

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:

<https://directory.hertfordshire.gov.uk>



This leaflet last amended 14.12.2021 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 Spring Term 2022

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

Developing Confidence, Self-esteem & Positive Mental Wellbeing	Page 5
Managing Exam and Assessment Stress and General Anxiety	Page 6
SEND Surgery	Page 12
A complete guide to parenting children special educational needs—AM	Page 13
A complete guide to parenting children special educational needs—PM	Page 14
Handling anger in your family - AM	Page 15
Handling anger in your family - PM	Page 16
Handling anger in your primary age child with ASD - ADHD - AM	Page 17
Handling anger in your primary age child with ASD - ADHD - Lunchtime	Page 18
Handling anger in your primary age child with ASD - ADHD - PM	Page 19
Handling anger in your primary age child with ASD - ADHD - AM	Page 20
Handling anger in your primary age child with ASD - ADHD - Lunchtime	Page 21
Sleep Solutions for All children	Page 22
Families in Focus Parent Network - January & February	Page 23
Families in Focus Parent Network - March	Page 24
Getting on with your pre-teen or teenager	Page 25
Bringing up confident children with ADHD/ASD - AM	Page 26
Bringing up confident children with ADHD/ASD - PM	Page 27
Natural Steps To Stronger, Safer families	Page 28
The Secrets of Parenting Teens and building resilience	Page 29
Talking Families	Page 30
Talking Teens	Page 30
Talking Dads	Page 31
Talking additional needs	Page 31
Talking ASD/ADHD workshops	Page 32
Talking ASD/ADHD workshops continued	Page 33
Hertfordshire SPACE Spring Term courses/workshops	Page 34
Hertfordshire SPACE Activities January	Page 35
Hertfordshire SPACE Activities February	Page 36
ADD-vance courses	Page 39
ADD-vance courses continued	Page 40
ADD-vance workshops	Page 41
<u>One to One Advice Sessions</u>	
Autism Support sessions	Page 5
Housing support sessions	Page 5
Debt management	Page 5
Autism Support sessions	Page 6
Housing support Sessions	Page 6
Hertfordshire SPACE Family Support Worker	Page 37
<u>Dacorum DSPL Workshops</u>	
ADD-vance mini consultations	Page 45
Compassion and Resilience	Page 46

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 social media pages, via the following the links:

 Website: www.dacorumspl.org.uk

 Facebook: www.facebook.com/dspldacorum

 Instagram: https://www.instagram.com/dspl_dacorum/

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

 Email: dspl@kls.herts.sch.uk

DSPL 8 Team

Carole Hassell, DSPL8 Manager

Ruth Mason, DSPL8 SEND Lead

Ashley Fabray, DSPL8 Support Officer

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes




Dacorum

www.dacorumspl.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

Courses & Workshops

DSPL Dacorum



COMPASSION AND RESILIENCE

Helping My Child to Develop Compassion

A three session on-line course for parents
January 25th, February 1st and 8th 2022 - All 11:00-12:00
Funded by DSPL & Dacorum, supporting parents of children with SEND


What is compassion and why is it going to be more important than ever?

If we go back 50 years we needed physical strength for success. If we go back 20 years we needed intellectual strength, but if we go forward, the next generation of resilient human beings are going to need emotional intelligence, compassion and empathy to succeed.

These are human qualities and characteristics that are essential if we are to tackle the biggest global challenges alongside advances in technology. Its easier to be less compassionate about others from behind a screen and so educating our children to be compassionate is part of the solution.

The sessions will explore compassion in a way that is practical, thought provoking and in the context of helping children to develop resilience, enabling them to thrive now and in the future.

“ Compassion is not something I have really thought about teaching my child before and didn't realise the importance! Thank you!
Parent of two children



[LEARN MORE & REGISTER](#)

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



Student and Family Support Services
Gade Schools Family Support and Kings Langley Partnership

As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.



- ❖ **Parent Support Services**—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support
- ❖ **Pupil Support Services**—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.
- ❖ **SEND Support**—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.
- ❖ **Parent Courses and Workshops** – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behavior, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.
- ❖ **Parent Surgeries** – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site www.gadeschoolsfamilysupport.co.uk



Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 01442 278793.



