

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

Sunflower Social Group – support for Ukrainian refugees

SUNFLOWER SOCIAL GROUP

“Radi znajomstvu” “Pleased to meet you”

Welcoming Ukrainian refugees

**A space to meet in a
supportive environment**

**Every Wednesday
11am - 12.30pm**

The Wellbeing Centre
501 St Albans Road, WD24 7RZ

To find out more, email:
info@lutherbliss8.com
info@hertsmindnetwork.org



mind
Hertfordshire
Network

Families in Focus – June 2022 courses



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
June 9th, 16th, 23rd, 30th
July 7th, 14th

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

www.familiesinfocus.co.uk

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info@familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

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: St Albans venue TBC

When: Wednesdays 10am-12pm
June 8th, 15th, 22nd, 29th
July 6th, 13th

Only 12 free places available. Places must be booked by emailing
bookings@familiesinfocus.co.uk with name and date of course

www.familiesinfocus.co.uk

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Funded by Hertfordshire
County Council

Where: Online via Zoom

When: Wednesday evenings 6.30-8.30pm
June 8th, 15th, 22nd, 29th
July 6th, 13th

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

www.familiesinfocus.co.uk

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Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday mornings 9.30-11.30am
June 6th, 13th, 20th, 27th
July 4th, 11th

Only 12 free places available. Places must be booked by emailing
bookings@familiesinfocus.co.uk with name and date of course

www.familiesinfocus.co.uk

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info@familiesinfocus.co.uk

Hertfordshire SPACE upcoming events

Stevenage - DSPL Area 2
DSPL Delivering Special
Provision Locally
Achieving quality outcomes



SPACE EXCLUSIVE

Pre-School SPACE

Thursday 5th, 12th, 19th, 26th May 2022

The Oak Suite, Peartree Springs Primary School,
Stevenage, SG2 9GG

9.45am - 11am

£5 per child, per session

(Pay on arrival - BOOKING IS ESSENTIAL)

Ages 0 - 6

SPACE in conjunction with Melody Monkeys are able to offer these pre-school sessions, to include music, lights, sensory activities, movement, parachute activities, bubbles, instrument play, action songs, singing, puppets, dancing and more!

Siblings in the same age bracket are also welcome to book a place.

*Children remain the responsibility of parent/carers at all times

Please use the Eventbrite link below to request your place:

<https://www.eventbrite.co.uk/e/pre-school-space-melody-monkeys-tickets-314691790617>

Limited Places Available

events@spaceherts.org.uk



www.spaceherts.org.uk

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



SPACE EXCLUSIVE

Pre-School SPACE

Thursday 5th, 12th, 19th, 26th May 2022

The Rose Lodge, Andrews Lane Primary School,
Andrews Lane, Cheshunt, EN7 6LB

1.15PM - 2.30PM

£5 per child, per session

(Pay on arrival - BOOKING IS ESSENTIAL)

Ages 0 - 6

SPACE in conjunction with Melody Monkeys are able to offer these pre-school sessions, to include music, lights, sensory activities, movement, parachute activities, bubbles, instrument play, action songs, singing, puppets, dancing and more!

Siblings in the same age bracket are also welcome to book a place.

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Please use the Eventbrite link below to request your place:

<https://www.eventbrite.co.uk/e/pre-school-space-melody-monkeys-tickets-314711168577>

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

ONLINE ANGER & CONFLICT WORKSHOP

Date: Friday 6th May 2022

Time: 10am - 12pm

Cost: Free - For Parent/Carers

This workshop is presented by Susan Brooks who is a Chartered Educational Psychologist and an Associate Fellow of the British Psychological Society.

Content that will be covered in this workshop include:

- What is anger?
- What is anger management?
- The assault cycle/ Antecedents, Behaviour and Consequences
- Strategies for managing anger and conflict



Please use the Eventbrite link below to reserve your place:

<https://www.eventbrite.co.uk/e/anger-and-conflict-workshop-tickets-299381396817>

Limited Places Available

training@spaceherts.org.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



SPACE SOCIAL EVENT

Jump City Cheshunt

Saturday 7th May 2022

9am - 11am

£13 (plus Eventbrite fee)

These sessions are for 2 hours, for children with SEND and their siblings.
One ticket per child/jumper, (jump socks not included)
parent/carers are free of charge.

Children remain the responsibility of parent/carers at all times

Ensure that you have filled out a waiver form for any "jumpers" before you attend, this can be found on the Jump City website



Please use your Eventbrite link below to book your place:

<https://www.eventbrite.co.uk/e/jump-city-trampoline-tickets-313722170457>



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 Summer Term – 04.05.2022

Supporting Links: TALKING TEENS - Extra Course Added

TALKING TEENS



MONDAYS

6th June - 18th July 2022 (no session 27/6)
7.45 - 9.15pm

**Our FREE 6 week course for
parents and carers of children
aged 12-19 will cover :**

- The Teen Brain: Recognising 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 during a conflict situation.

**'Very well delivered and engaging
sessions'**

**NEW DATE ADDED
due to high demand.**

**Delivered to you at
home via Zoom.**

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

Pre-booking essential

**To check eligibility and book a place,
please contact Supporting Links on:**

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

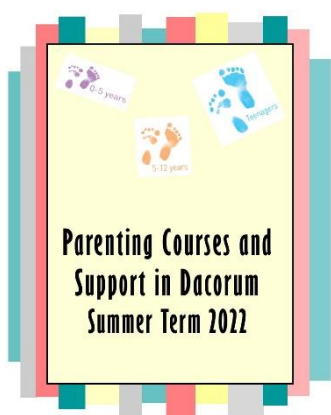
QUOTING REFERENCE SL507



This course is provided free to parents
by Hertfordshire County Council

Parenting Courses and Support in Dacorum Summer 2022

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



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>