page 6
Dacorum Family Services - Parent Workshops	Page 7
Dacorum Family Centre Parenting Puzzle	Page 8
Dacorum Family Centre First Aid	Page 8
Dacorum Family Centre Families Feeling Safe	Page 9
Dacorum Family Centre Employment Sessions	Page 9
Families in Focus Parent Network - September	Page 10
A complete guide to parenting children special educational needs—AM	Page 11
A complete guide to parenting children special educational needs—PM	Page 12
Handling anger in your family - AM	Page 13
Handling anger in your family - PM	Page 14
Hertfordshire SPACE Autumn Term workshops	Page 16
Hertfordshire SPACE Activities for Families September	Page 17
Hertfordshire SPACE Activities for Families October	Page 18
Hertfordshire SPACE Activities for Families November	Page 19
Hertfordshire SPACE Activities for Families December	Page 20
Hertfordshire SPACE Family Support Worker	Page 21
Natural Steps To Stronger, Safer families	Page 22
The Secrets of Parenting Teens and building resilience	Page 23
Supporting Links online courses	Page 24
Supporting Links online courses continued	Page 25
Talking Teens	Page 26
Talking Families	Page 27
Talking Dads	Page 28
Talking additional needs	Page 29
ADD-vance Newsletter	Page 30
ADD-vance Newsletter continued	Page 31

One to One Advice Sessions

Autism Support sessions	Page 4
Housing support sessions	Page 4
Debt management	Page 5
Housing support Sessions	Page 5

Dacorum DSPL Workshops

Anxiety and Resilience	Page 32
Dyslexia Support Group	Page 33
ADD-vance mini consultations	Page 34

Courses & Workshops

DSPL Dacorum

DSPL Workshops and Courses For Parent/Carers

All DSPL8 parenting courses and workshops will be advertised on our Website, Eventbrite and Facebook page, via the following the links:

Website— <http://www.dacorumdspl.org.uk/>

Eventbrite— <https://dspl8.eventbrite.co.uk/>

Facebook: <https://www.facebook.com/dspldacorum>

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Dacorum

www.dacorumdspl.org.uk

Delivering Special Provision Locally is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25. **Tel: Dacorum DSPL 07525 917125 Facebook: www.facebook.com/dspldacorum**



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).

www.hertfordshire.gov.uk/localoffer



ADD-vance
The ADD-vance ADHD and Autism Trust

www.add-vance.org

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

Information and Support Professionals and families can reach ADD-vance for information or support via: Telephone Helpdesk: 01727 833963

Open Monday: Friday 9am - 1pm Answer phone service at other times. For more information

Courses & Workshops

DSPL Dacorum

Free mini consultations for
parent/carers in Dacorum

Facilitated by ADHD/Autism
Specialist Coaches
from ADD-vance



Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—www.dspl8.eventbrite.com for one of the following dates and times:

Wednesday	15.09.21	10:00 - 11:30
Tuesday	05.10.21	10:00 - 11:30
Thursday	04.11.21	19:00 - 20:30
Wednesday	01.12.21	10:00 - 11:30

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation dates will be available next term.



Online Parenting courses, workshops & support

In response to Covid-19 and the current government guidelines the Schools Family Services and local providers in Dacorum are now offering a mix of free online and face to face courses, workshops and support for Parent/Carers.

Please see individual flyers for more information and details on how to book.

Please note some courses are only available in specific areas and others are open to everyone in Dacorum. Please see the headings at the top of each page for the local areas.



Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central
Kings Langley & Villages



Kings Langley Partnership of Schools
Working Together to Prepare our Children for the Challenges of Tomorrow

Parenting Workshops & 1:1 Sessions September – December 2021

Booking is essential

If you would like to book onto any of these sessions or to find out more information, please contact Emma Christie on 07538 232069 / 01442 278793 or email: christie.gadesfs@kls.herts.sch.uk

Due to ongoing concerns about adult mixing, we may need to restrict numbers for all of our events. We will make this decision nearer the time and inform any parents who have booked onto any of our workshops

Autism Support – 1:1 Advice Sessions

Date: Tuesday 21st September 2021

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Housing 1:1 Advice Sessions (via telephone)

Date: Thursday 7th October 2021

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Understanding and Managing Teenagers and their Behaviour

Date: Wednesday 13th October 2021

Time: 6.30pm – 8.00pm

What's it about? Understanding teen development, responding to difficult feelings, teen communication and handling difficult issues, managing conflict and problem solving.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Autism Support – 1:1 Advice Sessions

Date: Tuesday 9th November 2021

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Courses & Workshops

DSPL Dacorum



Support group run by Lyndsey Hooper, Family Support Manager, who will be sharing personal experiences of having Dyslexia.

- Guest Speakers
- Advice
- Support

Where:
Myatt Room at
Hobbs Hill Wood Primary School
Peascroft Road
Hemel Hempstead
Hertfordshire HP3 8ER

Upcoming Group Support Timetable

2021

Monday 11th October 1.15-2.45pm

2022

Monday 28th February 1.15-2.45pm

Monday 13th June 1.15-2.45pm

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

Please note:
This group is only available to Dacorum parents and carers.

Courses & Workshops

DSPL Dacorum



ANXIETY AND RESILIENCE

Supporting My Child With Anxiety

A three-session on-line course for parents

6th, 13th and 20th October 2021 - All 10:30-11:30

Funded by DSPL 8 Dacorum, supporting parents of children with SEND.

Children and young people will feel anxious and worried from time to time. Anxiety is a normal or usual response to uncertainty. The way we respond as parents, and deal with our own anxiety plays a significant part in building our children's capacity to develop resilience.

This last year Covid has certainly generated lots of uncertainty and changed the way we go about our everyday lives. You may be more worried than you might usually be as you think about the impact on you and your family. Perhaps you are in the midst of a growing cycle of worry and concern that you'd like to unravel. You are not on your own.

It is possible to use this experience to learn how best to help children not only understand why human beings experience anxiety, but also to help them, and you, develop strategies that will really help in a practical way.

Join Bounce Forward for a series of **three 60-minute webinars** to explore anxiety. The sessions will provide a space to think about your own responses and provide some practical tips and advice that you can use at home to help your children develop their resilience to anxiety.

BOOK NOW

LEARN MORE

Booking Link - https://zoom.us/webinar/register/WN_Nq-ce1eZTNWlqovZr8-h2A

Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central Kings Langley & Villages

Debt Management – 1:1 Advice Sessions

Date: Wednesday 10th November 2021

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Understanding and Managing Teenagers and their Behaviour

Date: Wednesday 10th November 2021

Time: 7.00pm - 8.30pm

What's it about? Understanding teen development, responding to difficult feelings, teen communication and handling difficult issues, managing conflict and problem solving.

Where: Kings Langley Secondary School, Love Lane, Kings Langley, WD4 9HN

Not Fine In School - Understanding and Managing Challenges with School Attendance

Date: Wednesday 24th November 2021

Time: 6.30pm - 8.00pm

What's it about? Understanding School Anxiety/School Refusing, anxiety and signs to look out for, using positive language and communication, developing responsibility, motivation, persistence and resilience understanding your child and their responses and behaviours, strategies to manage anxiety.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Housing 1:1 Advice Sessions (via telephone)

Date: Thursday 2nd December 2021

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Gade Schools Family Support are now a Foodbank collector, if you would like to make a contribution, donations would be gratefully received. Please bring any items into our office.



Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,
Bennetts End, Corner Hall, Leverstock Green
Berkhamsted, Tring & Villages



DACORUM
FAMILY SERVICES
NORTH & EAST

SEND Surgery – Thurs 30th September 2021

Dacorum Family Services North & East are offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to www.dspl8.eventbrite.com and choose a 30 minute session, providing details of the topic that you would like to cover.

The SEND Surgeries will be held with
Sam Leenders and Nicola Long, SEND School Family Workers

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:

St Albert the Great, Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, Brockwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobbetts Manor Infant, Hobbetts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

More dates will be made available throughout the year

Online Courses & Workshops

Dacorum

We are delighted to announce our complete programme of
FREE ONLINE Workshops for Parents/Carers
will be running throughout Autumn Term 2021 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.

