

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

Christmas at SPACE

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

 **CHRISTMAS AT SPACE** 

Click the flyers below to link to the booking pages

It's beginning to feel a bit like Christmas in the SPACE office and we are so excited by the packed programme of festive activities we've got lined up for you and your families this year!

We had a Online Christmas Quiz last night to kick start the festivities. Our next christmas activities we have coming up are:

- Online Penguin Kids Art
- Christmas at Jump City - including an optional visit to meet Santa - FULL 🍷
- Christmas at The Patch - FULL
- Online Cookery Session - 'Mince meat scrolls' - FULL
- Kids Pottery Painting Session
- Christmas Show - 'Under The Frozen Moon' relaxed performance

 **SPACE ONLINE EXCLUSIVE**

Online Art Session


'Penguin'

Friday 3rd December 2021
5pm - 6.30pm



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/penguin-kids-art-session-tickets-196438521907>
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

 **Autism | ADHD
Neurodiverse Conditions**

 **SPACE EXCLUSIVE**

POTTERY PAINTING

SUNDAY 5th DECEMBER 2021
1pm to 2.30pm / 3pm to 4.30pm

11 C STATION ROAD, KNEBWORTH, SG3 6AP

£2 PER PERSON
(PLUS WHATEVER YOU'RE PAINTING)

SPACE in conjunction with PotStop in Knebworth, are pleased to host this children's pottery painting session for you and your children/young people.

A selection of clay models are available to paint (all of which are individually priced £6 - £26)

Please note: It will take 7 to 10 days for your creation to be fired and glazed
All persons attending the event MUST buy a ticket, whether you choose to paint or not.

PLEASE USE THE EVENTBRITE LINK BELOW TO RESERVE YOUR PLACE:
<https://www.eventbrite.co.uk/e/childrens-pottery-painting-tickets-211816196947>
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

 **CHRISTMAS SHOW**

'Under The Frozen Moon'

Tuesday 28th December 2021
4.30pm - 5.30pm
£9 per person
(plus Eventbrite booking fee)

The Southern Maltings, Kibes Lane, Ware, SG12 7BS



SPACE Hertfordshire are delighted to be able to work with Hertford Theatre and bring this years Christmas show, 'Under The Frozen Moon', to our families. This relaxed performance will last approximately 55 minutes. Suitable for all, though the target range is primary age.



Please use the Eventbrite link below to request your place:
<https://www.eventbrite.co.uk/e/christmas-show-tickets-215625410407>
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 – 01.12.2021

☀️ *Don't forget to take some time out for yourself, we have a few parent/carers activities, and some with the SPACE team too* ☀️

Adult Studio Fly - 2 exclusive dates
Hoddesdon Group - join us for a pre christmas catch up and a mince pie
🍲 Pottery Painting - welcome to bring your own snacks and drinks 🍷

#SPACEhertfordshire
#SPACEhertsactivities
#SPACEhertstogether



SPACE EXCLUSIVE
ADULTS ONLY - STUDIO FLY
Unit 4 Hitches Yard, Church Street, Ware, SG12 9ES
FRIDAY 26TH NOVEMBER 2021
7.45PM - 9.15PM
£10 PER PERSON (plus Eventbrite booking fee)

SPACE, in conjunction with Studio Fly, are pleased to be able to offer this exclusive adult aerial gymnastics session for parents/carers. Come along to this fun event, where you will be able to enjoy using hammocks, you will be guided through some moves and postures in a relaxed, friendly atmosphere.

Please use the Eventbrite link below to request your place:
<https://www.eventbrite.co.uk/e/adult-exclusive-studio-fly-tickets-208509737237>
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



Hoddesdon Group
Reconnecting with old friends and making new ones...



Wednesday 1st December 2021
St Cuthbert's Church, Whitley Road, Hoddesdon, EN11 0PU
10am - 12pm

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



SPACE EXCLUSIVE
ADULTS ONLY - STUDIO FLY
Unit 4 Hitches Yard, Church Street, Ware, SG12 9ES
FRIDAY 3RD DECEMBER 2021
7.45PM - 9.15PM
£10 PER PERSON (plus Eventbrite booking fee)

SPACE, in conjunction with Studio Fly, are pleased to be able to offer this exclusive adult aerial gymnastics session for parents/carers. Come along to this fun event, where you will be able to enjoy using hammocks, you will be guided through some moves and postures in a relaxed, friendly atmosphere.

