

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

### **Supporting Children's Emotional Wellbeing**

Booking Link: [www.eventbrite.co.uk/e/332705409837](https://www.eventbrite.co.uk/e/332705409837)

Booking Link: [Supporting Children's Emotional Wellbeing, 10:30 - 12:00, 07/06/2022 Tickets, Tue 7 Jun 2022 at 10:30 | Eventbrite](https://www.eventbrite.co.uk/e/332705409837)



**Wellbeing FOR YOU**

**SUPPORTING CHILDREN'S EMOTIONAL WELLBEING**  
Thursday 19th May 10:30 - 12:00  
Via Zoom

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

#### **Are you interested?**

Booking via Eventbrite just click on the link below  
<https://www.eventbrite.co.uk/e/332705409837>




**Wellbeing FOR YOU**

**SUPPORTING CHILDREN'S EMOTIONAL WELLBEING**  
Tuesday 7th June 10:30 - 12:00  
Via Zoom

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

#### **Are you interested?**

Booking via Eventbrite just click on the link below  
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## **Services for Young People Activities**

For further details, visit: <https://www.servicesforyoungpeople.org/>

<p><b>The Friday Night Project</b> Bennetts End Young People's Centre, Kimps Way, Hemel Hempstead, HP3 8EN Friday 6.00pm – 8.00pm For young people aged 13 – 17</p>
<p><b>The Friday Night Project</b> Hemel Hempstead Young People's Centre, 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead, HP2 4JS Friday 6.00pm – 8.00pm For young people aged 13 – 17</p>
<p><b>Tring Friday Night Project</b> Nora Grace Hall, Faversham Close, Tring, HP23 5BA Friday 6.30pm – 8.30pm For young people aged 13 – 17</p>
<p><b>Detached</b> Outreach Project Monday 3.15pm – 5.15pm - Highfield and Grovehill Areas Thursday 3.15pm – 5.15pm - Adeyfield Thursday 6.00pm – 8.00pm – Bennetts End</p>
<p><b>Access Point Project</b> Information, advice, guidance and sexual health services including free condoms, chlamydia &amp; gonorrhoea screening and pregnancy testing</p> <p>Hemel Hempstead Young People's Centre 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead, HP2 4JS Monday, Wednesday and Friday 3.00pm – 6.00pm For all young people</p>

0300 123 7538  
sfyp@hertfordshire.gov.uk  
07860 022943 (Text only)  
www.servicesforyoungpeople.org  
@HCCSFYP

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**Dacorum**  
Projects for Young People  
April 2022

**Targeted prevention and early intervention  
to enable young people to succeed**

Area Team Manager: Karen Haswell  
Youth Work Practice Manager: Robert Brown

01442 454060  
sfyp.dacorum@hertfordshire.gov.uk  
www.servicesforyoungpeople.org



<p><b>Bennetts End Project</b> Bennetts End Young People's Centre, Kimps Way, Hemel Hempstead, HP3 8EN Monday 4.00pm – 6.00pm Making positive choices for young people aged 11 – 14</p>
<p><b>Duke of Edinburgh Award</b> Hemel Hempstead Young People's Centre, 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead, HP2 4JS Monday 6.00pm – 8.00pm For young people aged 13 – 17</p>
<p><b>Stand Up Mixed Media Project</b> Hemel Hempstead Young People's Centre, 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead HP2 4JS Monday 6.00pm – 8.00pm For young people aged 13 – 17</p>
<p><b>The Monday Night Project</b> Bennetts End Young People's Centre, Kimps Way, Hemel Hempstead, HP3 8EN Monday 6.30pm – 8.30pm For young people aged 13 – 17</p>
<p><b>Positive Alternatives</b> Bennetts End Young People's Centre, Kimps Way, Hemel Hempstead, HP3 8EN Tuesday 3.30pm – 5.30pm For young people aged 11 – 14</p>
<p><b>Dacorum Youth Council</b> Hemel Hempstead Young People's Centre, 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead, HP2 4JS Tuesday 6.00pm – 8.00pm For young people aged 11-17 to have a voice in their community</p>
<p><b>Girls Allowed</b> Hemel Hempstead Young People's Centre, 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead, HP2 4JS Tuesday 6.00pm – 8.00pm For young women aged 13 – 17</p>