'I feel so much better prepared for what lies ahead'

THE SEND JOURNEY

Identifying ADHD and/or Autism in your child
Caring for your Neurodiverse Child (and yourself!)
Working in Partnership with School to support your Neurodiverse Child
Applying for an EHCP for your Neurodiverse Child
Preparing for an EHCP Annual Review for your Neurodiverse Child
Supporting Siblings
Support for Deaf
Managing the Transition to Primary School
Managing the Transition to Secondary School
Preparing for Adulthood
Thinking about College?
Thinking about University?

PSYCHOEDUCATION WORKSHOPS

Understanding ADHD
Understanding Autism
Understanding Pathological Demand Avoidance (PDA)
Understanding Sensory Differences
Understanding ADHD in Girls
Understanding Autism in Girls
Understanding Challenging Behaviour
Understanding Anxiety
Understanding Neurodiverse Teens

'I have some great new ideas to try at home'

SKILL-BUILDING WORKSHOPS

Tips and Tools to Build Self-Esteem
Tips and Tools to Manage Sensory Differences
Tips and Tools to Support Communication
Tips and Tools to Teach Emotional Literacy
Tips and Tools to Manage Everyday Transitions
Tips and Tools to Support Learning (Executive Function)
Tips and Tools to Teach Social Skills
Tips and Tools to Manage Anxiety
Tips and Tools to Manage Anger
Tips and Tools for Positive Behaviour
Tips and Tools for Tolerating
Tips and Tools for Sleep
Tips and Tools for Puberty
Tips and Tools to Manage Self-Harm

'I finally understand my child!'

Wondering if you or your child
has ADHD?



Please book in for a
QbCheck at ADD-vance

This online test measures the three core symptoms of ADHD.
It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit www.add-vance.org/adhd_service/qbcheck/ for more information or to arrange a booking.

Need help with your
EHCP application or annual review?



Get in touch to arrange a consultation with our
EHCP Specialist Advisors

Email coaching@add-vance.org for more information and costs.

Did you know that ADD-vance does not
receive any regular statutory funding?

DONATE

We rely on the passion and goodwill of private donors and fundraising activities to help us reach even more families in Herts!

Please support us by organising a fundraising activity, shopping online using Amazon Smile or Easy Fundraising, making a text donation or using our QR code:

To donate £1, text ADDV to 70201
To donate £3, text ADDV to 70331
To donate £5, text ADDV to 70970
To donate £10, text ADDV to 70191



Donations are vital to our work and we REALLY appreciate all contributions, no matter how small.

* Fundraising, payments and donations will be processed and administered by the National Fundraising Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org.

Thank you!

Feeling stuck as a family?



Please enquire about the ADD-vance
Family Coaching Service
currently being delivered online via Zoom.

For tailored one-to-one support to move your family forward
visit <https://www.add-vance.org/parents/coaching/> for more information and to download the referral form.

Online Courses & Workshops

Dacorum



ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963

NEWSLETTER
Autumn
2021

At ADD-vance we are passionate about understanding, embracing and celebrating neurodiversity!

That's because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, Autism and related conditions. In our opinion, nobody understands the needs of neurodiverse families better than parents and carers who 'walk the walk' every day! Sometimes we all need a helping hand, whether that's a simple chat or something a bit more structured. We want to help you develop plans and strategies that work for your family so that everyone can thrive.

Get in touch to find out more about our range of services in Hertfordshire.

Need someone to talk to
about ADHD or Autism?



Please call the ADD-vance
Telephone Helpline
01727 833963

For parents and professionals
Lines are open from 9am-1pm Monday to Friday
Alternatively you can email herts@add-vance.org

Want to understand your child better?



Please sign up for one of our
FREE ONLINE Six-Week Courses
generously funded by Hertfordshire County Council.

Twelve courses will be running during Autumn Term
including two specifically for dads/male carers,
one specifically for parents/carers of girls
and four for parents/carers of teens.