Please use the Eventbrite link below to request your place:
<https://www.eventbrite.co.uk/e/adult-exclusive-studio-fly-tickets-205996439897>
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



**Autism | ADHD
Neurodiverse Conditions**

**SPACE EXCLUSIVE
FOR PARENT/CARERS**

 **POTTERY PAINTING**
WEDNESDAY 8TH DECEMBER 2021
7.30PM to 9.30PM
11C STATION ROAD, KNEBWORTH, SG3 6AP
£3 PER PERSON
(PLUS WHATEVER YOU'RE PAINTING)

SPACE in conjunction with PotStop in Knebworth, are pleased to host this adults only pottery painting session for parents/carers. Enjoy an arty, crafty chilled evening. This event is for over 18's only. A selection of clay models are available to paint (all of which are individually priced £6 - £26). Please note: It will take 7 to 10 days for your creation to be fired and glazed.



PLEASE USE THE EVENTBRITE LINK BELOW TO RESERVE YOUR PLACE:
<https://www.eventbrite.co.uk/e/adults-pottery-painting-tickets-211893006687>
Limited Places Available

admin@spaceherts.org.uk    www.spaceherts.org.uk

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

Do you have a child with SEND?



Our SEND Champions are here to help you to access a wide range of information. We can provide you with advice, guidance and a listening ear to help you find the right support for you and your child.

In Dacorum your SEND Champions are Karen and Heidi, if you need any support please give them a call today on: 0300 123 7572

Website: <http://www.hertsfamilycentres.org/>

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

Families In Focus – Spring 2022 Courses & Partner Network

Email: bookings@familiesinfocus.co.uk



Facilitated by Lesley & Francine, experienced and accredited facilitators with 20+ years of experience supporting parents as well as personal experience of living in neurodiverse families. We are excellent active listeners and care passionately about bringing parents caring for children with Autism, ADHD and neurodevelopmental conditions and needs together and empowering parents to support their children to be their best self. Our courses are interactive, participatory and supportive.

Autism, ADHD & neurodevelopmental conditions/needs courses Spring 2022

A Complete Guide to Parenting Children with SEND For parents of children aged 4 years to 11 years with either a diagnosis or those awaiting assessments of Autism, ADHD & inclusive of all neurodevelopmental conditions/needs.	10 x Tuesdays 9.30-11.30am	January 11th 18th 25th Feb 1st 8th 22nd March 1st 8th 15th 22nd
A Complete Guide to Parenting Children with SEND For parents of children aged 4 years to 11 years with either a diagnosis or those awaiting assessments of Autism, ADHD & inclusive of all neurodevelopmental conditions/needs.	10 x Tuesdays 7-9pm	January 11th 18th 25th Feb 1st 8th 22nd March 1st 8th 15th 22nd
Handling anger in your child with Autism/ADHD For parents of children aged 5 to 11 years with either a diagnosis or those awaiting assessments of Autism or ADHD	6 x Thursdays 9.30-11.30am	January 6th 13th 20th 27th Feb 3rd 10th

Web: www.familiesinfocus.co.uk

Email Francine and Lesley: bookings@familiesinfocus.co.uk



Handling anger in your child with Autism/ADHD For parents of children aged 5 to 11 years with either a diagnosis or those awaiting assessments of Autism or ADHD	6 x Mondays 12-2pm (Lunch & Learn)	Feb 21st 28th March 7th 14th 21st 28th
Handling anger in your child with Autism/ADHD For parents of children aged 5 to 11 years with either a diagnosis or those awaiting assessments of Autism or ADHD	6 x Wednesdays 7-9pm	Feb 23rd March 2nd 9th 16th 23rd 30th
Handling anger in your child with Autism/ADHD For parents of children aged 5 to 11 years with either a diagnosis or those awaiting assessments of Autism or ADHD	6 x Thursdays 9.30-11.30am	Feb 24th March 3rd 10th 17th 24th 31st
Handling anger in your child with Autism/ADHD For parents of children aged 5 to 11 years with either a diagnosis or those awaiting assessments of Autism or ADHD	6 x Thursdays 12-2pm (Lunch & Learn)	Feb 24th March 3rd 10th 17th 24th 31st

Web: www.familiesinfocus.co.uk

Email Francine and Lesley: bookings@familiesinfocus.co.uk



Facilitated by Lesley & Francine experienced and accredited facilitators with 20+ years of experience supporting families. Our courses are interactive participatory and supportive and free for parents living across Hertfordshire. We are excellent active listeners and care passionately about supporting, bringing parents together and empowering parents to support their children to be their best self.

