

Free Confidential Impartial

**Parents and Carers,
Coming on a Parenting course could help you to:-**

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

Hertfordshire one stop parenting directory for parents:

<https://directory.hertfordshire.gov.uk>







This leaflet last amended 19.07.2022 by Ashley Fabray, Support Officer,
PoDS (Partnership of Dacorum Schools)
Email: fabraya@kls.herts.sch.uk M: 07525 917125
If you would like to be added to the email distribution list for future issues, please
contact Ashley on the details above.

Parenting Courses and Support in Dacorum Autumn Term 2022

FREE courses open to parents in Dacorum

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Courses & Workshops

DSPL Dacorum

DSPL Workshops and Courses For Parent/Carers

All DSPL8 parenting courses and workshops will be advertised on our Website, Eventbrite and social media pages, via the following the links:

 Website: www.dacorumdspl.org.uk

 Facebook: www.facebook.com/dspldacorum

 Instagram: https://www.instagram.com/dspl_dacorum/

 Eventbrite: <https://dspl8.eventbrite.co.uk/>

 Email: dspl@kls.herts.sch.uk

DSPL 8 Team

Carole Hassell, DSPL8 Manager

Ruth Mason, DSPL8 SEND Lead

Ashley Fabray, DSPL8 Support Officer

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Dacorum

www.dacorumdspl.org.uk

Delivering Special Provision Locally is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25.
Tel: Dacorum DSPL 07525 917125

Courses & Workshops

DSPL Dacorum

Free mini consultations for parent/carers in Dacorum

Facilitated by ADHD/Autism Specialist Coaches from ADD-vance



Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—www.dspl8.eventbrite.com for one of the following date and times:

Wednesday	14.09.2022	10:00 - 11:30
Tuesday	04.10.2022	10:00 - 11:30
Thursday	10.11.2022	19:00 - 20:30
Wednesday	07.12.2022	10:00 - 11:30

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.



Online Parenting courses, workshops & support

In response to Covid-19 and the current government guidelines the Schools Family Services and local providers in Dacorum are now offering a mix of free online and face to face courses, workshops and support for Parent/Carers.

Please see individual flyers for more information and details on how to book.

Please note some courses are only available in specific areas and others are open to everyone in Dacorum. Please see the headings at the top of each page for the local areas.



Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central
Kings Langley & Villages



Student and Family Support Services Gade Schools Family Support and Kings Langley Partnership

As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.

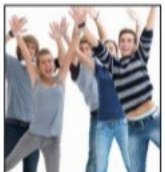


- ❖ **Parent Support Services**—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support
- ❖ **Pupil Support Services**—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.
- ❖ **SEND Support**—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.
- ❖ **Parent Courses and Workshops** – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behavior, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.
- ❖ **Parent Surgeries** – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site www.gadeschoolsfamilysupport.co.uk



Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 01442 278793.

Our Service is only able to work with Parents who have children in one of our Partnership Schools. Schools in our Partnership are:



Kings Langley Partnership: Kings Langley Secondary, Kings Langley Primary, Sarratt Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

Gade Schools Family Support: John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

www.gadeschoolsfamilysupport.co.uk
Partnership Office: 01442 278793

Courses & Workshops

Dacorum

Who are we?

HPCI is an independent organisation run by parent carers which works to shape and improve services and provision in Hertfordshire for children and young people with SEND (special educational needs and/or disabilities) aged 0-25 years.

We do this by putting the views and lived experience of families at the heart of strategic discussions and planning with Hertfordshire services across education, social care and health.

We are the parent carer forum for Hertfordshire recognised by Hertfordshire County Council, Hertfordshire's Clinical Commissioning Groups and the Department of Education. We are part of the national network of parent carer forums www.nnpf.org.uk

HPCI is here to put forward the voice of all parent carers of children and young people with SEND in Hertfordshire.

Our voices are stronger together

Add your voice by joining HPCI – our contact details are on the other side of this leaflet.