Courses will be delivered via Zoom with
a maximum of 12 participants per group.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>

Need information or support right now?



You can post anonymously on the
ADD-vance Private Facebook Page
and get ideas from over 5000
parent and professional members of ADD-vance!

To join the group click:
<http://www.add-vance.org/parents/>
and follow the Facebook link.
(You'll be asked 3 simple questions to check your identity)

The group is moderated by
Specialist Family Coaches and Trainers from ADD-vance.

Please note, this is not an emergency service.

Worried about your child?



Please join us for our weekly
FREE ONLINE Support Groups
via Zoom

We have separate groups for:
Parents of primary-aged children
Parents/carers of secondary-aged children
Parents/carers of young people aged 15-25 yrs

Maximum 10 participants per group.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>

Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,
Bennetts End, Corner Hall, Leverstock Green
Berkhamsted, Tring & Villages



FREE Workshops For all parents/carers*

Sessions will be held by Zoom

Lite Bite	Date	Time
Boundaries & Routines	Wednesday 29th Sept 2021	9:30am to 11am
Parenting Top Tips	Thursday 25th Nov 2021	1:30pm to 3pm
Confident Kids	Tuesday 25th Jan 2022	9:30am to 11am
Boundaries & Routines	Wednesday 16th Mar 2022	1:30pm to 3pm
Transitions	Thursday 19th May 2022	9:30am to 11am
Parenting Top Tips	Tuesday 28th June 2022	9:30am to 11am

To book your place please contact
Jan Nethercoat
jan.nethercoat@hobbshillwood.herts.sch.uk
Tel: 01442 401222 Ext: 5 (Term time only)

* at present sessions can only be offered to parents/carers
of those children/yp who attend a
DFS North & East Partnership School
www.dacorumfamilyservices.org.uk



SEND Friends support group is currently on hold.
However, please see the Facebook links below for
useful information and support:

SEND Friends:

<https://www.facebook.com/SENDfriendsTring>

SEND Lockdown essentials

<https://www.facebook.com/groups/2639676579644227>

Online Courses & Workshops

Dacorum

Parenting Support



PARENTING PUZZLE

Thursday 23rd September to 2nd December, 09:30 – 11:30 (not 28/10)
Adeyfield Community Centre, The Queens Square, Hemel Hempstead, HP2 4EW
FREE course / Creche available

SESSION DETAILS

This course will enable you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their behaviour. **For parents/carers with children aged 3-11 years.**

HOW TO BOOK

Speak to a team member

MORE INFORMATION

hertsfamilycentres.org
Call us on 0300 123 7572



First Aid for the Autumn term

12th October 2021, 19:00 – 21:00
Adeyfield Community Centre
£25

23rd November 2021 19:00 – 21:00
Adeyfield Community Centre
£25

These workshops will be advertised on this page <https://www.eventbrite.co.uk/o/inspireall-dacorum-district-17718260665>
Families can also email Family.learning@inspireall.com for the link

Online Courses & Workshops

Dacorum



TALKING ADDITIONAL NEEDS

(Previously Understanding Behaviour in your Child with Additional Needs)



Tuesdays 9.45-11.15am 14th Sept-19th Oct, Course ID SL447

Tuesdays 8.00-9.30pm 2nd Nov-7th Dec, Course ID SL448

Wednesdays 9.45-11.15am 3rd Nov-8th Dec, Course ID SL449



Free 6 week courses for parents and carers of children aged 2-19 years with a recognised additional need. **Diagnosis is not essential.**
We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict : why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.



ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use Zoom will be offered.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential

Please quote the course ID

Contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Online Courses & Workshops

Dacorum





TALKING DADS

Dads, Step-Dads, Stay at home Dads, Working Dads...



Wednesdays 7.45-9.15pm 15th Sept-20th Oct, Course ID 455
Tuesdays 7.45-9.15pm 2nd Nov-7th Dec, Course ID 456

Dads play an important role in a child's life. This FREE ONLINE COURSE will help you be the Dad you want to be!

Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

 **Full details on how to access and use Zoom will be offered.**

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

 These courses are provided free to parents by Hertfordshire County Council

Online Courses & Workshops

Dacorum

Parental Support



FAMILIES FEELING SAFE

Wednesday 29th September to 24th November (not 27/10)
 9:30 - 11:30
 Warners End Community Centre, Hemel Hempstead, HP1 3QG
 Free 9 week course - Creche available

SESSION DETAILS

A free 9 week course to enable parents and carers to recognise and build on their own strengths in managing and understanding their children's behaviour. The course includes communicating with others, expressing feelings and making safe choices.

HOW TO BOOK
 CALL 0300 123 7572

MORE INFORMATION
hertsfamilycentres.org

 On behalf of  Delivered by 

Employment Support Sessions with the National Careers Service




2nd Tuesday of the Month, 11:00 -12:00 Via Zoom

This is an overview session covering what the National Careers Service can do but they will then offer individual support following this.

Families can email Family.learning@inspireall.com for the link

Online Courses & Workshops

Dacorum








September 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.
If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

Early Years zoom with Tracey and Georgie	Wednesday September 8th 9.30 - 11.30am	Smooth transitions e.g. Home to school
zoom with Francine and Lesley	Thursday September 9th 9.30-11.30am	Open forum and mindfulness with Helena Marks-Dwyer, independent SEND consultant
zoom with Francine and Lesley	Monday September 13th 7-9pm	How different parenting styles impact children
zoom with Vicky and Sharon	Wednesday September 15th 9.30 - 11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann	Monday September 20th 9.30-11.30am	Voice of a child in EHCP with Helena Marks-Dwyer, independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday September 21st 7-9pm	Building a community of shared experiences
zoom with Siobhann and Sharon	Thursday September 23rd 7-9pm	Preparing pre-teens for the way forward

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

 @familiesinfocus.co.uk
  @familiesinfocus
  @FiFHerts
 www.familiesinfocus.co.uk

Online Courses & Workshops

Dacorum

TALKING FAMILIES





Because parents don't get training for the toughest job on earth!

Tuesdays 8.00-9.30pm 14th Sept-19th Oct **Course ID SL451**

Wednesdays 9.45-11.15am 15th Sept-20th Oct **Course ID SL450**

Mondays 8.00-9.30pm 1st Nov-6th Dec **Course ID SL452**

Our FREE 6 week online courses for parents and carers of children aged 0-12 will help you to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use Zoom will be offered.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential
Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

This course is provided free to parents by Hertfordshire County Council

TALKING TEENS



Thursdays 7.45-9.15pm 16th Sept-21st Oct, **Course ID 453**

We are also offering a face to face course in Welwyn. Call for details!

Our FREE 6 week online courses for parents and carers of children aged 12-19 will cover :

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'



ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use Zoom will be given. OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential Please quote the Course ID To check eligibility and book a place, please contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where: Online via Zoom

When: Tuesdays 9.30-11.30am
September 7th, 14th, 21st, 28th
October 5th, 12th, 19th 26th
November 2nd, 9th

Places are limited and must be booked via Eventbrite on our website www.familiesinfocus.co.uk
Email: bookings@familiesinfocus.co.uk

Online Courses & Workshops

Dacorum



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- ✓ Learn techniques to manage stress, conflict and so much more

"Great to meet other parents living with similar challenges and great tips and ideas and each week. I came away with heaps of ideas that are so valuable to families of children with SEND."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where: Online via Zoom

When: Tuesdays 6.30-8.30pm
September 7th, 14th, 21st, 28th
October 5th, 12th, 19th, 26th
November 2nd, 9th

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Email: bookings@familiesinfocus.co.uk

Online Courses & Workshops

Dacorum

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Wednesdays 7.45-9.15pm

15th Sept – 20th Oct

Course 455

Tuesdays 7.45-9.15pm

2nd Nov – 7th Dec

Course 456

TALKING ADDITIONAL NEEDS (previously Understanding Behaviour in your child with Additional Needs)



