

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

**Just Talk Week 15-21 November 2021**



This year, we are celebrating all the ways we can be Kind to one another & ourselves, by being open about Mental Health.

Find out more & book onto one of the week's webinars here: <https://www.justtalkherts.org/news-and-campaigns/just-talk-week-2021.aspx?searchInput=&page=1&resultsPerPage=10&view=list>

**Santa's Grotto Additional Needs Sessions at Burston Garden Centre**



Come and visit Santa's Grotto for one of our additional needs sessions, which have been developed to provide a more relaxed and quieter environment for your child. You'll find

- music volume dimmed throughout
- sessions are the first of the day, which is when our centre tends to be quieter
- a restricted amount of tickets on sale and no walk in slots available
- our grotto is also fully wheelchair accessible

Booking Link: <https://www.burston.co.uk/event/christmas-grotto-additional-needs/>

**Dacorum Parent/Carers Courses and Support  
Autumn Term – 17.11.2021**

**Christmas 2021 with Up on Downs**

Email [enquiries.nhdowns@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk) to request your zoom link and carol sheets.



**SIGNED  
CHRISTMAS  
CAROLS**

Join Up on Downs online to practice signed Christmas Carols. Any signing ability or no signing ability are all welcome to come for festive fun

Week 1 – Rudolph the Red-nosed Reindeer / Jingle Bells

Week 2 – White Christmas / We wish you a Merry Christmas

Week 3 – Revisit all songs and festive performance

MONDAYS AT 6.30 – 7PM ON 15TH, 22ND AND 29TH  
NOVEMBER ON ZOOM

EMAIL [ENQUIRIES.NHDOWN@YAHOO.CO.UK](mailto:ENQUIRIES.NHDOWN@YAHOO.CO.UK)  
FOR ZOOM LINK AND CAROL SHEETS.

ATTEND ALL OR DROP IN ON ANY WEEK.

UP ON DOWNS INVITES YOU TO



**CHRISTMAS  
CELEBRATION 2021**

Festive fun, games, crafts and food

DEC. 4 • 3-5 PM • MRS HOWARD MEMORIAL HALL  
LETCWORTH GARDEN CITY, SG6 1NX

**PLACES ARE LIMITED. BOOKING IN ADVANCE IS ESSENTIAL.**

EMAIL [ENQUIRIES.NHDOWN@YAHOO.CO.UK](mailto:ENQUIRIES.NHDOWN@YAHOO.CO.UK) TO BOOK.

**Christmas Special at The Patch - SPACE**

Booking Link: <https://www.eventbrite.co.uk/e/space-exclusive-outdoor-free-play-tickets-196442112647?fbclid=IwAR0QG9CtHZIF-vngKZXISPOjzF3xSyp9pESK3fXGEjoRx9hbOD9-WjyPL2g>



**SPACE**  
SPACE CHRISTMAS EVENT

**Christmas Special  
at The Patch**

Sunday 5<sup>th</sup> December 2021  
10am - 12pm  
£10 per family (plus Eventbrite fee)

Exclusive fun and interactive 2 hour guided free play sessions  
for children/young people and their families.  
Come and build, create, play and have fun with your family

**the patch**  
at johnson farms

Please use your Eventbrite link below to book your place:  
<https://www.eventbrite.co.uk/e/space-exclusive-outdoor-free-play-tickets-196442112647>

events@spaceherts.org.uk    www.spaceherts.org.uk

Supporting Families in Hertfordshire – Autism | ADHD | Neurodiverse Conditions  
Registered Charity England and Wales no: 112 2178

## Upcoming SPACE Activities

Eventbrite link - <https://www.eventbrite.co.uk/o/space-hertfordshire-29155520957>



**Croxley Green Group**  
*Reconnecting with old friends and making new ones...*



**Tuesday 16th November 2021**  
The Kitchen, 198 Watford Road, Croxley Green, Rickmansworth WD3 3DB  
7pm - 9pm

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



### ONLINE NAVIGATING THE SEND WORLD

#### Beginning The Journey Workshop

Date: Tuesday 16th November 2021  
Time: 10am - 12pm  
Cost: Free - For Parent/Carers

This workshop looks at services and support available to parent/carers of children with Special Educational Needs. Parent/carers will feel more confident and able to navigate the complexities of the SEND world, so they can access the support they need for their family



#### Workshop Content:

- Introduction to the language & starting the journey
- Children & young people's health services
- Schools & education services
- Family & social care services
- Support services for parents/carers

Please use the Eventbrite link below to reserve your place:  
<https://www.eventbrite.co.uk/e/navigating-the-send-world-beginning-the-journey-workshop-tickets-166811970093>

Limited Places Available

training@spaceherts.org.uk    www.spaceherts.org.uk

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



SPACE EXCLUSIVE

## WEEKLY KARATE

**PLACE:**  
Hoddesdon Methodist Church  
Middlefield Road, Hoddesdon,  
EN11 9ED

**COST:**  
£30 per child for 4 sessions  
(plus Eventbrite fee)

**START DATE:**  
Tue 16th, 23rd, 30th, Nov  
and 7th Dec 2021

**TIME:**  
4.30pm - 5.15pm



SPACE are delighted to offer our weekly term time karate classes with LVKA. Supportive and inclusive sessions for children and young people with SEND and their siblings. No experience necessary!

