

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 & Team

[The OLLIE Foundation - Transition Goal Setting Workshops](#)

Booking link For Parents/Carers: <https://www.eventbrite.co.uk/e/transitions-the-science-of-goal-setting-for-parentscarers-tickets-344630688667>

Booking link For Young People: <https://www.eventbrite.co.uk/e/transitions-the-science-of-goal-setting-for-young-people-tickets-341747906187>

THE SCIENCE OF GOAL SETTING

OLLIE's big mission is to offer hope to overcome life's obstacles.
No young person should feel that the challenges they face are simply too big for them to handle.

If you are supporting a child who may be struggling through a transition period: from primary to secondary school, starting their A levels/GCSEs, or heading off to university, come along to our online **Transition Goal Setting Workshops.**

ONLINE

For Parents/Carers:

JUNE 22ND
19.00 - 20.00

Summary talk ahead of July's session for young people to learn the same process and strategies they will so you can support them plan both their BIG aspirational goals as well as how to overcome their biggest obstacles and challenges. **Find out more and book here.**

GOALSETTING TRAINING

ONLINE

For Young People:

Discover how to reach your goals as well as reduce stress and the overwhelming feelings we can all experience when we are facing a new beginning or transition.

JULY 4TH
17.00 - 18.00

Find out more and book here.

contactus@theolliefoundation.org
www.theolliefoundation.org

THE OLLIE FOUNDATION
ONE LIFE LEFT TO MAKE

[Supporting your child with ASD/ADHD with Emotionally Based School Avoidance](#)

Free workshop with NESSie which will be looking at Supporting your child with ASD/ADHD with Emotionally Based School Avoidance.

Booking link: https://procfu.com/nepubbooking/eventDetail_home/2040595945

FREE Workshop for Parents/Carers

**Supporting Children
with ASD/ADHD
Emotionally Based
School Avoidance**



OVERVIEW:

**This forum is designed for
parents/carers of children and
young people with
ASD/ADHD.**

This workshop aims to:

- Enable parents/carers to develop an understanding of the factors that may contribute to their children's difficulties attending school
- Explore strategies to support their children through Emotionally Based School Avoidance
- Provide a space to explore how to manage the pressures of supporting a child/ren with additional needs

Date: Tuesday 5th July 2022

Time: 1.00 – 2.30pm

Venue: Online via Zoom. *A link will be sent out via email on the morning of the training.*

Cost: FREE. Funded by Hertfordshire County Council



Booking essential!

**TO BOOK A PLACE PLEASE
[CLICK HERE](#)**

Or visit: nessieined.com

This course is funded by Hertfordshire County Council and open to residents of Hertfordshire

Helping children and young people thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406

Herts Inclusive Theatre Summer Workshop

Book via: admin@hit-theatre.org.uk / 01923 216951

Herts Inclusive Theatre presents...
**OFF TO THE GALAXY
FAR FAR AWAY
PLAY IN A WEEK**
Summer Workshops for ages 5 - 12
St Mary's Church Hall, Hemel Hempstead HP1 3AE
**AUGUST
1 - 5TH**
10:00 - 3:00PM
£82.00 PP
Reach for the stars this summer and join HIT for a week of CRAFTS, DRAMA and GAMES. Create a play and most importantly, have fun!
Book Now: admin@hit-theatre.org.uk / 01923216951

SPACE Hertfordshire Upcoming activities



ONLINE NAVIGATING THE SEND WORLD

Date: Thursday 23rd June 2022
Time: 7pm - 9pm
Cost: Free - For Parent/Carers

This workshop looks at services and support available to parent/carers of children with Special Educational Needs. Parent/carers will feel more confident and able to navigate the complexities of the SEND world, so they can access the support they need for their family



Workshop Content:

- Introduction to the language & starting the journey
- Children & young people's health services
- Schools & education services
- Family & social care services
- Support services for parents/carers

Please use the Eventbrite link below to reserve your place:

<https://www.eventbrite.co.uk/e/navigating-the-send-world-tickets-299515698517>

Limited Places Available



ONLINE SLEEP TIGHT COURSE

Dates: Friday 24th June, 1st, 8th, 15th, 22nd July 2022
Time: 10am - 11.30am
For: Parent/carers resident in East Herts

SPACE will deliver the accredited Sleep Tight course from The Sleep Charity. This 5 week course looks at sleep and the difficulties many children with SEND experience. It is advised that you attend all sessions to gain maximum benefit. The 5th week will be a 1:1 session with a fully qualified Sleep Practitioner.