Diagnosis
not
essential

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

Tuesdays 9.45-11.15am

14th Sept – 19th Oct

Course 447

Tuesdays 8.00-9.30pm

2nd Nov – 7th Dec

Course 448

Wednesdays 9.45-11.15am

3rd Nov – 8th Dec

Course 449



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

**To check eligibility and book a place, please contact
Supporting Links on:**

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

These courses are provided free to parents by
Hertfordshire County Council



Parent and Carer Support Online Courses Autumn Term 2021



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

Tuesdays 8.00-9.30pm

14th Sept – 19th Oct

Course 451

Wednesdays 9.45-11.15am

15th Sept – 20th Oct

Course 450

Mondays 8.00-9.30pm

1st Nov – 6th Dec

Course 452

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Thursdays 7.45-9.15pm

16th Sept – 21st Oct

Course 453

**We are running a further
Talking Teens programme
in person, in Welwyn.
Call or email for details!**

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"I was in a quite low place when I joined this course but each week i took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"



Funded by Hertfordshire County Council

Where: Online via Zoom
When: Wednesdays 9.30-11.30am
September 15th, 22nd, 29th
October 6th, 13th, 20th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course

Online Courses & Workshops

Dacorum



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents

"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Wednesday evenings 6.30-8.30pm
September 15th, 22nd, 29th
October 6th, 13th, 20th

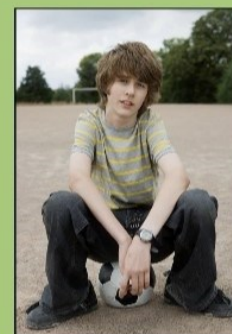
Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk

Online Courses & Workshops

Dacorum



A FREE 6 week course for parents and carers of children aged 11+
Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**



The Secrets of Parenting Teens and Building Resilience

Topics covered include:

- ♦ Teen development and the teen brain
- ♦ Building resilience/self esteem
- ♦ Temperament and its effects on behaviour
- ♦ Dealing with challenging behaviour
- ♦ Improving communication and relationships
- ♦ What is anxiety and how it is displayed in young people
- ♦ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ♦ Tools for managing anxiety and conflict
- ♦ Setting boundaries and managing house rules/parenting styles and strategies
- ♦ The power of empathy in connecting with young people
- ♦ Tools for emotional health and wellbeing

ONLINE SESSIONS

Date: Monday 13th September for 6 weeks
Time: 7.00pm to 9.00pm

Date: Wednesday 10th November for 6 weeks
Time: 7.00pm to 9.00pm

Parents need to be referred onto this course or have a specific parenting need
To book contact:

Vicky Knight (Course Manager)
Email: bookings@natural-flair.co.uk
or call 01992 446 051



Natural Flair

Online Courses & Workshops

Dacorum



**Natural Flair Coaching Ltd
Presents**

Natural Steps

To Stronger, Safer Families

A Protective Behaviours Approach to Emotional Wellbeing

Now offered as an online course



**An interactive and fun 6 week course, providing a safe place to explore feelings, be heard and understood, and put achievable goals in place for you and your family.
NOW AVAILABLE ONLINE**

Funded by:
Hertfordshire County Council,
Family Services Commissioning



Topics covered include:

- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

Dates: Day and evening courses available

Wednesday 8th September 9.30am to 11.30am
or
Monday 4th October 7pm to 9pm
or
Thursday 4th November 7pm to 9pm

(Each course is 6 sessions in total)
Venue: Available on your smart phone or laptop device in the comfort of your own home via a safe/secure link

This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - It is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life

Parents need to be referred onto this course or have a specific parenting need

For more information or to book a space please call
01992 446 051
Email: Bookings@natural-flair.co.uk

 Natural Flair Coaching Ltd

Online Courses & Workshops

Dacorum

CALL FREE ON **0800 328 0006**

Struggling with debt?

FREE debt counselling in your community from an award winning charity

www.capdebthelp.org

 facebook.com/CAPuk  [CAPuk](https://twitter.com/CAPuk)

Registered Office: London, UK. Bank Street, London, EC1A 3DF. Registered Charity No. 1011011. Charity registered in England No. 1011011. Charities registered in Scotland No. SC045797. Charities registered in Wales No. 1011011.