What we do:

- Gather the views and experiences of parent carers.
- Keep parents informed by providing them with SEND related information.
- Train our parent carer representatives to be an effective voice to decision makers and services.
- Organise free events for parent carers.

**Herts
Parent
Carer InVolvem^{ent}**
www.hertsparentcarers.org.uk

Courses & Workshops

Dacorum

**Herts
Parent
Carer InVolvem^{ent}**
www.hertsparentcarers.org.uk

The parent carer forum for Hertfordshire
Our voices are stronger together



**Listening to
parent carers**



**Speaking up for
families with SEND**

Ensure your views and experience are heard
Join our free parent carer network online at
www.hertsparentcarers.org.uk
or phone us on 07840 360245

Find us on  **HertsParentCarerInvolvement**
Follow us on  **@HertsPCI**



Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central
Kings Langley & Villages



Parenting Courses / 1:1 Sessions
September - December 2022
Booking is essential

If you would like to book onto any of these sessions or to find out more information, please contact
Emma Christie on 07538 232069 / 01462 278793 or email: christie.gadesfs@kls.herts.sch.uk

Understanding the Teenage Brain

Date: Tuesday 27th September, Tuesday 4th October, Tuesday 11th October & Tuesday 18th October 2022

Time: 6.30pm - 8.30pm

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

What's it about? Suitable for parents with children aged 10 – 18 years.

The workshops offer an opportunity to understand something of what's going on in the adolescent brain and provide strategies for supporting and communicating with young people. The following is covered:

- the foundations of positive parenting: providing warmth and structure
- messages from research: the teenage brain, sleeping habits and more
- handling difficult issues: drug & alcohol, social media, sex, sexuality and staying safe
- power, boundaries and problem solving

Housing 1:1 Advice Sessions (via telephone)

Date: Thursday 29th September 2022

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Autism Support – 1:1 Advice Sessions

Date: Wednesday 5th October 2022

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Mandy Goode, Lead Teacher – Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Family Toolkit

Date: Monday 7th November, Monday 14th November, Monday 21st November & Monday 28th November 2022

Time: 9.15am - 11.15am

What's it about? The Nurturing Programme builds on our existing parenting skills and helps us think about: why children behave as they do, the feelings behind behaviour (ours and theirs), different approaches to discipline, developing co-operation and self-discipline in children, the importance of looking after ourselves.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central Kings Langley & Villages

Housing 1:1 Advice Sessions (via telephone)

Date: Tuesday 8th November 2022

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Debt Management – 1:1 Advice Sessions

Date: Wednesday 9th November 2022

Time: 9.30am - 10.00am, 10.00am - 10.30am, 10.30am - 11.00am and 11.00am - 11.30am

What's it about? CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Autism Support – 1:1 Advice Sessions

Date: Wednesday 16th November 2022

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Mandy Goode, Lead Teacher – Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Autism Support – 1:1 Advice Sessions

Date: Wednesday 7th December 2022

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Mandy Goode, Lead Teacher – Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Housing 1:1 Advice Sessions (via telephone)

Date: Wednesday 14th December 2022

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Gade Schools Family Support are now a Foodbank collector, if you would like to make a contribution, donations would be gratefully received. Please bring any items into our office.



Online Courses & Workshops

Dacorum



ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE 6-Week Courses for Parents/Carers of Teens

Understanding Teens with ADHD and Autism

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom and face to face with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks.

The online sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you.

The sessions will not be recorded so attendance at all 6 sessions is essential.

Two courses will be running on the following dates:

Mondays	12 th September to 17 th October	7 – 9 pm	Online
Thursdays	15 th September to 20 th October	10 am – 12 pm	Hemel Hempstead

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



Online Courses & Workshops

Dacorum



ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE Introductory 6-Week Courses for Parent/Carers

Understanding ADHD and Autism

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception).

Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom and in person with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks.