The modules consist of:

- Introduction to Sleep
- Causes of Sleep Issues
- Identifying and Managing Sleep Problems
- Bedtime Routines
- Positive Bedtime

Working to ensure that children get a good nights sleep and so do their parents

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

<https://www.eventbrite.co.uk/e/sleep-tight-5-week-course-tickets-299520954237>

Limited Places Available



Booking Link:

<https://www.eventbrite.co.uk/e/navigating-the-send-world-tickets-299515698517>

Booking Link:

<https://www.eventbrite.co.uk/e/sleep-tight-5-week-course-tickets-299520954237>

Wellbeing Event for Parent/Carers of autistic people

There will be stalls, Mind, mental health services, PHower- advocacy, health hub, Watford FC and more as well as tasters in Mindfulness, dance, drumming and acupuncture! FREE refreshments and CAKE! Parking available on site.
Book via: or by calling 01992 58 69 69 or emailing contact@carersinherts.org.uk

PARENT/CARER WELLBEING EVENT

Providing a FREE opportunity for parents/carers of autistic people to explore their own wellbeing.

DATE: 8TH OF JULY 2022
TIME: 1PM TO 4PM
WELWYN CIVIC CENTRE

To register:
Email: contact@carersinherts.org.uk
Phone: 01992 58 69 69




Autism Hertfordshire in proud partnership with Carers in Hertfordshire

Supporting Links Autumn Term Courses

Book via: bookings@supportinglinks.co.uk or 07512 709556

**Parent and Carer Support
Online Courses
Autumn 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.



Tuesdays 9.45-11.15am
13th Sep-18th Oct
Course 528

Tuesdays 8.00-9.30pm
13th Sep-18th Oct
Course 530

We are also running face to face in: Stevenage

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
14th Sep-19th Oct
Course 531

Thursdays 7.45-9.15pm
3rd Nov-8th Dec
Course 532

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

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:

- 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.



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

Mondays 7.45-9.15pm
12th Sept-17th Oct
Course 533

Mondays 7.45-9.15pm
31st Oct-5th Dec
Course 534

TALKING ADDITIONAL NEEDS

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.



Diagnosis not essential

Tuesdays 9.45-11.15am
1st Nov-6th Dec
Course 529

We are also running face to face in: St Albans



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



TALKING ADDITIONAL NEEDS



WEDNESDAYS
14th September - 19th October 2022
9.30-11.30am

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. 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 the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Fleetville Family Centre

Off Woodstock Rd South
ST ALBANS AL1 4QJ
Parking available in Morrisons supermarket.

'I was in a lot of distress as I had no idea how to deal with my daughter's anger and frustration, now I have harmony in my home and I feel more in control and less

Pre-booking essential

To check eligibility and book a place, please call Supporting Links on:
07512 709556

bookings@supportinglinks.co.uk

QUOTING REFERENCE SL526
 This course is provided free to parents by Hertfordshire County Council

TALKING FAMILIES



Because parents don't get training for the toughest job on earth!



TUESDAYS
1st November - 6th December 2022
7.00 - 9.00pm

Our **FREE 6 week course** for parents and carers of children aged 0-12 will help you to:

- Understand and respond to challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to outbursts and difficult feelings in children
- Feel good about your parenting and more positive in your relationship with your children

'It was a brilliant course and has made a huge difference already, I can't thank you enough'

Stevenage Family Centre Herts

(Exact venue to be confirmed)

'It has taught me new skills to deal with family life, and the group were really non-judgemental'

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on:
07512 709556

bookings@supportinglinks.co.uk

QUOTING REFERENCE SL380
www.supportinglinks.co.uk

This course is provided free to parents by Hertfordshire County Council

Families in Focus Autumn Term Courses and Parent Network

Book via: bookings@familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs. Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."