Our Service is only able to work with Parents who have children in one of our Partnership Schools. Schools in our Partnership are:

Kings Langley Partnership: Kings Langley Secondary, Kings Langley Primary, Sarratt Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

Gade Schools Family Support: John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

www.gadeschoolsfamilysupport.co.uk
Partnership Office: 01442 278793

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	12.01.22	10:00 - 11:30
Tuesday	01.02.22	19:00 - 20:30
Thursday	03.03.22	10:00 - 11:30
Wednesday	30.03.22	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.



Courses & Workshops

Dacorum



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 on courses running in the area, see the website for more details.



Hertfordshire's 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

Online Courses & Workshops

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



Parenting Workshops & 1:1s

January – April 2022

Booking is essential

Autism Support – 1:1 Advice Sessions

Date: Tuesday 25th January 2022

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 27th January 2022

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.

Developing Confidence, Self-Esteem & Positive Mental Wellbeing

Date: Wednesday 2nd February 2022

Time: 6.30pm - 8.00pm

What's it about? This workshop will explore anxiety in children and will provide parents with practical strategies they can try to help support their children. Specifically, this workshop will cover understanding children's anxiety, signs to look out for, the power of praise, positive language and communication, strategies for developing resilience and confidence through empathy and assertiveness and simple coping strategies and skills for parents and children.

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

Debt Management – 1:1 Advice Sessions

Date: Monday 7th February 2022

Time: 1.30pm – 3.30pm

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

Autism Support – 1:1 Advice Sessions

Date: Wednesday 23rd February 2022

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

Online Courses & Workshops

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

Autism Support – 1:1 Advice Sessions

Date: Tuesday 1st March 2022

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

Managing Exam and Assessment Stress and General Anxiety

Date: Wednesday 2nd March 2022

Time: 6.30pm - 8.00pm

What's it about? This workshop will explore some of the key ways in which parents can manage exam and assessment stress and will provide an insight into how stress can be managed positive with real strategies that parents can try.

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

Housing 1:1 Advice Sessions (via telephone)

Date: Tuesday 8th March 2022

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.

Autism Support – 1:1 Advice Sessions

Date: Wednesday 30th March 2022

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

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

Courses & Workshops

Dacorum

Who are we?

HPCI is an independent organisation run by parent carers which works to shape and improve services and provision in Hertfordshire for children and young people with SEND (special educational needs and/or disabilities) aged 0-25 years.

We do this by putting the views and lived experience of families at the heart of strategic discussions and planning with Hertfordshire services across education, social care and health.

We are the parent carer forum for Hertfordshire recognised by Hertfordshire County Council, Hertfordshire's Clinical Commissioning Groups and the Department of Education. We are part of the national network of parent carer forums www.nnpfc.org.uk

HPCI is here to put forward the voice of all parent carers of children and young people with SEND in Hertfordshire.

Our voices are stronger together

Add your voice by joining HPCI – our contact details are on the other side of this leaflet.

What we do:

- Gather the views and experiences of parent carers.
- Keep parents informed by providing them with SEND related information.
- Train our parent carer representatives to be an effective voice to decision makers and services.
- Organise free events for parent carers.

Herts
Parent
Carer InVolvem^{en}t
www.hertsparentcarers.org.uk

Courses & Workshops

Dacorum



The parent carer forum for Hertfordshire
Our voices are stronger together



Listening to
parent carers



Speaking up for
families with SEND

Ensure your views and experience are heard
Join our free parent carer network online at
www.hertsparentcarers.org.uk
or phone us on 07840 360245

Find us on  HertsParentCarerInvolvement

Follow us on  @HertsPCI



Online Courses & Workshops

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



SEND Friends support group is currently
on hold.

However, please see the Facebook link below
for useful information and support:

SEND Friends:

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

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](https://www.facebook.com/CAPUK) @CAPUK

Charity No. 1056886. Registered Office: 105, High Street, Hemel Hempstead, Herts. SG9 6ND. Registered Charity No. 1056886. CAP debt help is a registered trademark of CAP debt help.