Specialist, award winning, evidence -based courses for parents living across Hertfordshire Spring 2022

Handling Anger in Your Family Six session CANparent Quality Award, evidence-based course is for parents living in Hertfordshire and parenting children from 5 to 11 years looking for ways to better understand and change the anger dynamics and 'cool down' the temperature within the family.	6 x Wednesdays 9.30-11.30am	January 5th 12th 19th 26th Feb 2nd 9th
Handling anger in your family Six session CANparent Quality Award, evidence-based course is for parents living in Hertfordshire and parenting children from 5 to 11 years looking for ways to better understand and change the anger dynamics and 'cool down' the temperature within the family.	6 x Wednesdays 7-9pm	January 5th 12th 19th 26th Feb 2nd 9th
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Web: www.familiesinfocus.co.uk

Email Francine and Lesley: bookings@familiesinfocus.co.uk



**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



@familiesinfocus.co.uk



@familiesinfocus



@FiFHerts

www.familiesinfocus.co.uk



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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@familiesinfocus



@FiFHerts

www.familiesinfocus.co.uk



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



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www.familiesinfocus.co.uk

Supporting Links

Eventbrite link: <https://www.eventbrite.co.uk/o/supporting-links-15053924960>

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.

RESPONDING TO ANGER

We will help you to learn about:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both 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

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.

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

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.

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



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



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



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



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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

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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.

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

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.

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



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



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.



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Natural Flair Courses

Email: bookings@natural-flair.co.uk or call 01992 446 051



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 Coaching Ltd Presents

Natural Steps To Stronger, Safer Families

A Protective Behaviours Approach to Emotional Wellbeing
Now offered as an online course

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 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



Herts Inclusive Theatre: Big Give Christmas Challenge

Support HIT through with our new campaign 'Inclusive Arts: Support Disability, Help Well-being' from 12pm on 30th November until 12pm 7th December, ALL donations made to HIT through THE BIG GIVE will be DOUBLED

Head to our campaign page to DONATE or please SHARE to help us spread the word. Thank you

<https://donate.thebiggive.org.uk/campaign/a056900001tzE2uAAE?fbclid=IwAR3obwZStivXY-5WpbL8GmYQHdEz-bdDQYp9E0j-Zo3hKHwoPo89tGNIBJY>

Family Lives Parenting Groups – Spring Term

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

Wednesdays, 26th Jan to 9th March 2022 (excluding half-term)

This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of:

- * Risky behaviour online through social media
- * Attraction to or involvement in gangs

If you would like to register for our mailing list, or be removed, please email dspl@kls.herts.sch.uk

* Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour

Places are also available for parents wanting to gain an understanding of the feelings and needs underlying teenager behaviour and knowledge & skill to develop a more positive relationship

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

Thursdays, **9.30-11.30**, from 27th Jan to 10 March (excluding half-term)

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

Sessions will cover:

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

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

Thursdays, **7.00pm-9.00pm**, from 27th Jan to 10 March (excluding half-term)

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

Sessions will cover:

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

We accept referrals from professionals as well as self-referrals. Please click [here](#) for the online referral form. Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to services@familylives.org.uk with the password sent in a separate email.

Supporting Emotionally-based School Non-Attendance; Parent Views

Link to online questionnaire -

<https://forms.office.com/Pages/ResponsePage.aspx?id=LYdfxj26UUOKBwhl5djwkKGvfXqLX4tEqAhPCZu8bz1UQjNTRVU5NEUwQ0FZVEIYME9QSENrvkpTri4u>

Supporting Emotionally-based School Non-Attendance': Parents Views



Hello! My name is Rachel and I am training to be an Educational Psychologist with the University of East Anglia.

As part of my training, I am completing research into 'emotionally based school non-attendance', and how best to support parents of children experiencing this difficulty.

'Emotionally-based school non-attendance' (EBSNA) refers to a child or young person having difficulties going to school due to emotional reasons, such as anxiety, or stress. This can sometimes result in complete non-attendance, but can also present in many different ways. I am looking for parents of Primary-aged children who have **previously experienced this difficulty**, and have since demonstrated some progress to participate in my research. I will be exploring 'What worked' to support them to improve their attendance or engagement with education. It is hoped that this research will better inform how professionals work with and support parents experiencing EBSNA in the future.

If you have a child in Year 8 or below who:

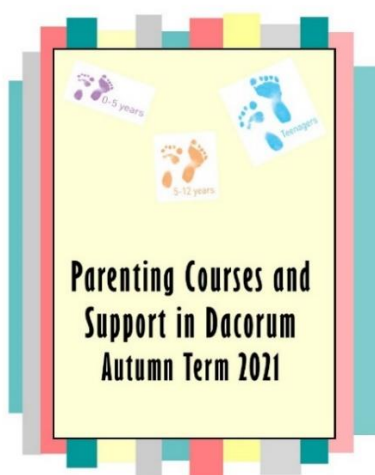
- Has experienced difficulty in attending school within the past 3 years,
- Has severe emotional upset at the prospect of going to school,
- Has demonstrated **some progress** with their attendance since first experiencing these difficulties (however small)...

Then your views are important to this research! Please click the above link for more information and to take part.

For more information,
please contact Rachel
via
r.sawyer@uea.ac.uk.



Parenting Courses and Support in Dacorum Autumn 2021



FREE courses open to parents in Dacorum

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

<http://www.dacorumspl.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.