

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

### **Summer Term Classes/ Programmes from DS Achieve**

Little Achievers - weekly teaching class and stay and play group for ages 0-5 years will be starting 28th April. To get further information or to book follow the link <https://www.eventbrite.co.uk/e/little-achievers-summer-2022-tickets-309385178397>

Young Achievers - Social Development Programme - starting on 23rd April. There are currently spaces in both the infant/junior group for children aged 5-11 years, as well as spaces in the secondary school-aged group, age 12-17 years. For more information and or to book a place follow the link <https://www.eventbrite.co.uk/e/young-achievers-summer-term-2022-tickets-309412239337>



Join our weekly class with a focus on early skills in the areas of literacy, numeracy, fine motor skills, physical development and communication. Plus you can also join our optional 'Stay and Play' sessions that provide an opportunity for you to meet other parents and for your children to socialise, including a Sing and Sign session using Makaton.

There are opportunities for all families to have appointments with private therapists (OT, physio and SALT) during the term, for the therapists to provide guidance and advice, and to answer parent/carer questions.

Venue: Breaks Manor Community Centre, Hatfield AL10 8TP  
Thursdays 10am-12pm, term time only.

**TO FIND OUT MORE AND BOOK A PLACE,  
[CLICK HERE](#)**

## Young Achievers Social Development Programme

OUR WEEKLY YOUNG ACHIEVERS PROGRAMME AIMS TO PROVIDE CHILDREN AND YOUNG PEOPLE WHO HAVE DOWN SYNDROME WITH FRIENDSHIP, FUN AND POSITIVITY. THE GROUP GIVES THEM THE OPPORTUNITY TO PARTICIPATE IN GAMES AND ACTIVITIES DESIGNED TO HELP THEM DEVELOP TEAMWORK, SOCIAL SKILLS AND OTHER PRACTICAL SKILLS FOR LIFE. THE GROUP ALSO OFFERS THE CHANCE FOR PARTICIPANTS TO BE ACTIVE AND TO HAVE IMPROVED WELLBEING.

CHILDREN AND YOUNG PEOPLE WITH DOWN SYNDROME OFTEN FIND IT DIFFICULT TO ACCESS SOCIAL OPPORTUNITIES THAT ARE NOT TAILORED TO MEET THEIR INDIVIDUAL NEEDS. THE YOUNG ACHIEVERS PROGRAMME PROVIDES THEM WITH A SAFE ENVIRONMENT TO DEVELOP THE SKILLS THEY NEED TO THRIVE IN THEIR COMMUNITIES. BRINGING CHILDREN AND YOUNG PEOPLE WITH DOWN SYNDROME TOGETHER ON A REGULAR BASIS ALSO HELPS THEM TO DEVELOP POSITIVITY AND CONFIDENCE IN WHO THEY ARE BY PROVIDING THEM WITH THE OPPORTUNITY TO BUILD STRONG PEER TO PEER FRIENDSHIPS.

Young Achievers runs weekly in term time and is led by an experienced Youth Leader, an Assistant Leader and a Support Worker, and supported by volunteers. Activities may include team games, sports tasters, crafts, dance, music, cooking as well as practising social and life skills. Activities will be tailored to the needs and interests of the attendees. There are two groups based on age:

**Year R -  
Year 6**

For children aged 4 to 11 with activities differentiated between the infants and junior group - meets from 2:30-3:30pm on Saturday.


**Year 7 -  
Year 12**

For children aged 12 to 17 - meets from 4-5:30pm on Saturday.

Young Achievers is held at Colney Heath Village Hall, 83 High Street, Colney Heath, Herts AL4 0NS and may include professional visitors or offsite activities from time to time. Older siblings are very welcome to volunteer at the older age group.

**FOR FURTHER INFORMATION OR TO BOOK A PLACE,  
[CLICK HERE](#)**

## ADD-vance Summer 2022 Newsletter



**ADD-vance**  
The ADHD and Autism Trust

Website: [www.add-vance.org](http://www.add-vance.org)  
Email: [herts@add-vance.org](mailto:herts@add-vance.org)  
Phone: 01727 833963


**NEWSLETTER**  
Summer 2022  
First Half Term

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

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

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


**Need someone to talk to about ADHD or Autism?**



Please call the ADD-vance Telephone Helpline 01727 833963

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

**Need information or support right now?**



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


To join the group click: <http://www.add-vance.org/parents/> and follow the Facebook link.

(You'll be asked 3 simple questions to check your identity)

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

Please note, this is not an emergency service.

**Want to understand your child better?**




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

Three courses will be running after Easter including one specifically for pre-school children

Courses will be delivered via Zoom with a maximum of 14 participants per group.

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

**Worried about your child?**



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

We have separate groups for:  
Parents/carers of primary-aged children  
Parents/carers of secondary-aged children  
Parents/carers of young people aged 16-25 yrs

Maximum 10 participants (plus two coaches) per group.