Every 20 minutes a property is repossessed. Debt devastates lives; it means parents struggle to feed their children, people feel suicidal, depressed and alone. CAP'S debt help service is one of the most in depth and holistic **FREE** services in the UK. We are uniquely placed to help vulnerable people, in particular low income, financially and socially disadvantaged people out of debt.

If you need help please ring our enquiries line on **0800 328 0006** to make an appointment. Or contact CAP Centre Manager in Hemel Hempstead, Owen Cooper on **01442 243 936** or email **owencooper@capuk.org**.

To find out more information about Christians Against Poverty visit our website **www.capuk.org**



AUTUMN TERM 2021 WORKSHOPS /COURSES

Please look out for lots of workshops, courses, check in and chats and support groups.

These will be announced soon and will include Sensory Processing, Sleep, Autistic Girls, Executive Functioning, Emotional Regulation and many more.



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 or check Eventbrite & our FB pages

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



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

support@spaceherts.org.uk



www.spaceherts.org.uk

Online Courses & Workshops

Dacorum



AUTUMN TERM 2021 ACTIVITIES FOR FAMILIES

DECEMBER

WED 1ST
ONLINE
LEGO CLUB
6pm - 7pm
Booking Required

FRI 3RD
KIDS ART
5pm - 6pm
Booking Required

SUN 5TH
OUTDOOR
FREE PLAY
10am - 12pm
Booking Required

MON 6TH
ONLINE
COOKING CLASS
5.30pm - 6.30pm
Booking Required

TUE 7TH
WEEKLY
KARATE CLUB
4.30pm - 5.15pm
Hoddesdon
6pm - 6.45pm
Hatfield
Booking Required

SAT 11TH
STUDIO FLY
2pm - 3pm
3.30pm - 4.30pm
Booking Required

TUE 14TH
WEEKLY
KARATE CLUB
4.30pm - 5.15pm
Hoddesdon
6pm - 6.45pm
Hatfield
Booking Required

TUE 14TH
RANGER STU
ANIMAL ENCOUNTER
5pm - 6.30pm
Booking Required

FRI 17TH
OLDER KIDS / ADULT
ART
7pm - 9pm
Booking Required

SAT 18TH
DRIVING
EXPERIENCE
TBC
Booking Required

#SPACEtogether

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

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

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

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

Online Courses & Workshops

Dacorum



AUTUMN TERM 2021 ACTIVITIES FOR FAMILIES

SEPTEMBER

FRI 3RD
KIDS ART
5pm - 6pm
Booking Required

SAT 4TH
JUMP CITY
9am - 11am
Booking Required

SUN 5TH
OUTDOOR
FREE PLAY
10am - 12pm
Booking Required

MON 6TH
ONLINE
COOKING CLASS
5.30pm - 6.30pm
Booking Required

WED 8TH
ONLINE
LEGO CLUB
6pm - 7pm
Booking Required

SAT 11TH
STUDIO FLY
2pm - 3pm
3.30pm - 4.30pm
Booking Required

TUE 14TH
WEEKLY
KARATE CLUB
4.30pm - 5.15pm
Hoddesdon
6pm - 6.45pm
Hatfield
Booking Required

TUE 14TH
RANGER STU
ANIMAL ENCOUNTER
5pm - 6.30pm
Booking Required

FRI 17TH
OLDER KIDS / ADULT
ART
7pm - 9pm
Booking Required

SAT 18TH
DRIVING
EXPERIENCE
11am - 11.45am
12.15pm - 1pm
1.30pm - 2.15pm
Booking Required

TUE 21ST
WEEKLY
KARATE CLUB
4.30pm - 5.15pm
Hoddesdon
6pm - 6.45pm
Hatfield
Booking Required