The online sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. **The online sessions will not be recorded so attendance at all 6 sessions is essential.**

Wednesdays	14 th September to 19 th October	10 am to 12 pm	Parents/Carers of Girls Leavesden Green Community Hub, Watford
Wednesdays	14 th September to 19 th October	7 – 9 pm	Online
Fridays	16 th September to 21 st October	10 am – 12 pm	Quaker Meeting Room, Hitchin

For more information and to book your FREE place please visit our course page on [eventbrite](https://www.eventbrite.com).

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



Registered Charity No: 115 8968
Helpdesk: 01727 833963 Email: herts@add-vance.org Web: www.add-vance.org

Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill, Bennetts End, Corner Hall, Leverstock Green Berkhamsted, Tring & Villages



What we offer

- 1-2-1 sessions with our family workers
- Home visits
- Surgeries at your local school/virtual
- SEND Surgeries at your local school/virtual
- Subject specific online workshops
- Parenting advice and courses
- Help to access local services
- Signposting to counselling & wellbeing services
- Signposting to adult learning and development
- Positive activities for children, young people and their families
- 1-2-1 support for children and young people
- Domestic abuse support
- Family breakdown support
- Debt advice & signposting
- Specialist SEND support
- Wellbeing advice for children and young people

Free, Confidential Advice and Support Service for Local Families

School Family Worker

A personal and confidential service that addresses any needs or concerns raised by the family or school



SEND School Family Worker

Specialist support for higher need SEND families



Pupil Support Worker

Specialist support for pupils to address an identified concern highlighted by the school or family. 1-2-1 and group work specific programmes



DFS North & East Partnership Schools

St Albert the Great, *Adeyfield, Aldbury, Ashlyns, Astley Cooper, *Aycliffe Drive, Belswains, *Brookwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, *Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield, Yewtree

*Signposting service only

Dacorum Family Services North & East
Office: 01442 401222 Ext 5
www.dacorumfamilyservices.org.uk
Term Time only

Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,
Bennetts End, Corner Hall, Leverstock Green
Berkhamsted, Tring & Villages



FREE Workshops For all parents/carers*

Sessions will be held via Zoom

Lite Bite	Date	Time
Transition to secondary school (Y6 parents)	Wed 21st September 2022	6.00 to 7.30 pm
Boundaries & Routines	Thurs 13 October 2022	1:30 to 3:00 pm
Anxiety & Attendance	Tues 24 January 2023	6:00 to 7:30 pm
Helping your child to manage anger	Wed 15 March 2023	1:30 to 3:00 pm
Parenting Top Tips	Thurs 18 May 2023	9:30 to 11:00 am
Routines & Boundaries for your summer holidays	Tues 27 June 2023	6:00 to 7:30 pm

To book your place, please contact
Jan Nethercoat on:
jan.nethercoat@hobbshillwood.herts.sch.uk
Tel: 01442 401222 Ext: 5 (Term time only)
Please include contact details and name of child's school when booking

*at present sessions can only be offered to parents/carers of those children/YP who attend a DFS North & East Partnership School
www.dacorumfamilyservices.org.uk

Online Courses & Workshops

Dacorum



ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963



FREE ONLINE AUTUMN 2022 WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can 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 [website](http://www.add-vance.org).