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

We are delighted to announce our complete programme of **FREE ONLINE Workshops for Parents/Carers** will be running throughout Summer Term 2022 funded by Hertfordshire County Council.

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

**THE SEND JOURNEY**

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

**PSYCHOEDUCATION WORKSHOPS**

- Understanding ADHD
- Understanding Autism
- Understanding Behavioural Demand Avoidance (PDA)
- Understanding Sensory Differences
- Understanding ADHD in Girls
- Understanding Autism in Girls
- Understanding Challenging Behaviour
- Understanding Anxiety
- Understanding Neurodiverse Teams

**SKILL-BUILDING WORKSHOPS**

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

**Wondering if you or your child has ADHD?**

**Qbtech**

Please book in for a **QbCheck at ADD-vance**

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

Visit [www.add-vance.org/adhd\\_service/qbcheck/](http://www.add-vance.org/adhd_service/qbcheck/) for more information or to arrange a booking.

**Need help with your EHCP application or annual review?**

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

Email [coaching@add-vance.org](mailto:coaching@add-vance.org) for more information and costs.

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

**DONATE**

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

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


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

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

\* Fundraising, payments and donations will be processed and administered by the National Fundraising Scheme (Charity No: 1148900), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see [www.donate.org.uk](http://www.donate.org.uk)

Thank you!

**Feeling stuck as a family?**



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

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

## Families in Focus Summer 2022 Courses



### Summer 2022 courses

If you would like to join a course, please email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with your name and the date and time of the course you would like to attend

Handling anger in your family Parents living in Herts with primary aged children	zoom	Wednesday evenings 6.30-8.30pm April 20th / 27th May 4th / 11th / 18th / 25th
Handling anger in your family Parents living in Herts with primary aged children	Face to face St Albans venue TBC	Wednesday mornings 10am - 12pm June 8th / 15th / 22nd / 29th July 6th / 13th
Handling anger in your family Parents living in Herts with primary aged children	zoom	Monday mornings 9.30 - 11.30am June 6th / 13th / 20th / 27th July 4th / 11th
Complete guide to parenting children with SEND Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis	Face to face 609 St Albans Rd, Watford, WD25 9JL	Tuesday mornings 10am - 12pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th
Complete guide to parenting children with SEND Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis	zoom	Tuesday evenings 6.30 - 8.30pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th
Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children	zoom	Thursday mornings 9.30 - 11.30am June 9th / 16th / 23rd / 30th July 7th / 14th
Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children	zoom	Thursday lunch and learn 12 - 2pm April 21st / 28th May 5th / 12th / 19th / 26th
Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children	zoom	Wednesday evenings 6.30 - 8.30pm June 8th / 15th / 22nd / 29th July 6th / 13th
Sleep solutions for parents of children with autism/ ADHD Parents living in Herts with primary aged children	zoom	Friday mornings 9.30 - 11.30am April 22nd / 29th May 6th / 13th / 20th / 27th



## Supporting Links Summer 2022 Courses & Workshops

### Parent and Carer Support Online Courses Summer 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 9.45-11.15am**  
20th Apr-25th May  
**Course 503**

**Tuesdays 8.00-9.30pm**  
21st Apr-26th May  
**Course 504**

**Tuesdays 8.00-9.30pm**  
7th June-12th Jul  
**Course 505**

#### 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**  
20th Apr-25th May  
**Course 506**

#### Pre-booking essential

To check eligibility and book a place, please contact  
Supporting Links on:  
**07512 709556**  
[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
Quoting the Course ID

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### Parent & Carer Support TALKING ASD & ADHD Workshops Summer 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

- 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.



**Tuesday 3rd May**  
**9.30-11.30am**  
**Workshop 510 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parents-carers-in-herts-510-registration-300778415337>

**Tuesday 28th June**  
**7.30-9.30pm**  
**Workshop 511 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parents-carers-in-herts-511-registration-302365111187>

**Monday 25th April**  
**7.30-9.30pm**  
**Workshop 513 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parents-carers-in-herts-513-registration-297914449137>

**Wednesday 13th July**  
**9.30-11.30am**  
**Workshop 512 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parents-carers-in-herts-512-registration-302300818887>

#### RESPONDING TO ANGER

- 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](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



**Workshops are open to parents and carers living in Hertfordshire**

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#### TALKING DADS

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



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

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

**Wednesdays 7.45-9.15pm**  
20th Apr-25th May  
**Course 508**

**Thursdays 7.45-9.15pm**  
9 Jun-14th July  
**Course 509**

#### 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 9.45-11.15am**  
7th Jun-12th July  
**Course 500**

**Wednesdays 8.00-9.30pm**  
8th Jun-13th Jul  
**Course 502**



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



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#### THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- 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.