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

Online Courses & Workshops

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



Dacorum Family Services

A Free, Confidential
Advice and Support Service
for DFS North & East Schools'
Families

Online Courses & Workshops

Dacorum



ADD-vance

The ADHD and Autism Trust

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



FREE ONLINE SPRING 2022 WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can 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 [website](http://www.add-vance.org).

Date	Time	Topic
Thursday 6 th January	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 10 th January	10 – 11.30 am	Understanding ADHD
Tuesday 11 th January	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 13 th January	10 – 11.30 am	Tips & Tools to Build Self-Esteem
Thursday 13 th January	7 – 8.30 pm	Tips & Tools for Sleep
Monday 17 th January	10 – 11.30 am	Working in Partnership with School
Wednesday 19 th January	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 20 th January	7 – 8.30 pm	Understanding Autism
Monday 24 th January	10 – 11.30 am	Applying for an EHCP
Tuesday 25 th January	10 – 11.30 am	Understanding PDA
Wednesday 26 th January	10 – 11.30 am	Tips & Tools to Teach Emotional Literacy
Thursday 27 th January	7 – 8.30 pm	Tips & Tools for Toileting
Monday 31 st January	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 2 nd February	10 – 11.30 am	Understanding ADHD in Girls
Thursday 3 rd February	10 – 11.30 am	Tips & Tools to Support Learning
Monday 7 th February	7 – 8.30 pm	Support for Dads
Wednesday 9 th February	10 – 11.30 am	Understanding Autism in Girls
Thursday 10 th February	10 – 11.30 am	Tips & Tools to Manage Everyday Change
Monday 21 st February	10 – 11.30 am	Supporting Siblings
Wednesday 23 rd February	10 – 11.30 am	Understanding Challenging Behaviour
Thursday 24 th February	7 – 8.30 pm	Tips & Tools to Manage Anger
Friday 25 th February	10 – 11.30 am	Tips & Tools for Self Harm
Monday 28 th February	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 2 nd March	10 – 11.30 am	Understanding Sensory Differences
Thursday 3 rd March	7 – 8.30 pm	Tips & Tools to Manage Sensory Differences
Monday 7 th March	10 – 11.30 am	Supporting Transition into Secondary School
Tuesday 8 th March	10 – 11.30 am	Understanding Anxiety
Wednesday 9 th March	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 10 th March	7 – 8.30 pm	Tips & Tools to Manage Anxiety
Monday 14 th March	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wednesday 16 th March	10 – 11.30 am	Preparing for Adulthood 14+
Thursday 17 th March	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 21 st March	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wednesday 23 rd March	10 – 11.30 am	Thinking About College
Thursday 24 th March	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

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

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders. We will not pass your personal information on to any third parties. Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.

Online Courses & Workshops

Dacorum



ADD-vance

The ADD-vance ADHD and Autism Trust
 Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE ONLINE 6-Week Courses for Parents/Carers of Teens

Understanding Teens with ADHD and Autism

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. **The sessions will not be recorded so attendance at all 6 sessions is essential.**

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Three courses will be running on the following dates:

Tuesdays	4 th January to 8 th February	7 – 9 pm
Wednesdays	5 th January to 9 th February	10 am – 12 pm
Tuesdays *	22 nd February to 29 th March	10 am – 12 pm

*Bookings open on 31st January 2022 at 10 am.

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>.

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



The ADD-vance ADHD and Autism Trust, Registered Charity No. 1158968

Online Courses & Workshops

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

Dacorum Family Services North & East Supporting Communities in DFS Schools

Berkhamsted, Hemel Hempstead East, Link & Tring Family Services

ABOUT OUR SERVICE

Dacorum Family Services offers a term time + service to parents and their children attending schools within the partnership. School Family Workers can assist parents to resolve their concerns by working in partnership with them and/or by finding the support they need and help them to get in touch with organisations with the specialist skills and knowledge to help.

One to One Family Support

Completing needs assessments from the Families' perspective
 Creating an action plan of SMART actions for the family to work to
 In home working with families
 Supporting community appointments

Drop In Surgery Support

Working with the school to provide a one stop shop for advice, guidance and support.
 Fortnightly surgeries at each school.
 Regular communication with School Single Point Of Contact (SPC)

Group Work

Facilitating parental workshop presentations
 Offering a parental workshop presentation every half term
 Covering a range of parenting specific subjects
 Pupil group support programmes

How does this help DFS Schools?



