

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

### **Up on Downs—Autumn Term Newsletter**

The autumn term newsletter is available to download from our website at: <https://upondowns.com/index.php/our-newsletters/>



*Autumn 2022  
Newsletter*

**CALENDAR DATES**

Sun 25 Sept	<a href="#"><u>Moving Up—Teen and young adult meet up</u></a> Geek Retreat, Unit 1 Mulberry House, Park Place Plaza, Stevenage SG1 1BF 1.00-3.00pm
Sat 8 Oct	<a href="#"><u>Family Support Meeting</u></a> Hitchin Youth Trust, 111 Walsworth Rd, Hitchin SG4 9SP 2.00-4.00pm
Fri 21 Oct	<a href="#"><u>New parent get together</u></a> Inn on the Park Café, Verulamium Park, St Albans AL3 4SW 10.00-12.00am
Sat 12 Nov	<a href="#"><u>Family Support Meeting</u></a> Hitchin Youth Trust, 111 Walsworth Rd, Hitchin SG4 9SP 2.00-4.00pm
Sun 4 Dec	<a href="#"><u>Up on Downs Christmas Party-Save the Date</u></a> Venue TBC—3.00-5.00pm
Fridays	<a href="#"><u>Choices Youth Group</u></a> Hitchin Youth Trust, 111 Walsworth Rd, Hitchin SG4 9SP 6.15-8.00pm
Mondays	<a href="#"><u>Teen Fitness Group</u></a> Via Zoom at 5.45pm
Thursdays	<a href="#"><u>Teen Social Communication Group</u></a> Via Zoom at 6.30pm
Saturdays	<a href="#"><u>Speech Group Meetings</u></a> Meeting Saturday mornings at various locations



**Up  
On Downs**

*If you have any questions or suggestions please contact Sande, Jan or Eleanor at:*

[enquiries.nhdwns@yahoo.co.uk](mailto:enquiries.nhdwns@yahoo.co.uk)

call: (01727) 420365

Or visit: [www.upondowns.co.uk](http://www.upondowns.co.uk)



### **Family Lives Autumn programme - Places still available**

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for the online referral form.

Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to [services@familylives.org.uk](mailto:services@familylives.org.uk) with the password sent in a separate email

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



#### **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](mailto:services@familylives.org.uk)**

**We build better family lives together**

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

@FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 387762. 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. The online groups are for six weeks and delivered via Microsoft Teams.

- **Thursday 29th September to 10th November, 9.30 - 11.30**
- **Tuesday 8th November to 13th December, 9.30-11.30**
- **Tuesday 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](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. 387762. Registered charity No. 1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

## Supporting Links parenting courses & workshops

Eventbrite link: <https://www.eventbrite.co.uk/o/supporting-links-15053924960>

### 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 8.15am - 9.15am**  
13th - 19th Oct  
Fully booked

**Tuesdays 9.30am - 10.30am**  
13th - 19th Oct  
Fully booked

**Tuesdays 8.00-9.30pm**  
1st Nov to 6th Dec  
Course 529

#### 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 7.30-9.15pm**  
14th - 20th Oct  
Fully booked

**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](mailto: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.



**Mondays 7.15pm - 8.15pm**  
12th - 18th Oct  
Fully booked

**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.



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

**Tuesdays 9.45-11.15am**  
1st Nov - 6th Dec  
Course 528

We are also offering  
face to face sessions  
Fully booked

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](mailto:bookings@supportinglinks.co.uk)

Quoting the Course ID

[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



These courses are provided free to parents by  
Hertfordshire County Council's Targeted Parenting Fund



Page 2 of 2

### 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.



**Wednesday 23rd November**  
9.30-11.30am  
Workshop 535 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-anxiety-and-stress-for-parents-carers-in-herts-535-registration-36985554047>

**Thursday 29th September**  
7.30-9.30pm  
Workshop 536 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-anxiety-and-stress-for-parents-carers-in-herts-536-registration-36987783227>

**Thursday 20th October**  
9.30-11.30am  
Workshop 537 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-anxiety-and-stress-for-parents-carers-in-herts-537-registration-36991333757>