<p><b>Boys Allowed</b> Bennetts End Young People's Centre, Kimps Way, Hemel Hempstead, HP3 8EN Tuesday 6.00pm – 8.00pm For young men aged 13 – 17</p>
<p><b>The Resilience Project</b> Bennetts End Young People's Centre, Kimps Way, Hemel Hempstead, HP3 8EN Wednesday 3.30pm – 5.30pm For young people aged 13 – 17 out of formal education</p>
<p><b>The Care Leavers Project</b> Bennetts End Young People's Centre, Kimps Way, Hemel Hempstead, HP3 8EN Wednesday 6.15pm – 8.15pm For care leavers aged 13 – 21</p>
<p><b>Creative Spark LD Project</b> Hemel Hempstead Young People's Centre, 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead, HP2 4JS Wednesday 6.30pm – 8.30pm For young people with additional learning needs aged 13 – 17</p>
<p><b>Young Parents Project</b> Hemel Hempstead Young People's Centre, 1<sup>st</sup> Floor XC Centre, Jarman Park, Hemel Hempstead, HP2 4JS Thursday 12.00pm – 2.00pm For young parents and parents-to-be up to the age of 21</p>
<p><b>The Emotional Wellbeing Project</b> Phone 01442 454060 or email sfyp.dacorum@hertfordshire.gov.uk for more details Thursday 4.00pm – 6.00pm For young people aged 11 – 14 Thursday 6.30pm – 8.30pm For young people aged 15 – 17</p>
<p><b>LGBT+ Project</b> Phone 01442 454060 or email sfyp.dacorum@hertfordshire.gov.uk for more details Thursday 6.00pm – 8.00pm For LGBT+ young people aged 13 – 17</p>
<p><b>Markyate Friday Night Project</b> Markyate Baptist Church, 13 Buckwood Road, Markyate, AL3 8JF Friday 6.00pm – 8.00pm For young people aged 13 – 17</p>

For details of all our projects and the content of the curriculum programmes, please visit [www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org)

If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

## **Supporting Families with Protective Behaviours - Free Online Courses**

Booking via email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

**Families Feeling Safe**  
Supporting families with Protective Behaviours

**ONLINE course starting June 2022**

**A FREE course for Dads, Step-Dads and Male Carers**



**Tuesday evenings Online**  
**7.30pm - 9.00pm**

**7, 14, 21, 28 June, 5 & 12 July 2022**  
Sessions will run on Zoom

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

**For eligibility and to book your FREE place please**  
**Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)**  
**Tel: 07748 332606**



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

**Families Feeling Safe**  
Supporting families with Protective Behaviours

**ONLINE course starting June 2022**

**A FREE course for Mums, Dads, Step-parents and Carers**



**Thursday evenings Online**  
**7.30pm - 9.00pm**

**9, 16, 23, 30 June, 7 & 14 July 2022**  
Sessions will run on Zoom

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Places are funded by HCC for families living in Hertfordshire and there are eligibility criteria

**For eligibility and to book your FREE place please email:**  
**[enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)**  
**Tel: 07748 332606**



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

## **Family Lives summer term Programme**

For more information, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call us on 0204 522 8700 or 0204 522 8701 for more information.



### **Bringing up confident children for parents of children with SEN (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:** Monday, 6th June to 11th July 2022

**Time:** 7.00pm - 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

**We build better family lives together**



Find us on Facebook @FamilyLivesHertsandBeds

[www.familylives.org.uk](http://www.familylives.org.uk)



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.