Families First Early Help continuum within social care provision, step up/down, referral, EHM etc.



Reduced work load for school staff



Emotional and mental health parent and pupil programmes, supporting new government directives.



Supporting staff well-being



Support from a team of experienced workers with identified specialisms.



In home support for families



Supporting best practice and staff development, peer supervision sessions

Online Courses & Workshops

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

Flexible Support for

Your School Community



SEND Support Worker

Specialist support for higher need SEND families SEND Screening to support diagnosis assessment

School Family Worker

A personal and confidential service that addresses any needs or concerns raised by the family



Pupil Support Worker

Specialist support for pupils to address an identified concern highlighted by the school or family. Using one to one and group work time specific programmes.



Online Courses & Workshops

Dacorum



ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE ONLINE Introductory 6-Week Courses for Parents/Carers

Understanding ADHD and Autism

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception). The Early Years course is for parents/carers of children aged 2 – 5 yrs.

Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. **The sessions will not be recorded so attendance at all 6 sessions is essential.**

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Wednesdays	5 th January to 9 th February	7 – 9 pm	
Thursdays	6 th January to 10 th February	9.30 – 11.30 am	Early Years Course
Fridays	7 th January to 11 th February	10 am – 12 pm	
Mondays *	21 st February to 28 th March	10 am – 12 pm	Stevenage (tbc)
Mondays *	21 st February to 28 th March	7 – 9 pm	
Wednesdays *	23 rd February to 30 th March	7 – 9 pm	Dads/male carers only
Thursdays *	24 th February to 31 st March	10 am – 12 pm	Parents/carers of girls only

*Bookings open on 31st January 2022 at 10 am.

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>.

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



The ADD-vance ADHD and Autism Trust, Registered Charity No. 1158968



Lending SPACE

Do you live in Hertfordshire?
Does your child/young person have additional needs?
SPACE are lending out sensory, practical and educational resources for families to borrow, free of charge.

**You are welcome to drop in for
a browse, a hot drink and a chat!**

Unit 7, Arlington Business Park,
Whittle Way, Stevenage, SG1 2BE

Mon and Wed
9.30am - 12.30pm

For enquires please email: lendingspace@spaceherts.org.uk
or call 07565258694

#lendingSPACE



SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

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

What do our Dacorum Family Services Users Say:

Families:

- "Being listened to and put in touch with different courses that I can attend"
- Very helpful friendly service. Most helpful: home visits"
- Parents evening: DFS SFW was an excellent help. Understanding and compassionate but offering practical support"

Schools:

"DFS SFW was an excellent support to this family and without her caring attitude and determination we wouldn't have got so far with this family"

"DFS SFW was outstanding with regard to her involvement with this family and was part of the reason this family moved up to CP eventually. DFS certainly went "above and beyond" while working with this family including staying late one evening to support me as the Head teacher, as well as mum while we waited for social services and the police arrived."

"SFW was great at being an advocate for the family helping set meeting agendas and also working with the family to manage their expectations within the limits of the school system"

Dacorum Family Services North & East
c/o Hobbs Hill Wood Primary School
Peascroft Rd, Hemel Hempstead,
Herts,
HP3 8ER
Phone: 01442 401222 Ext 5
Email:
jan.nethercoat@hobbshillwood.herts.sch.uk
www.dacorumfamilyservices.org.uk



Online Courses & Workshops

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



SEND Surgery Dates for 2021-22

Thursday 27th January 2022

Thursday 24th March 2022

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.

Dates are released termly on Eventbrite.

The SEND Surgeries will be held with
Sam Leenders, SEND School Family Worker

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, Hobletts Manor Infant, Hobletts 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

Online Courses & Workshops

Dacorum



FAMILY SUPPORT WORKER

Does your child have additional needs?