TUE 21ST
TRAIN AND
TRACK PLAY
5pm - 6pm
Booking Required

FRI 24TH
GIRLS GROUP
5pm - 6.30pm
Booking Required

SAT 25TH
MONTHLY
LEGO CLUB
10am - 12pm
Booking Required

SUN 26TH
STAND UP
PADDLE
BOARDING
10am - 12pm
1pm - 3pm
Booking Required

TUE 28TH
WEEKLY
KARATE CLUB
4.30pm - 5.15pm
Hoddesdon
6pm - 6.45pm
Hatfield
Booking Required

WED 29TH
FAMILY QUIZ
'ARTY'
6pm
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

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Online Courses & Workshops

Dacorum



AUTUMN TERM 2021 ACTIVITIES FOR FAMILIES

OCTOBER

FRI 1ST KIDS ART 5pm - 6pm <i>Booking Required</i>	WED 6TH ONLINE LEGO CLUB 6pm - 7pm <i>Booking Required</i>	SAT 16TH DRIVING EXPERIENCE 11am - 11.45am 12.15pm - 1pm 1.30pm - 2.15pm <i>Booking Required</i>	TUE 19TH RANGER STU ANIMAL ENCOUNTER 5pm - 6.30pm <i>Booking Required</i>
SUN 3RD OUTDOOR FREE PLAY 10am - 12pm <i>Booking Required</i>	SAT 9TH STUDIO FLY 2pm - 3pm 3.30pm - 4.30pm <i>Booking Required</i>	SUN 17TH CLOUD 9 TBC <i>Booking Required</i>	FRI 22ND GIRLS GROUP 5pm - 6.30pm <i>Booking Required</i>
MON 4TH ONLINE COOKING CLASS 5.30pm - 6.30pm <i>Booking Required</i>	TUE 12TH WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>	TUE 19TH WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>	WED 27TH FAMILY QUIZ 'HALLOWEEN' 6pm <i>Booking Required</i>
TUE 5TH WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>	FRI 15TH OLDER KIDS / ADULT ART 7pm - 9pm <i>Booking Required</i>	<i>Pre-bookable 1:1 sessions available including cooking, yoga and art</i>	

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AUTUMN TERM 2021 ACTIVITIES FOR FAMILIES

NOVEMBER

MON 1ST ONLINE COOKING CLASS 5.30pm - 6.30pm <i>Booking Required</i>	TUE 9TH WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>	FRI 19TH OLDER KIDS / ADULT ART 7pm - 9pm <i>Booking Required</i>	WED 24TH FAMILY QUIZ 'CHRISTMAS' 6pm <i>Booking Required</i>
TUE 2ND WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>	TUE 9TH RANGER STU ANIMAL ENCOUNTER 5pm - 6.30pm <i>Booking Required</i>	SAT 20TH DRIVING EXPERIENCE 11am - 11.45am 12.15pm - 1pm 1.30pm - 2.15pm <i>Booking Required</i>	FRI 26TH MONTHLY GIRLS GROUP 5pm - 6.30pm <i>Booking Required</i>
WED 3RD ONLINE LEGO CLUB 6pm - 7pm <i>Booking Required</i>	SAT 13TH STUDIO FLY 2pm - 3pm 3.30pm - 4.30pm <i>Booking Required</i>	SUN 21ST ICE SKATING TBC <i>Booking Required</i>	SAT 27TH MONTHLY LEGO CLUB 10am - 12pm <i>Booking Required</i>
FRI 5TH KIDS ART 5pm - 6pm <i>Booking Required</i>	TUE 16TH WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>	TUE 23RD WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>	TUE 30TH WEEKLY KARATE CLUB 4.30pm - 5.15pm Hoddesdon 6pm - 6.45pm Hatfield <i>Booking Required</i>
SAT 6TH JUMP CITY 9am - 11am <i>Booking Required</i>	SUN 7TH OUTDOOR FREE PLAY 10am - 12pm <i>Booking Required</i>	#SPACetogether	
<i>Pre-bookable 1:1 sessions available including cooking, yoga and art</i>		All activities, workshops and courses can be booked via Eventbrite and will be posted on our social media in due course	
		For further information then please email: events@spaceherts.org.uk or check Eventbrite & our FB pages	

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