

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

Potential Kids Half Term Fun

Booking Link: potentialkids.org/activities

Join us for a very unique
and fun

**VALENTINE'S THEME
COOKING SESSION!**



**FEBRUARY
TUESDAY 15**
AGE: 8+
**TIME: 10:00-12:00 &
13:00-15:00**
COST: £5
plus booking fees
Limited numbers
Book now..!!

**WELWYN
HATFIELD
ROADSIDE COUNCIL**



**HALF - TERM
OUTDOOR
COOKING**



**POTENTIAL
KIDS**
BOOKINGS:
potentialkids.org/activities



POTENTIAL TO GROW
COMMUNITY AND LEARNING GARDEN
THE GALLERIA CAR PARK
COMET WAY, HATFIELD
AL10 0XR
<https://g.page/potentialtogrow>

**HALF-TERM
BUSHCRAFT**

**FOR NEURODIVERSE KIDS
AND SIBLINGS**



WHEN: WEDNESDAY 16 FEB

WHERE: DIGSWELL NURSERIES
GREAT NORTH RD, WELWYN
GARDEN CITY AL8 7SR

TIME: TWO SESSIONS 10-12 & 1-3

AGE: 8+

**COST: £5 PER SESSION +
BOOKING FEE**



You can light a fire, climb a tree or make a den. You can even relax in a hammock, do some painting, arts and crafts, toast a marshmallow or learn to tie some knots.

Come join us for this fantastic outdoor experience!!



Embracing Neurodiversity
Autism-ADHD-Dyslexia-Dyspraxia-Tourettes
www.potentialkids.org

Funded Parenting ASD/ADHD workshops Extra Dates added – Supporting Links

Parent and Carer Support TALKING ASD & ADHD Workshops ADDED SPRING 2022 DATES DUE TO DEMAND

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.

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



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.



Wednesday 16th March
12.30 – 2.30pm

**Workshop 496 Pre-booking
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-anxiety-and-stress-for-parentscarers-in-herts-registration-224518449727>



Monday 7th March
7.30-9.30pm

**Workshop 494 Pre-booking
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-494-registration-223523293187>

Monday 28th March
12.30 – 2.20pm

**Workshop 495 Pre-booking
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-495-registration-224514828897>



Booking Links:

16.03.2022 - <https://www.eventbrite.co.uk/e/talking-asd-and-adhd-anxiety-and-stress-for-parentscarers-in-herts-registration-224518449727>

07.03.2022 - <https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-494-registration-223523293187>

28.03.2022 - <https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-495-registration-224514828897>

Family Lives 'Time to Talk about Pre-Teens and Teens' Online group

For more information, contact Louise on 0204 5228700 or 8701 or email services@familylives.org.uk



**Time to
Talk about
Pre-Teens
and Teens**

Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free online group for valuable advice and help on how to support and manage their behaviour.

When: Wednesday 23 February to 30 March

Time: 9.30am - 11.30am

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

We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



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.



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When: Wednesday 23 February to 30 March

Time: 7.00pm to 9.00pm

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

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Yoga Class by SPACE

Booking Link - <https://www.eventbrite.co.uk/e/yoga-class-tickets-243571879047?fbclid=IwAR1ZJ1xRuXswz2Dt5aINhNzfGI3MGkyPbMbQXvjHYfHpABDPcgGV680guQs>



SPACE MONTHLY EXCLUSIVE

YOGA CLASS
Sunday 6th February 2022

11.15am - 12.15am

£5 per child (plus Eventbrite booking fee)

Timebridge Community Centre, Mobbsbury Way, Stevenage, SG2 0HT



SPACE, in conjunction with **SEND Yogis** are pleased to be able to offer this bespoke yoga class for children with SEND. The class will consist of gentle yoga exercises, breathing exercises and relaxation.
Suitable for children aged between 7 - 12 years.

<https://www.eventbrite.co.uk/e/yoga-class-tickets-243571879047>

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

Developing Positive Behaviour and Social Interactions workshop

Booking link: www.eventbrite.co.uk/e/developing-positive-behaviour-social-interaction-tickets-219105389117