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

Why don't you
contact Abby

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



For more information or general enquires regarding family support please email - support@spaceherts.org.uk

support@spaceherts.org.uk



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

Online Courses & Workshops

Dacorum



SPRING TERM 2022 ACTIVITIES FOR FAMILIES

FEBRUARY

TUE
1ST, 8TH
WEEKLY
KARATE CLUB
Hoddesdon
4.30pm - 5.15pm
Booking Required

WED 2ND
ONLINE
LEGO CLUB
6pm - 7pm
Booking Required

FRI 4TH
KIDS ART
5pm - 6.30pm
Booking Required

SAT 5TH
DRIVING
EXPERIENCE
10.30am - 11.15am
11.30am - 12.15pm
Booking Required

SUN 6TH
OUTDOOR
FREE PLAY
10am - 12pm
Booking Required

SUN 6TH
SEND YOGIS
11.15am - 12.15pm
Booking Required

MON 7TH
ONLINE
COOKING CLASS
5.30pm - 6.30pm
Booking Required

WED 9TH
RANGER STU
VIRTUAL ZOO
5.30pm - 6.30pm
Booking Required

FRI 11TH, 25TH
STARTING SPACE
10am - 12pm
Booking Required

SAT 12TH
STUDIO FLY
2pm - 3pm
3.15pm - 4.15pm
Booking Required

FRI 18TH
OLDER KIDS / ADULT
ART
7pm - 9pm
Booking Required

SAT 19TH
DRIVING
EXPERIENCE
10.30am - 11.15am
11.30am - 12.15pm
Booking Required

TUE 22ND FEB
1ST, 8TH, 15TH
(MARCH)

GIRLS CAROUSEL
St Albans
4.30pm - 6pm
Booking Required

THU 24TH FEB
3RD, 10TH, 17TH
(MARCH)

GIRLS CAROUSEL
Hatfield
4.30pm - 6pm
Booking Required

FRI 25TH
GIRLS GROUP
5pm - 6.30pm
Booking Required

SAT 26TH
MONTHLY
LEGO CLUB
10am - 12pm
Booking Required

SAT 26TH
GRAFFITI SESSION
10.30am - 12.30am
Booking Required

SUN 27TH
LOGANS DEN
3pm - 5pm
Booking Required

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

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@spaccherts.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

For further courses, activities and support, please visit:
www.spaceherts.org.uk or www.facebook.com/Spacehertfordshire

Online Courses & Workshops

Dacorum



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

"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: Tuesday mornings 9.30-11.30pm
January 2022 11th, 18th, 25th
February 2022 1st, 8th, 15th, 22nd
March 2022 1st, 8th, 15th, 22nd

Places are limited and must be booked by emailing bookings@familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

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- ✓ 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."

Where: Online via Zoom

When: Tuesday evenings 7-9pm
January 2022 11th, 18th, 25th
February 2022 1st, 8th, 15th 22nd
March 2022 1st, 8th, 15th 22nd



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

Places are limited and must be booked by emailing bookings@familiesinfocus.co.uk



SPRING TERM 2022

ACTIVITIES FOR FAMILIES

JANUARY

<p>WED 5TH ONLINE LEGO CLUB 6pm - 7pm <i>Booking Required</i></p>	<p>SUN 9TH SEND YOGIS 11.15am - 12.15pm <i>Booking Required</i></p>	<p>WED 12TH RANGER STU VIRTUAL ZOO 5.30pm - 6.30pm <i>Booking Required</i></p>	<p>FRI 21ST OLDER KIDS / ADULT ART 7pm - 9pm <i>Booking Required</i></p>
<p>FRI 7TH KIDS ART 5pm - 6.30pm <i>Booking Required</i></p>	<p>MON 10TH ONLINE COOKING CLASS 5.30pm - 6.30pm <i>Booking Required</i></p>	<p>THU 13TH, 20TH, 27TH 3RD (FEB) GIRLS CAROUSEL Hatfield 4.30pm - 6pm <i>Booking Required</i></p>	<p>SAT 22ND GRAFFITI SESSION 10.30am - 12.30am <i>Booking Required</i></p>
<p>SAT 8TH JUMP CITY 9am - 11am <i>Booking Required</i></p>	<p>TUE 11TH, 18TH, 25TH, 1ST (FEB) GIRLS CAROUSEL St Albans 4.30pm - 6pm <i>Booking Required</i></p>	<p>FRI 14TH, 28TH STARTING SPACE 10am - 12pm <i>Booking Required</i></p>	<p>FRI 28TH GIRLS GROUP 5pm - 6.30pm <i>Booking Required</i></p>
<p>SAT 8TH DRIVING EXPERIENCE 10.30am - 11.15am 11.30am - 12.15pm <i>Booking Required</i></p>	<p>TUE 11TH, 18TH, 25TH WEEKLY KARATE CLUB Hoddesdon 4.30pm - 5.15pm <i>Booking Required</i></p>	<p>SAT 15TH DRIVING EXPERIENCE 10.30am - 11.15am 11.30am - 12.15pm <i>Booking Required</i></p>	<p>SAT 29TH MONTHLY LEGO CLUB 10am - 12pm <i>Booking Required</i></p>
<p>SAT 8TH STUDIO FLY 2pm - 3pm 3.15pm - 4.15pm <i>Booking Required</i></p>			<p>SUN 30TH LOGANS DEN 3pm - 5pm <i>Booking Required</i></p>