**Tuesday 5th July**  
**7.30-9.30pm**  
**Workshop 515 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parents-carers-in-herts-515-registration-302320467657>

#### COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.



**Monday 23rd May**  
**7.30-9.30pm**  
**Workshop 514 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-for-parents-carers-in-herts-514-registration-302290758797>

#### TECH USE

- 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.



**Monday 13th July**  
**12.30-2.30pm**  
**Workshop 516 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-516-for-parents-carers-in-herts-516-registration-302374037887>

#### SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.






**Thursday 9th June**  
**7.30-9.30pm**  
**Workshop 517 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parents-carers-in-herts-517-registration-302615209237>

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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**SPACE Hertfordshire upcoming activities**

YOUR INVITATION TO Check In and Chat		Please book your place via Eventbrite	
<p>Welcome to <b>SPACE Check In and Chat</b></p> <p>ONLINE VIA ZOOM - FROM YOUR HOME <b>#SPACEhometogether</b></p> <p>Please join us on our online Check In and Chat, where you can catch up with other parent/carers and our SPACE team facilitators.</p> 		<p><b>SPACE HERTS ONLINE</b> Wednesday 20<sup>th</sup> April 2022 7pm - 8pm Polly Kerr from Tees Law will be discussing SEND Education Law</p>  <p><i>Liz and Christine facilitating</i> Limited Places Available</p>	
		<p>NAME <b>SPACE Parent /Carer</b></p> <p>DATE: <b>APR 2022</b></p> <p>CLASS <b>FIRST</b></p> <p>SEAT <b>Take Your pick!</b> Please bring a drink and snacks</p> 	



**ONLINE  
Educational Health Care Plan  
'Annual Review' Workshop**

**THURSDAY 21<sup>ST</sup> APRIL 2022  
7PM - 8.30PM**



- This workshop takes you through step by step:
- What should happen at an EHCP Annual Review
  - The timeline
  - The legal process
  - What the school, Local Authority and you can do to ensure a good solid annual review

Please use the Eventbrite link below to reserve your place:  
<https://www.eventbrite.co.uk/e/ehcp-annual-reviews-workshop-tickets-299329371207>  
Limited Places Available

training@spaceherts.org.uk



www.spaceherts.org.uk



**SPACE EXCLUSIVE MONTHLY CLUB  
LEGO CLUB**

Nigel Copping Community Building  
88 Sanville Road, Stanstead Abbots, SG12 8GA

**SATURDAY 23<sup>RD</sup> APRIL 2022**

**10AM - 12PM**

**£10 PER CHILD**  
(plus Eventbrite booking fee)



SPACE Hertfordshire are pleased to present a monthly SPACE exclusive Lego Club in conjunction with Master Builders! Sessions are aimed at children aged 4+ (but there will be some Duplo at hand for younger children). There is no upper age limit, and older children and young people are welcome to attend.

Children remain the responsibility of parent/carers at all  
PLEASE NOTE: Only ONE parent/carer per child is permitted.

**MASTER BUILDERS**

Please use the Eventbrite link below to book your place:  
<https://www.eventbrite.co.uk/e/lego-club-tickets-296669896647>

Limited Places Available

events@spaceherts.org.uk



www.spaceherts.org.uk



## **Professor Tony Attwood**



**Friday 13<sup>th</sup> May 2022  
10am - 12pm  
Tewin Bury Farm, Hertford Road,  
Welwyn AL6 0JB**

SPACE is proud to present a conference for parents/  
carers and professionals with the world renowned  
Autism expert, Professor Tony Attwood.

Morning:

**Autism and Cognitive Abilities:**

**A Different Way of Thinking and Learning Profile**

*Includes strategies to help improve motivation, organisational skills and academic achievement.*

Afternoon:

**Adolescent Issues**

*Including physical changes, friendships, sexual development, academic expectations, managing emotions, self-esteem*

**Who Should Attend:**

*Parent/Carers, Educational Professionals, Local Authority Statutory Services, Educational  
Psychologists, University Lecturers, Researchers, Social Workers, Social Care Staff,  
Childcare Staff and managers, Healthcare Professionals and others with an interest*

Please click on the Eventbrite link below to book your place:

<https://space-and-professor-tony-attwood.eventbrite.co.uk>

events@spaceherts.org.uk

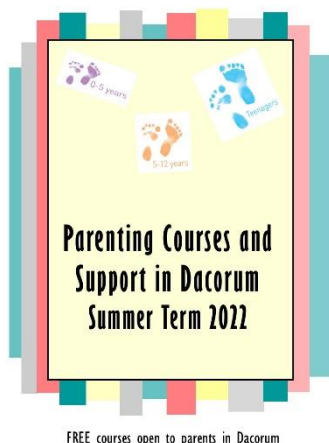


www.spaceherts.org.uk

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

## **Parenting Courses and Support in Dacorum Summer 2022**

The summer term brochure is now available for downloading from our website link below.



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>