Date	Time	Topic
Wednesday 14 th September	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 19 th September	10 – 11.30 am	Understanding Autism
Wednesday 21 st September	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 22 nd September	10 – 11.30 am	Tips & Tools for Sleep
Thursday 22 nd September	7 – 8.30 pm	Tips & Tools to Build Self-Esteem
Monday 26 th September	10 – 11.30 am	Working in Partnership with School
Wednesday 28 th September	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 29 th September	7 – 8.30 pm	Understanding ADHD
Monday 3 rd October	10 – 11.30 am	Applying for an EHCP
Tuesday 4 th October	10 – 11.30 am	Understanding PDA
Wednesday 5 th October	10 – 11.30 am	Tips & Tools for Toileting
Thursday 6 th October	7 – 8.30 pm	Tips & Tools to Support Emotional Literacy
Monday 10 th October	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 12 th October	10 – 11.30 am	Understanding ADHD in Girls
Thursday 13 th October	7 – 8.30 pm	Tips & Tools to Support Learning
Monday 17 th October	7 – 8.30 pm	Support for Dads
Wednesday 19 th October	10 – 11.30 am	Understanding Autism in Girls
Thursday 20 th October	10 – 11.30 am	Tips & Tools to Manage Everyday Change
	HALF TERM	
Monday 31 st October	10 – 11.30 am	Understanding Self Harm
Wednesday 2 nd November	10 – 11.30 am	Supporting Siblings
Thursday 3 rd November	7 – 8.30 pm	Understanding Challenging Behaviour
Friday 4 th November	10 – 11.30 am	Tips & Tools to Manage Anger
Monday 7 th November	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 9 th November	7 – 8.30 pm	Understanding Sensory Differences
Friday 11 th November	10 – 11.30 am	Tips & Tools to Manage Sensory Differences
Monday 14 th November	10 – 11.30 am	Supporting Transition into Secondary School
Wednesday 16 th November	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 17 th November	7 – 8.30 pm	Understanding Anxiety
Friday 18 th November	10 – 11.30 am	Tips & Tools to Manage Anxiety
Monday 21 st November	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wednesday 23 rd November	10 – 11.30 am	Preparing for Adulthood 14+
Wednesday 23 rd November	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 28 th November	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wednesday 30 th November	10 – 11.30 am	Thinking About College
Thursday 1 st December	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

'I have some great new ideas to try at home!'

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders. We will not pass your personal information on to any third parties.

Online Courses & Workshops

Dacorum



SEND FAMILY SUPPORT SERVICE

Does your child have additional needs?



Do you need a listening ear?
Do you need practical help or
emotional support?

Why don't you
contact our support team?

*Appointments available to book
via the website below:*

<https://spaceherts.org.uk/familysupport>

*For more information or general enquires regarding family
support please email - support@spaceherts.org.uk*

support@spaceherts.org.uk



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,
Bennetts End, Corner Hall, Leverstock Green
Berkhamsted, Tring & Villages



SEND Surgery Dates for 2022-23

Tuesday 22nd November 2022

Tuesday 24th January 2023

Tuesday 21st March 2023

Tuesday 16th May 2023

Tuesday 4th July 2023

Dacorum Family Services North & East is offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to www.dspl8.eventbrite.com and choose a 30 minute session, providing details of the topic that you would like to cover.

Dates are released termly on Eventbrite.

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed.

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:

St Albert the Great, Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, Brockswood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobbetts Manor Infant, Hobbetts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

Online Courses & Workshops

Dacorum



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 Helena 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

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FiFHerts](https://www.twitter.com/FiFHerts) www.familiesinfocus.co.uk



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

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FiFHerts](https://www.twitter.com/FiFHerts) www.familiesinfocus.co.uk

Online Courses & Workshops

Dacorum



Lending SPACE Community Hub

If you live in Hertfordshire and your child has additional needs, visit us for:

- Hertfordshire's only specialist equipment Library: sensory, educational and practical resources FREE for families to borrow
- Friendly advice: help on equipment for your child's specific needs
- A listening ear: emotional and practical support
- Signposting: Knowledge and understanding of local resources, as well as community and statutory services

Stay for a drink and a chat with the SPACE team and other parent/carers. Children are welcome

Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE

Mon, Wed and Sat - 9.30am - 12.30pm

lendingspace@spaceherts.org.uk

07565 258 694

spaceherts.org.uk/lending-SPACE



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

Online Courses & Workshops

Dacorum



Autism | ADHD
Neurodiverse Conditions

Hoddesdon Group



First Wednesday of the month
St Cuthbert's Church, Whitley Road,
Hoddesdon, EN11 0PU
10am - 12pm