#SPACEtogether

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

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

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

Online Courses & Workshops

Dacorum



SPRING TERM 2022 WORKSHOPS /COURSES

Navigating the SEND World Workshop	Thursday 13 th January	19:00 - 21:00
Understanding ADHD Workshop	Monday 17 th January	11:00 - 12:00
Puberty and Neurodiversity Workshop	Monday 17 th January	19:00 - 21:00
Navigating the SEND World Workshop	Wednesday 19 th January	10:00 - 12:00
EHCP Annual Review	Thursday 20 th January	19:00 - 20:00
PDA, ODD and ADHD 'Understanding The Difference' Workshop	Monday 24 th January	10:00 - 11:30
Talking SENSory - Signs, Signals and Solutions (2 weeks)	Thursday 27 th January	12:30 - 14:30
ASD and Tourettes Talk	Monday 31 st January	18:00 - 20:00
Executive Functioning Workshop	Monday 7 th February	10:00 - 11:30
Autistic Girls Workshop	Monday 7 th February	19:00 - 20:30
Navigating the SEND World Workshop	Thursday 10 th February	10:00 - 12:00
Navigating the SEND World Workshop	Monday 21 st February	19:00 - 21:00
Puberty and Neurodiversity Workshop	Wednesday 23 rd February	19:00 - 21:00
Sleep Course (5 weeks)	Friday 25 th February	10:00 - 12:00
Emotional Regulation Workshop	Monday 28 th February	18:30 - 20:00
EHCP New Applications	Tuesday 1 st March	19:00 - 21:00
Understanding Autism Workshop	Thursday 3 rd March	19:00 - 20:00
Navigating the SEND World Workshop	Monday 7 th March	10:00 - 12:00
Anxiety Workshop	Wednesday 9 th March	10:00 - 11:30
Talking SENSory - Signs, Signals and Solutions (2 weeks)	Monday 14 th March	19:00 - 21:00
PDA, ODD and ADHD 'Understanding The Difference' Workshop	Tuesday 15 th March	18:00 - 20:00
Navigating the SEND World Workshop	Thursday 24 th March	10:00 - 12:00
Puberty and Neurodiversity Workshop	Friday 25 th March	10:00 - 12:00



All 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: training@spaceherts.org.uk or check Eventbrite & our FB pages

All workshops and courses are subject to change,

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

Online Courses & Workshops

Dacorum



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
January 5th, 12th, 19th, 26th
February 2nd, 9th

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

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Funded by Hertfordshire County Council

Where: Online via Zoom
When: Wednesdays 7-9pm
January 5th, 12th, 19th, 26th
February 2nd, 9th

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

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

We will help you to learn about:

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Thursday 31st March
7.30-9.30pm

Workshop 486 Pre-booking essential via [Eventbrite Link:](#)

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts Registration, Thu 31 Mar 2022 at 19:30 | Eventbrite](#)



LOSS and SEPARATION

We will help you to learn about:

- The impact that separation, divorce or bereavement has on children with ASD/ADHD
- Responding to the fall out - the emotions and the behaviour.
- Preparing for the difficult conversations with your child
- How to deliver 'bad news'
- Preparing your child for change
- Managing your own difficult feelings and helping your children to manage theirs