### **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:** Tuesday, 7th June to 12th July 2022

**Time:** 7.00pm to 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

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[www.familylives.org.uk](http://www.familylives.org.uk)



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Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



### **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:** Wednesday, 8th June to 13th July 2022

**Time:** 9.30am 11.30am

For more information, contact Louise on 0204 522 8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

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[www.familylives.org.uk](http://www.familylives.org.uk)



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**BeeZee Bodies Masterclass & Family Programmes**

18<sup>th</sup> May booking link: <https://www.eventbrite.co.uk/e/fussy-eating-masterclass-tickets-318694412567>

19<sup>th</sup> May booking link: <https://www.eventbrite.co.uk/e/fussy-eating-masterclass-tickets-323928267167>



**GOT CONCERNS ABOUT FUSSY EATING?**

*Won't eat their veggies?*

*Can't get them to try new foods?*

Join BeeZee Bodies and lots of other parents who struggle with fussy eating, on our special **FUSSY EATING MASTERCLASS**. It will be led by our Nutritionists who can help you understand why they might be picky, how to manage it and practical tips you can implement today. Whatever their age, if you are struggling with your child's fussiness around food, sign up for free!

**SIGN UP FOR YOUR FREE SESSION:**  
There are two options to choose from.  
Click below to sign up

Wednesday 18th May 6-7pm.  
Thursday 19th May 12-1pm.


 [beezeebodies.com/families](https://beezeebodies.com/families)  01707 248648  beezee bodies  Hertfordshire

To book scan the QR code or fill in the form at [beezeebodies.com/families](https://beezeebodies.com/families)

**WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?**

**GOOD NEWS! FREE HEALTHY LIFESTYLE COURSES ARE STARTING IN HERTFORDSHIRE IN MAY.**

**JUST CHOOSE YOUR GROUP**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Starts w/c 23rd May for 10 weeks	Allum Hall <b>BOREHAMWOOD</b>  17.00-19.00 Age 5-15	Birchwood High School <b>BISHOP STORTFORD</b>  17.30-19.30 Age 5-15	The Orbital Community Centre <b>WATFORD</b>  17.30-19.30 Age 5-15	The Hobletts Manor Junior School <b>HEMEL HEMPSTEAD</b>  17.30-19.30 Age 5-15
	Ridgeway Academy <b>WELWYN</b>  17.00-19.00 Age 5-15	Jackmans Community Centre <b>LETCHWORTH</b>  17.30-19.30 Age 5-15	St Cuthbert's Church <b>HODDESDON</b>  17.30-19.30 Age 5-15	
Starts w/c 9th May for 10 weeks	<b>ONLINE</b>  17:30 - 18:30 Age 5 - 8		<b>ONLINE</b>  18:15 - 19:15 Age 9- 12	

**...AND SIGN UP FOR FREE**

Scan the QR Code, or fill in the form at [beezeebodies.com/families](https://beezeebodies.com/families)

**Bf** 01707 248648

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child age 5-15 who is above their ideal healthy weight.

**B beezee  
bodies** Hertfordshire

## **Jubilee Outdoor cooking event by Potential Kids**

Booking Link: [www.potentialkids.org/activities](https://www.potentialkids.org/activities)

**JUBILEE OUTDOOR COOKING**

Join us for a very unique and fun session.

Theme: **RED BLUE & WHITE**

Menu: **ETON MESS and the special Jubilee Pudding AMARETTI TRIFLE**

**MON 30th MAY & WED 1st JUNE**  
**AGE: 8+**  
**TIME: 10:00-12:00 & 13:00-15:00**  
**COST: £5 plus booking fees**  
**\*\*Limited numbers\*\***  
**Book now!**

**WELWYN HATFIELD BOROUGH COUNCIL**

**POTENTIAL KIDS**  
BOOKINGS:  
[potentialkids.org/activities](https://www.potentialkids.org/activities)

**JUBILEE**

**LIFE SKILLS**

**FAMILY TIME**

**RELAX!**

**INCLUSION**

**SMALL GROUPS!**

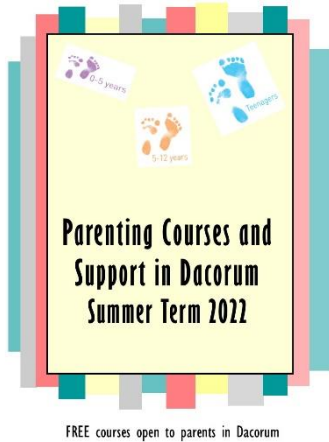
**Cooking stations plus.. Arts & Crafts activities, Sports, Games, Den & Quiet area!**

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

If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

**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>