Croxley Green Group



Third Tuesday of the month
The Kitchen, 198 Watford Road, Croxley Green,
Rickmansworth WD3 3DB
7pm - 9pm

Our friendly groups for parents and carers run monthly during term time.
Whether your child has a diagnosis, you are just starting out on the pathway or are somewhere
in between we would love you to join us.
These groups are a great way to meet other parents as well as members of the SPACE team.
We will often welcome professional speakers talking about different topics tailored as much as
possible to the needs of the group

Check In and Chat



Third Wednesday of the month
Online via Zoom
7pm - 8pm

Welwyn Garden City Group



Last Thursday of the month
WGC Bowls Club, 288 Knightsfield,
Welwyn Garden City, AL8 7NQ
10am - 12pm

*All groups are subject to change, correct at time of printing
Please check SPACE on Eventbrite for latest information*

Online Courses & Workshops

Dacorum

FIF ARMS

SEND CHAT AND GIGGLES
WITH SIOBHANN & TRACEY

EVERY TUESDAY

8PM TIL 10PM

REGULARS &
NEWCOMERS WELCOME

HEAD TO OUR CLOSED FACEBOOK
GROUP FOR THE ZOOM CODES
(SEARCH FAMILIES IN FOCUS CIC ON
FACEBOOK) OR EMAIL
BOOKINGS@FAMILIESINFOCUS.CO.UK



EMAIL BOOKINGS@FAMILIESINFOCUS.CO.UK

**Parents do join us on our supportive, friendly
closed facebook group:**
<https://www.facebook.com/groups/184975381651870/>



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."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

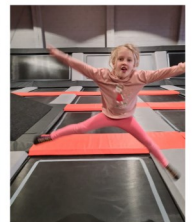
Where: Hemel Hempstead venue TBC

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 by emailing bookings@familiesinfocus.co.uk with name and date of course

NOVEMBER

- Wed 2nd Online Lego Club
- Fri 4th Online Childrens Art
- Sat 5th Trampolining
- Sat 5th Driving
- Sun 6th Outdoor Play
- Mon 7th Online Cooking Class
- Wed 9th Virtual Zoo
- Sat 12th Aerial gymnastics and relaxation
- Wed 16th Lego Club
- Fri 18th Online Parent / Carers Art
- Sat 19th Driving Experience
- Fri 25th Girls Group
- Sat 26th Lego Club
- Sat 26th Graffiti Session

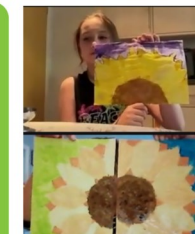


Autism | ADHD
Neurodiverse Conditions

spaceherts.eventbrite.co.uk

DECEMBER

- Sat 1st Driving Experience
- Fri 2nd Online Childrens Art
- Sat 3rd Driving Experience
- Sun 4th Outdoor Play
- Mon 5th Cooking Session
- Wed 7th Online Lego Club
- Sat 10th Aerial gymnastics and relaxation
- Wed 14th Virtual Zoo
- Fri 16th Online Parent / Carers Art
- Sat 17th Soft Play
- Wed 28th Christmas Show



Online Courses & Workshops

Dacorum

SEPTEMBER

- Fri 2nd Online Childrens Art
- Sat 3rd Driving Experience
- Sat 3rd Trampolining
- Sun 4th Outdoor Play
- Sun 4th Introduction to Golf
- Wed 7th Online Lego Club
- Sat 10th Aerial gymnastics and relaxation
- Mon 12th Cooking Class
- Wed 14th Animal Encounter
- Fri 16th Online Parent / Carers Art
- Sat 17th Driving Experience
- Sun 18th Large Inflatables
- Sun 18th Stand Up Paddleboarding
- Wed 21st Lego Club
- Fri 23rd Girls Group
- Sat 24th Saturday Lego Club
- Sat 24th Graffiti Session