Monday 7th February
9.30-11.30am

Workshop 487 Pre-booking essential via [Eventbrite Link:](#)

[Talking ASD and ADHD: Understanding Loss & Separation. Registration, Mon 7 Feb 2022 at 09:30 | Eventbrite](#)



TECH USE

We will help you to learn about:

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

Tuesday 8th February
7.30-9.30pm

Workshop 488 Pre-booking essential via [Eventbrite Link:](#)

[Talking ASD and ADHD: Tech Use. For parents/carers in Herts. Registration, Tue 8 Feb 2022 at 19:30 | Eventbrite](#)



Workshops are open to parents and carers living in Hertfordshire



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



Parent and Carer Support TALKING ASD & ADHD Workshops Spring Term 2022



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



ANXIETY and STRESS

We will help you to learn about:

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

**Monday 17th January
9.30-11.30am**

Workshop 482 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Anxiety and Stress.](#)
[For parents/carers in Herts Registration, Mon 17 Jan 2022 at 09:30 | Eventbrite](#)

**Tuesday 22nd February
7.30-9.30pm**

Workshop 483 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Anxiety and Stress.](#)
[For parents/carers in Herts Registration, Tue 22 Feb 2022 at 19:30 | Eventbrite](#)

**Tuesday 18th January
7.30-9.30pm**

Workshop 484 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Responding to Anger.](#)
[For parents/carers in Herts. Registration, Tue 18 Jan 2022 at 19:30 | Eventbrite](#)

**Thursday 24th February
9.30-11.30am**

Workshop 485 Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Responding to Anger.](#)
[For parents/carers in Herts. Registration, Thu 24 Feb 2022 at 09:30 | Eventbrite](#)

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:



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: Thursday mornings 9.30-11.30am
January 2022 6th, 13th, 20th, 27th
February 2022 3rd, 10th

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



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Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday lunchtimes 12-2pm
February 2022 21st, 28th
March 7th, 14th, 21st, 28th

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

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.

Thursdays 7.45-9.15pm
6th Jan – 10th Feb
Course 480

Wednesdays 7.45-9.15pm
23rd Feb – 30th Mar
Course 481

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.

Thursdays 8.00-9.30pm
6th Jan – 10th Feb
Course 473

Wednesdays 8.00-9.30pm
23rd Feb – 30th Mar
Course 474



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 Spring Term 2022



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.



Wednesdays 8.00-9.30pm
5th Jan – 9th Feb
Course 475

Tuesdays 9.45-11.15am
22nd Feb – 29th Mar
Course 476

Tuesdays 8.00-9.30pm
22nd Feb – 29th Mar
Course 477

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.



Wednesdays 7.45-9.15pm
5th Jan – 9th Feb
Course 478

Mondays 7.45-9.15pm
21st Feb – 28th Mar
Course 479

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 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
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Funded by Hertfordshire
County Council

Where: Online via Zoom

When: Wednesday evenings 7-9pm

February 2022 23rd

March 2022 2nd, 9th, 16th, 23rd, 30th

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



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- ✔ 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: Thursday mornings 9.30-11.30am
February 2022 24th
March 2022 3rd, 10th, 17th, 24th, 31st

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

The Secrets of Parenting Teens and Building Resilience



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



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 24th January for 6 weeks
Time: 7.00pm to 9.00pm

Date: Thursday 24th February 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

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

Funded by:

Hertfordshire County Council,
Family Services Commissioning



Dates: Day and evening courses available

Wednesday 12th January 9.30am to 11.30am

or

Monday 31st January 7pm to 9pm

or

Thursday 24th February 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



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: Thursday lunchtimes 12-2pm

February 2022 24th

March 2022 3rd, 10th, 17th, 24th, 31st

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



Sleep solutions for all children

Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged four to ten.

A proven evidence-based, behavioural approach to help families get a better night's sleep

Together, in small interactive groups Siobhann and Tracey, who are licensed sleep practitioners with a wealth of experience will help parents to restore healthy sleep. This course covers:

"Understanding why my child couldn't sleep without me in the bed was life changing. Learning that all I needed to do was make a few simple, gentle changes made it all seem so much more achievable. We do now all sleep in our own beds!"