Where: Hemel Hempstead venue TBC

When: Wednesday mornings 9.30-11.30am
September 14th, 21st, 28th
October 5th, 12th, 19th
November 2nd, 9th, 16th, 23rd



Only 12 free places available. [Bookings open on June 1st](mailto:bookings@familiesinfocus.co.uk) by emailing bookings@familiesinfocus.co.uk with name and date of course



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs. Lesley and Francine are parents, experienced and qualified trainers too.



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"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."

Where: Online via Zoom

When: Wednesday evenings 6.30-8.30pm
September 14th, 21st, 28th
October 5th, 12th, 19th
November 2nd, 9th, 16th, 23rd



Only 12 free places available. [Bookings open on June 1st](mailto:bookings@familiesinfocus.co.uk) by emailing bookings@familiesinfocus.co.uk with name and date of course



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
September 15th, 22nd, 29th
October 6th, 13th, 20th

Only 12 free places available. **Bookings open on June 1st** by emailing bookings@familiesinfocus.co.uk with name and date of course

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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: Online via Zoom
When: Tuesdays 9.30-11.30am
September 13th, 20th, 27th
October 4th, 11th, 18th

Only 12 free places available. **Bookings open on June 1st** by emailing bookings@familiesinfocus.co.uk with name and date of course

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October 4th, 11th, 18th

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Funded by Hertfordshire County Council

Where: Online via Zoom
When: Monday evenings 6.30-8.30pm
September 12th, 19th, 26th
October 3rd, 10th, 17th

Only 12 free places available. **Bookings open on June 1st** by emailing bookings@familiesinfocus.co.uk with name and date of course

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Dacorum Parent/Carers Courses and Support Summer Term – 22.06.2022



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.

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Funded by Hertfordshire County Council

Where: Hertsmere venue TBC

When: Thursday mornings 9.30-11.30am
November 3rd, 10th, 17th, 24th
December 1st, 8th

Only 12 free places available. Bookings open on September 10th by emailing bookings@familiesinfocus.co.uk with name and date of course

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Handling Anger in Your Family

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Funded by Hertfordshire County Council

Where: Online via Zoom

When: Tuesdays 9.30-11.30am
November 1st, 8th, 15th, 22nd, 29th
December 6th

Only 12 free places available. Bookings open on September 10th by emailing bookings@familiesinfocus.co.uk with name and date of course

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Parent Network

September 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 September 12th 7-9pm	Understanding PDA with Amanda Mcquire
Under 11s zoom with Tracey and Georgie	Wednesday September 14th 9.30-11.30am	School issues and successful meetings
zoom with Siobhann and Tracey	Monday September 19th 10am-12pm	Plan and prepare your EHCP application
Teens 15+ zoom with Finola and Karen	Monday September 19th 7-9pm	Post 16 EHCP with Helene Marks Dwyer, Independent SEND Consultant
zoom with Vicky and Sharon	Wednesday September 21st 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann and Tracey	Thursday September 22nd 10am-12pm	Understanding sensory issues and helpful tips that work
zoom with Siobhann and Sharon	Thursday September 22nd 7-9pm	Plan and prepare your EHCP application

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Parent Network

October 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.

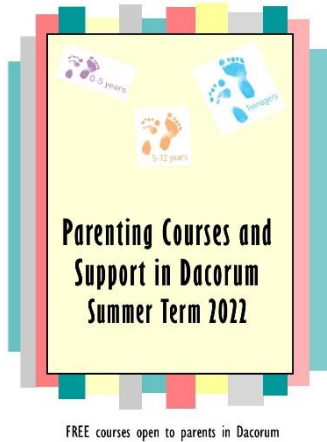
If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

zoom with Francine and Lesley	Monday October 3rd 7-9pm	Understanding executive functioning
zoom with Siobhann and Tracey	Monday October 10th 10am-12pm	Voice of a primary aged child in EHCP
Under 11s zoom with Tracey and Georgie	Wednesday October 12th 9.30-11.30am	Preparing your child for key events and navigating them successfully
zoom with Siobhann and Tracey	Thursday October 13th 10am-12pm	What is an EHCP and does my child need one?
zoom with Siobhann and Sharon	Thursday October 13th 7-9pm	Understanding sensory issues and helpful tips that work
Teens 15+ zoom with Finola and Karen	Monday October 17th 7-9pm	Preparing your young person with SEND for university
zoom with Vicky and Sharon	Wednesday October 19th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa

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[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.dacorumdspl.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>