**Wednesday 7th December**  
7.30-9.30pm  
Workshop 538 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-anxiety-and-stress-for-parents-carers-in-herts-538-registration-36991333757>

#### RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)

[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Follow on:



Workshops are open to parents and carers living in Hertfordshire

#### 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.

**Wednesday 2nd November**  
7.30-9.30pm  
Workshop 540 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-the-teenage-years-for-parents-carers-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-and-adhd-transition-change-for-parents-carers-in-herts-539-registration-373302714867>

**Tuesday 11th October**  
7.30-9.30pm  
Workshop 541 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-tech-use-541-for-parents-carers-in-herts-541-registration-3751421956607>

**Thursday 10th November**  
12.30-2.30pm  
Workshop 542 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-school-avoidance-for-parents-carers-in-herts-542-registration-3751421956607>

**Thursday 10th November**  
12.30-2.30pm  
Workshop 542 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-school-avoidance-for-parents-carers-in-herts-542-registration-3751421956607>

**Thursday 10th November**  
12.30-2.30pm  
Workshop 542 Pre-booking essential via Eventbrite Link

<https://www.eventbrite.co.uk/e/talking-and-adhd-school-avoidance-for-parents-carers-in-herts-542-registration-3751421956607>

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.



Page 2 of 2





**ADD-vance NEW FREE Courses, Support Groups and Self Care Workshop for**  
**Parents/Carers in Hertfordshire**

Eventbrite link: <https://www.eventbrite.co.uk/o/add-vance-14054405963>




## FREE ONLINE AUTUMN 2022 WORKSHOPS FOR HERTS PARENTS/CARERS

Date	Time	Topic
Wed 14 <sup>th</sup> Sept	10 – 11.30 am	Diagnosing ADHD and/or Autism
Mon 19 <sup>th</sup> Sept	10 – 11.30 am	Understanding Autism
Wed 21 <sup>st</sup> Sept	10 – 11.30 am	Caring for Your Child (and Yourself)
Thurs 22 <sup>nd</sup> Sept	10 – 11.30 am	Tips & Tools for Sleep
Thurs 22 <sup>nd</sup> Sept	7 – 8.30 pm	Tips & Tools to Build Self-Esteem
Mon 26 <sup>th</sup> Sept	10 – 11.30 am	Working in Partnership with School
Wed 28 <sup>th</sup> Sept	10 – 11.30 am	Tips & Tools to Support Communication
Thurs 29 <sup>th</sup> Sept	7 – 8.30 pm	Understanding ADHD
Mon 3 <sup>rd</sup> Oct	10 – 11.30 am	Applying for an EHCP
Tues 4 <sup>th</sup> Oct	10 – 11.30 am	Understanding PDA
Wed 5 <sup>th</sup> Oct	10 – 11.30 am	Tips & Tools for Toileting
Thurs 6 <sup>th</sup> Oct	7 – 8.30 pm	Tips & Tools to Support Emotional Literacy
Mon 10 <sup>th</sup> Oct	10 – 11.30 am	Preparing for an EHCP Annual Review
Wed 12 <sup>th</sup> Oct	10 – 11.30 am	Understanding ADHD in Girls
Thurs 13 <sup>th</sup> Oct	7 – 8.30 pm	Tips & Tools to Support Learning
Mon 17 <sup>th</sup> Oct	7 – 8.30 pm	Support for Dads
Wed 19 <sup>th</sup> Oct	10 – 11.30 am	Understanding Autism in Girls
Thurs 20 <sup>th</sup> Oct	10 – 11.30 am	Tips & Tools to Manage Everyday Change