- ✓ Understanding the stages of sleep and impact of sleep deprivation on children's behaviour and learning
- ✓ Identifying the causes of sleep difficulties, including a child's sensory sensitivities
- ✓ Support to find ways to bring balance to your child's sleep issues
- ✓ Tips and ideas that help children go to sleep and stay asleep
- ✓ Understanding and managing sleep problems such as night terrors and nightmares
- ✓ Learn how to actively listen and respond empathically to children to reduce concerns and feelings such as anxiety
- ✓ Helping parents to create a routine & sleep induced environment to aid healthy sleep for the whole family



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children aged 4-10.

Where: Online via Zoom

When: Friday mornings 9.30-11.30am
January 7th, 14th, 21st, 28th
February 4th, 11th



Limited free places available. Email bookings@familiesinfocus.co.uk to secure your place



Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Thursday, 27th January to 10th March 2022

Time: 7.00pm to 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

Find us on Facebook @FamilyLivesHertsandBeds

www.familylives.org.uk

We build better family lives together



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

Online Courses & Workshops

Dacorum



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Online Courses & Workshops

Dacorum



Parent Network January 2022 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

zoom with Francine and Lesley	Monday January 10th 7-9pm	Understanding autism
Early Years zoom with Tracey and Georgie	Wednesday January 12th 9.30 - 11.30am	Catching up after Christmas and open forum
zoom with Siobhann	Monday January 17th 10am - 12pm	SEND support in schools
Teens 15+ zoom with Finola and Karen	Tuesday January 18th 7-9pm	EHCPS for post 16s With Helena Marks-Dwyer, Independent SEND Consultant
zoom with Vicky and Sharon	Wednesday January 19th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann and Tracey	Thursday January 27th 10am - 12pm	Sensory issues, helpful tips and ideas
zoom with Siobhann and Sharon	Thursday January 27th 7-9pm	EHCP - The first steps

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

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Parent Network February 2022 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


zoom with Francine and Lesley	Monday February 7th 7-9pm	Understanding ADHD
Early Years zoom with Tracey and Georgie	Wednesday February 9th 9.30 - 11.30am	Modelling self care and an introduction to mindfulness With Helena Marks-Dwyer, Independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday February 15th 7-9pm	Benefits post-16 and PIP With the Money Advice Unit
zoom with Vicky and Sharon	Wednesday February 16th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann	Monday February 21st 10am - 12pm	EHCP - The first steps
zoom with Siobhann and Tracey	Thursday February 24th 10am - 12pm	SEND support in schools
zoom with Siobhann and Sharon	Thursday February 24th 7-9pm	Understanding your draft EHCP

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

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Online Courses & Workshops

Dacorum



Parent Network
March 2022 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

zoom with Francine and Lesley	Monday March 7th 7-9pm	Understanding sensory issues
Early Years zoom with Tracey and Georgie	Wednesday March 9th 9.30 - 11.30am	Early Years support in Herts & benefits and SEND With The Money Advice Unit
zoom with Siobhann	Monday March 14th 7-9pm	EHCP & school issues Q&A With Helena Marks-Dwyer, Independent SEND consultant
Teens 15+ zoom with Finola and Karen	Tuesday March 15th 7-9pm	Understanding PDA With Amanda Mcquire
zoom with Vicky and Sharon	Wednesday March 16th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann and Tracey	Thursday March 17th 10am - 12pm	Getting a successful EHCP review
zoom with Siobhann and Sharon	Thursday March 17th 7-9pm	Tried and tested tips and ideas for children with sensory issues

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

[@familiesinfocus.co.uk](https://www.familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FiFHerts](https://www.twitter.com/FiFHerts) www.familiesinfocus.co.uk



Dacorum Family Centre Service

Hertfordshire's Family Centre Service offers activities and services to help children, young people and their families to be healthy, grow and develop.

For more information visit:

<https://www.hertsfamilycentres.org/family-centres.aspx>
<https://www.facebook.com/DacorumFCS>

Online Courses & Workshops

Dacorum



Getting on with your pre-teen or teenager

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

When: Wednesday 26th January to 9th March

Time: 9.30am - 11.30am

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

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