Autism | ADHD
Neurodiverse Conditions

spaceherts.eventbrite.co.uk



All activities are subject to change,
correct at time of printing

AUTUMN TERM ACTIVITIES

OCTOBER

- Sat 1st Driving Experience
- Sun 2nd Outdoor Play
- Sun 2nd Introduction to Golf
- Mon 3rd Cooking Class
- Wed 5th Online Lego Club
- Fri 7th Online Childrens Art
- Sat 8th Aerial gymnastics and relaxation
- Wed 12th Virtual Zoo
- Sat 15th Soft Play
- Sat 15th Driving Experience
- Sun 16th Large Inflatables
- Wed 19th Lego Club
- Fri 21st Online Parent / Carers Art
- Sat 29th Graffiti Session

Online Courses & Workshops

Dacorum



Families In Focus CIC
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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



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

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

Online Courses & Workshops

Dacorum



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
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

Online Courses & Workshops

Dacorum



Autism | ADHD
Neurodiverse Conditions

NOV / DEC - AUTUMN TERM 2022 WORKSHOPS /COURSES

Therapeutic Thinking	Thursday 3 rd November	10:00 - 12:00
Starting SPACE (2 weeks)	Friday 4 th November	10:00 - 12:00
ASD and Tourettes Talk	Thursday 10 th November	10:00 - 11:30
Navigating the SEND World Workshop	Thursday 10 th November	19:00 - 21:00
Understanding ADHD Workshop	Friday 18 th November	10:00 - 12:00
Puberty and Neurodiversity Workshop	Tuesday 22 nd November	10:00 - 12:00
Talking SENSory - Signs and Signals Workshop	Tuesday 22 nd November	19:00 - 21:00
Navigating the SEND World Workshop	Friday 25 th November	10:00 - 12:00
Navigating the SEND World Workshop - Post-16	Monday 28 th November	10:00 - 12:00
Talking SENSory - Solutions Workshop	Tuesday 29 th November	19:00 - 21:00
Sleep Workshop	Thursday 1 st December	19:00 - 21:00
Autism and Complex Needs Workshop	Monday 5 th December	10:00 - 12:00
The EHCP Process - Submission to Finalisation	Thursday 8 th December	19:00 - 21:00



Booking Opens: Monday 18th July at 12pm
<https://spaceherts.eventbrite.co.uk>

All workshops and courses can be booked via Eventbrite and will be posted on our social media in due course
For further information then please email: training@spaceherts.org.uk or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at time of printing

Online Courses & Workshops

Dacorum



SEPT / OCT - AUTUMN TERM 2022 WORKSHOPS /COURSES

Starting SPACE (2 weeks)	Friday 9 th September	10:00 - 12:00
Sleep Tight Course (5 weeks)	Monday 12 th September	10:00 - 12:00
Autistic Girls Workshop	Tuesday 13 th September	19:00 - 21:00
Puberty and Neurodiversity Workshop	Thursday 15 th September	19:00 - 21:00
SENsory Signs, Signals and Solutions Workshop (Professionals Only)	Friday 16 th September	16:00 - 18:00
PDA, ODD and ADHD Workshop	Friday 23 rd September	10:00 - 12:00
ASD and Tourettes Talk	Monday 26 th September	19:00 - 20:30
Navigating the SEND World Workshop	Tuesday 27 th September	19:00 - 21:00
Parenting ADHD Course (4 weeks)	Wednesday 28 th September	10:00 - 12:00
Understanding Autism Workshop	Thursday 6 th October	19:00 - 21:00
Understanding Specific Literacy Difficulties	Friday 7 th October	10:00 - 11:30
Mental Health Workshop	Monday 10 th October	18:30 - 20:00
ADHD in Girls and Women Workshop	Tuesday 11 th October	19:00 - 21:00
Anxiety and SEND Workshop	Thursday 13 th October	10:00 - 12:00
SENsory Signs, Signals and Solutions Workshop	Monday 17 th October	10:00 - 12:00
Navigating the SEND World Workshop	Friday 21 st October	10:00 - 12:00



Booking Opens: Monday 18th July at 12pm
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SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

Online Courses & Workshops

Dacorum



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@familiesinfofocus.co.uk with name and date of course

Online Courses & Workshops

Dacorum



Families In Focus CIC
LOOKING FORWARD TOGETHER

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Where: Online via Zoom
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October 4th, 11th, 18th

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Online Courses & Workshops

Dacorum



Time to Talk about Pre-Teens and Teens Online group

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 6 week online group for valuable advice and help on how to support and manage their behaviour.