**DEVELOPING POSITIVE BEHAVIOUR
AND SOCIAL INTERACTION**
FOR CHILDREN WITH A LEARNING DISABILITY

SUN, 6 FEB | 9.30AM - 12.30PM |
WORKSHOP FEE £15

**BOOK
HERE**

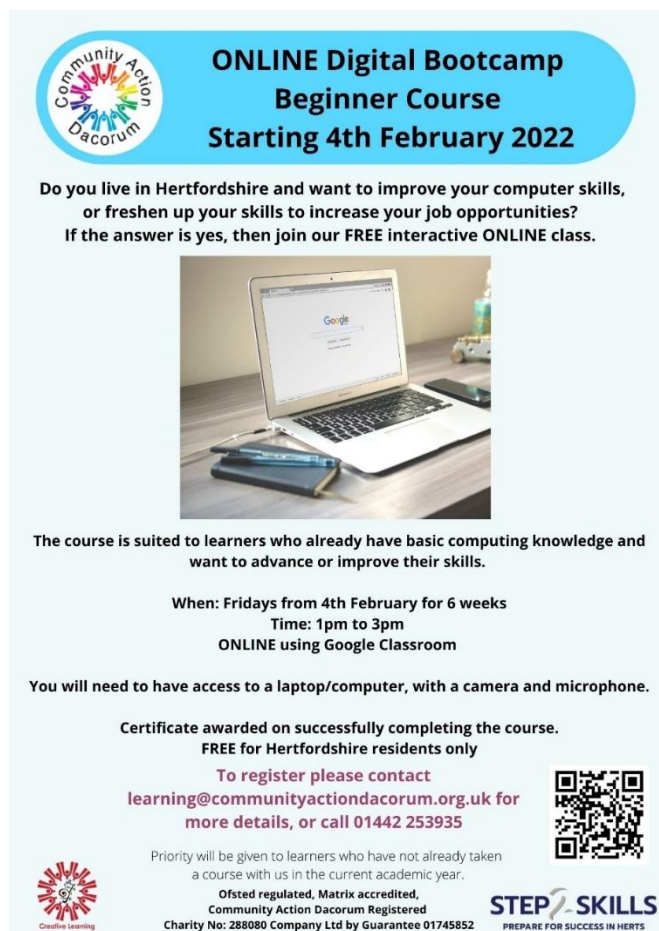
HELEN LONG
SPECIALIST ADVISORY TEACHER
& SENCO

- DS ACHIEVE IS PLEASED TO OFFER AN ONLINE TRAINING FOR PARENTS AND CARERS OF CHILDREN AND YOUNG PEOPLE AGED UP TO 19 WITH A LEARNING DISABILITY.
- THE FOCUS WILL BE UPON UNDERSTANDING THE FUNCTION OF BEHAVIOUR AND PROMOTING THAT WHICH IS APPROPRIATE. IT WILL INCLUDE STRATEGIES FOR BEHAVIOUR MODIFICATION, DISCUSSION AND THE OPPORTUNITY FOR PROBLEM SOLVING.
- DELEGATES ARE ENCOURAGED TO NOTE ANY SPECIFIC QUESTIONS OR PARTICULAR DIFFICULTIES AT THE TIME OF BOOKING, IN ORDER THAT THE SESSION CAN BE PLANNED TO MEET THE SPECIFIC NEEDS OF THOSE ATTENDING, HOWEVER THIS IS NOT ESSENTIAL.

DS ACHIEVE

Online Digital Bootcamp


Booking link: <https://forms.gle/GmWnVcHvPuj2FCoz7>



**Community Action
Dacorum**

**ONLINE Digital Bootcamp
Beginner Course
Starting 4th February 2022**

Do you live in Hertfordshire and want to improve your computer skills,
or freshen up your skills to increase your job opportunities?
If the answer is yes, then join our **FREE** interactive **ONLINE** class.




The course is suited to learners who already have basic computing knowledge and want to advance or improve their skills.

When: Fridays from 4th February for 6 weeks
Time: 1pm to 3pm
ONLINE using Google Classroom

You will need to have access to a laptop/computer, with a camera and microphone.

Certificate awarded on successfully completing the course.
FREE for Hertfordshire residents only

To register please contact
learning@communityactiondacorum.org.uk for
more details, or call 01442 253935

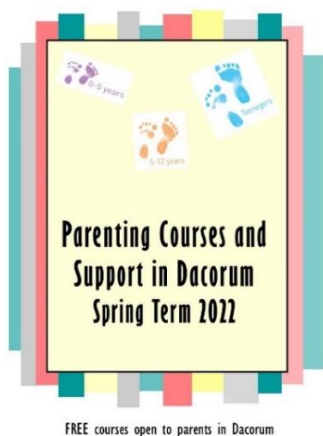


Priority will be given to learners who have not already taken a course with us in the current academic year.

Ofsted regulated, Matrix accredited,
Community Action Dacorum Registered
Charity No: 288080 Company Ltd by Guarantee 01745852

STEP SKILLS
PREPARE FOR SUCCESS IN HERTS

Parenting Courses and Support in Dacorum Spring 2022



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>