Payments will be on a half termly basis - payable in advance

Please use the Eventbrite link below:  
<https://www.eventbrite.co.uk/e/hoddesdon-karate-class-tickets-20781784777>

Limited Places Available

events@spaceherts.org.uk



www.spaceherts.org.uk

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



## Check In and Chat



### SENDIASS

**WEDNESDAY 17TH NOVEMBER 2021**

**7PM - 8PM**

SENDIASS are one of a range of organisations who could potentially help you navigate SEND law and more.

- Are you considering applying for an EHCP?
- Thinking that at some point you may need help, support or advice on an issue relating to your child/young person's education including around attendance and exclusions?
- Struggling with the prospect of mediation, appeals, tribunals?
- Perhaps you are looking for an advocate to attend school/college meetings with you or your young person?

PLEASE USE THE EVENTBRITE LINK BELOW TO RESERVE YOUR PLACE:  
<https://www.eventbrite.co.uk/e/check-in-and-chat-sendiass-tickets-187841146927>

Limited Places Available

events@spaceherts.org.uk



www.spaceherts.org.uk

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



## Dacorum Parent/Carers Courses and Support Autumn Term – 17.11.2021



### **ONLINE UNDERSTANDING ADHD**

**Date:** Thursday 18<sup>th</sup> November 2021  
**Time:** 7pm - 8pm  
**Cost:** Free - For Parent/Carers

This workshop looks at gaining a better understanding of ADHD and the impact that it has on those who experience the condition.



#### **Workshop Content:**

- Characteristics of ADHD
- Recognising myths & facts
- Understanding how ADHD affects executive functioning & emotional regulation

Please use the Eventbrite link below to reserve your place:  
<https://www.eventbrite.co.uk/e/understanding-adhd-workshop-tickets-166809833703>

**Limited Places Available**

training@spaceherts.org.uk



www.spaceherts.org.uk

admin@spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
Registered Charity England and Wales no: 117 2178



**SPACE ONLINE EXCLUSIVE**

### **Online Art Session**

**'Poppies'**

**Friday 19<sup>th</sup> November 2021**

**7PM - 9PM**



Come join us for a fully interactive painting session. September (The Artist in The Window) will talk you through painting the picture and will be able to offer advice and suggestions on your masterpieces!



Please use the Eventbrite link below to request your place:  
<https://www.eventbrite.co.uk/e/poppies-older-kids-art-session-tickets-182543591797>

**Limited Places Available**

events@spaceherts.org.uk



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
Registered Charity England and Wales no: 117 2178



**SPACE ONLINE EXCLUSIVE**

### **Online Art Session**

**'Poppies'**

**Friday 19<sup>th</sup> November 2021**

**7PM - 9PM**



Come join us for a fully interactive painting session. September (The Artist in The Window) will talk you through painting the picture and will be able to offer advice and suggestions on your masterpieces!



Please use the Eventbrite link below to request your place:  
<https://www.eventbrite.co.uk/e/poppies-older-kids-art-session-tickets-182543591797>

**Limited Places Available**

events@spaceherts.org.uk



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
Registered Charity England and Wales no: 117 2178



### **SOCIAL MEDIA & MENTAL HEALTH**

*Parent/Carer Workshop*

**MONDAY 22<sup>ND</sup> NOVEMBER 2021**

**7PM - 9PM**

Unit 5, The Maltings Business Centre, Roydon Road,  
Stanstead Abbots, Ware, SG12 8HG  
(This workshop is for residents of East Hertfordshire)

During this online workshop we will be looking at:

- children's social development
- the science behind social media
- mental health benefits and risks associated with social media
- key concerns, solutions and strategies for SEND children
- online safety resources

**Keeping SEND families safe online**



Supported by



Please use the Eventbrite link below to book your place:  
<https://www.eventbrite.co.uk/e/social-media-mental-health-workshop-tickets-192185290377>

**Limited Places Available**

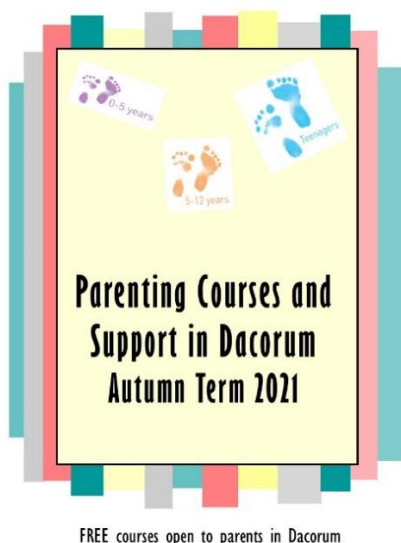
events@spaceherts.org.uk



www.spaceherts.org.uk

Supporting Families in Hertfordshire - Autism | ADHD | Neurodiverse Conditions  
Registered Charity England and Wales no: 117 2178

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



For courses from Local Providers, please view the  
Dacorum Parenting Course Brochure via:  
<http://www.dacorumdspl.org.uk/courses-for-parents-carers-and-professionals/>

For SEND courses and support, please visit either:  
<https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True>  
<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do>

**The Spring Term 2022 Parenting Courses and Support Brochure will be available for  
distribution at the end of this term.**