When: Thursday 6th October to 17th November

Time: 7.00pm - 9.00pm

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.

Online Courses & Workshops

Dacorum



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. The online groups are for six weeks and delivered via Microsoft Teams.

- **Thursday 15th September to 20th Oct, 9.30 – 11.30**
- **Tuesday 4th October to 15th November, 9.30-11.30**
- **Tues 8th November to 13th December 7.30pm – 9.30pm**
- **Wednesday 9th November to 14th December, 9.30 – 11.30**

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

We build better family lives together



Find us on Facebook @FamilyLivesHertsandBeds

www.familylives.org.uk



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Online Courses & Workshops

Dacorum



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your primary aged child with ASD or ADHD

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This course will enable you and your family to:

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- ✓ 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: 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

www.familiesinfocus.co.uk

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info@familiesinfocus.co.uk

Online Courses & Workshops

Dacorum



Families In Focus CIC
LOOKING FORWARD TOGETHER

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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

Online Courses & Workshops

Dacorum

TALKING FAMILIES



Promoting Strong Family Relationships



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

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



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.

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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

Online Courses & Workshops

Dacorum

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
September 2022

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



Tuesday evenings Online
7.30pm - 9.00pm

13, 20, 27 Sept, 4, 11 & 18 Oct 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@familiesfeeling-safe.co.uk

Course No: L4E1

Tel: 07748 332606



Please like us on Facebook for further updates @familiesfeeling-safe



Families Feeling Safe Protective Behaviours Service 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.familiesfeeling-safe.co.uk E-mail: enquiries@familiesfeeling-safe.co.uk

Online Courses & Workshops

Dacorum

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.

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

Mondays 8.00-9.30pm
31st Oct-5th Dec
Course 527

Tuesdays 9.45-11.15am
1st Nov-6th Dec
Course 525

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



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

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
November 2022

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



Tuesday evenings Online
7.30pm to 9.00pm

1, 8, 15, 22, 29 Nov & 6 December
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

Course no L5E9

Tel: 07748 332606



Please like us on Facebook for further updates @familiesfeelingSAFE



Online Courses & Workshops

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Hertfordshire's Local Offer

Information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

www.hertfordshire.gov.uk/localoffer

CALL FREE ON 0800 328 0006

Struggling with debt?

FREE debt counselling in your community from an award winning charity

www.capdebthelp.org

[facebook.com/CAPUK](https://www.facebook.com/CAPUK)

[instagram.com/CAPUK](https://www.instagram.com/CAPUK)

[youtube.com/CAPUK](https://www.youtube.com/CAPUK)

[linkedin.com/CAPUK](https://www.linkedin.com/CAPUK)

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Every 20 minutes a property is repossessed. Debt devastates lives; it means parents struggle to feed their children, people feel suicidal, depressed and alone. CAP'S debt help service is one of the most in depth and holistic **FREE** services in the UK. We are uniquely placed to help vulnerable people, in particular low income, financially and socially disadvantaged people out of debt.

If you need help please ring our enquiries line on **0800 328 0006** to make an appointment.
Or contact CAP Centre Manager in Hemel Hempstead,
Owen Cooper on **01442 243 936** or email **owencooper@capuk.org**

To find out more information about Christians Against Poverty visit our website **www.capuk.org**

Online Courses & Workshops

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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.

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.

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.

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.

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 2nd November
7.30-9.30pm**

**Workshop 540 Pre-booking
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-540-registration-374140453167>



**Monday 3rd October
12.30-2.30pm**

**Workshop 539 Pre-booking
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-transition-change-for-parentscarers-in-herts-538-registration-373592714867>



**Tuesday 11th October
7.30-9.30pm**

**Workshop 541 Pre-booking
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-541-for-parentscarers-in-herts-registration-374147955607>



**Thursday 10th November
12.30-2.30pm**

**Workshop 542 Pre-booking
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-542-registration-374164133997>



Online Courses & Workshops

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Parent & Carer Support TALKING ASD & ADHD

Workshops Autumn 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.

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
www.supportinglinks.co.uk

Follow on:



Wednesday 23rd November

9.30-11.30am

Workshop 535 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-535-registration-368851594047>

Thursday 29th September
7.30-9.30pm

Workshop 536 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-536-registration-369897783227>

Thursday 20th October
9.30-11.30am

Workshop 537 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-for-parentscarers-in-herts-537-registration-369911333757>

Wednesday 7th December
7.30-9.30pm

Workshop 538 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-for-parentscarers-in-herts-538-registration-369918374817>



Workshops are open to parents and carers living in Hertfordshire

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Online Courses & Workshops

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ADD-vance

The ADD-vance ADHD and Autism Trust

www.add-vance.org

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

Information and Support Professionals and families can reach ADD-vance for information or support via:

Telephone Helpdesk: 01727 833963

Open Monday: Friday 9am - 1pm Answer phone service at other times.

For more information on courses running in the area, see the website for more details.

Hertfordshire Family Centre Services

For courses, workshops and support from Hertfordshire Family Centre Services, please visit their website:

www.hertsfamilycentres.org



Hertfordshire
Family Centre
Service

Online Courses & Workshops

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Natural Flair Coaching Ltd
Presents

Natural Steps To Stronger, Safer Families

**A Protective Behaviours Approach to Emotional Wellbeing
Now offered as an online course**

An interactive and fun **6 week** course, providing a safe place to explore feelings, be heard and understood, and put achievable goals in place for you and your family.
NOW AVAILABLE ONLINE

Funded by:
Hertfordshire County Council,
Family Services Commissioning



Topics covered include:

- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

Dates: Day and evening courses available
Wednesday 14th September - 9.30am to 11.30am
or
Tuesday 4th October - 7pm to 9pm
or
Monday 10th October - 9.30am to 11.30am
or
Thursday 10th November - 7pm to 9pm
(Each course is 6 sessions in total)

Venue: Available on your smart phone or laptop device in the comfort of your own home via a safe/secure link

This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - It is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life

Parents need to be referred onto this course or have a specific parenting need

For more information or to book a space please call

01992 446 051

Email: Bookings@natural-flair.co.uk



Natural Flair
Coaching Ltd



Online Courses & Workshops

Dacorum



A FREE **6 week** course for parents and carers of children aged 11+
Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**



The Secrets of Parenting Teens and Building Resilience

Topics covered include:

- ♦ Teen development and the teen brain
- ♦ Building resilience/self esteem
- ♦ Temperament and its effects on behaviour
- ♦ Dealing with challenging behaviour
- ♦ Improving communication and relationships
- ♦ What is anxiety and how it is displayed in young people
- ♦ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ♦ Tools for managing anxiety and conflict
- ♦ Setting boundaries and managing house rules/parenting styles and strategies
- ♦ The power of empathy in connecting with young people
- ♦ Tools for emotional health and wellbeing

ONLINE SESSIONS

Date: Monday 12th September for 6 weeks
Time: 7.00pm to 9.00pm

Date: Wednesday 2nd November for 6 weeks
Time: 7.00pm to 9.00pm

Parents need to be referred onto this course or have a specific parenting need
To book contact:

Vicky Knight (Course Manager)
Email: bookings@natural-flair.co.uk
or call 01992 446 051



Natural Flair