**HALF TERM**

Date	Time	Topic
Mon 31 <sup>st</sup> Oct	10 – 11.30 am	Understanding Self Harm
Wed 2 <sup>nd</sup> Nov	10 – 11.30 am	Supporting Siblings
Thurs 3 <sup>rd</sup> Nov	7 – 8.30 pm	Understanding Challenging Behaviour
Fri 4 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Manage Anger
Mon 7 <sup>th</sup> Nov	10 – 11.30 am	Supporting Transition into Primary School
Wed 9 <sup>th</sup> Nov	7 – 8.30 pm	Understanding Sensory Differences
Fri 11 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Manage Sensory Differences
Mon 14 <sup>th</sup> Nov	10 – 11.30 am	Supporting Transition into Secondary School
Wed 16 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Support Puberty
Thurs 17 <sup>th</sup> Nov	7 – 8.30 pm	Understanding Anxiety
Fri 18 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Manage Anxiety
Mon 21 <sup>st</sup> Nov	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wed 23 <sup>rd</sup> Nov	10 – 11.30 am	Preparing for Adulthood 14+
Wed 23 <sup>rd</sup> Nov	7 – 8.30 pm	Understanding Neurodiverse Teens
Mon 28 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wed 30 <sup>th</sup> Nov	10 – 11.30 am	Thinking About College
Thurs 1 <sup>st</sup> Dec	10 – 11.30 am	Thinking About University

☎ 01727 833963
✉ [herts@add-vance.org](mailto:herts@add-vance.org)
🌐 <http://www.add-vance.org/>

Book your **FREE** ticket on <http://add-vance.eventbrite.com/> or visit our website

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





## SUPPORT GROUPS FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

### ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

### TIME AND PLACE

**General Secondary Aged Children Support Group**  
Tuesday 1/11/22 - 1-2 pm

**Support Group for Parents of 16-24 year olds**  
Tuesday 8/11/22 - 7.30-8.30 pm

**Challenging Behaviour Support Group**  
Tuesday 15/11/22 - 1-2 pm

**General Primary Aged Children Support Group**  
Tuesday 22/11/22 - 1-2 pm

**Anxiety/Mental Health Support Group**  
Tuesday 29/11/22 - 1-2 pm

**General Secondary Aged Children Support Group**  
Tuesday 6/12/22 - 7.30-8.30 pm

☎ 01727 833963
✉ [herts@add-vance.org](mailto:herts@add-vance.org)
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Book your **FREE** ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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## Families in Focus Parenting Courses

Book via: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) stating the course code and title 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.



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: Welwyn/Hatfield venue TBC

When: Tuesday mornings 9.30-11.30am

January 10th, 17th, 24th, 31st

February 7th, 21st, 28th

March 7th, 14th, 21st

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

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

Where: Online via Zoom

When: Tuesday evenings 6.30-8.30pm

January 10th, 17th, 24th, 31st

February 7th, 21st, 28th

March 7th, 14th, 21st

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

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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: Monday evenings 6.30-8.30pm

January 9th, 16th, 23rd, 30th

February 6th

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

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Families In Focus CIC  
LOOKING FORWARD TOGETHER

### Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"



Funded by Hertfordshire County Council

Where: Three Rivers

When: Wednesday mornings 9.30-

11.30am

January 4th, 11th, 18th, 25th

February 1st, 8th

Only 12 free places available. Places must be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course


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LOOKING FORWARD TOGETHER

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Funded by Hertfordshire County Council

Where: Online via Zoom  
When: Wednesdays 6.30-8.30pm  
January 4th, 11th, 18th, 25th  
February 1st, 8th


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

  
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*"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  
January 5th, 12th, 19th, 28th  
February 3rd, 10th

Only 12 free places available. Places must be booked by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

  
Families In Focus CIC  
LOOKING FORWARD TOGETHER

### Sleep solutions for all children


Funded by Hertfordshire County Council and FREE for parents living in Hertfordshire and parenting children aged four to ten.

A proven evidence-based, behavioural approach to help families get a better night's sleep

Together, in small interactive groups with trained and accredited Parent Facilitators, Siobhann and Tracey, this evidence-based course will help restore healthy sleep. This course covers:

*"Understanding why my child couldn't sleep without me in the bed was life changing. Learning that all I needed to do was make a few simple, gentle changes made it all seem so much more achievable. We do now all sleep in our own beds!"*

- ✓ Understanding the stages of sleep and impact of sleep deprivation on children's behaviour and learning
- ✓ Identifying the causes of sleep difficulties, including a child's sensory sensitivities
- ✓ Support to find ways to bring balance to your child's sleep issues
- ✓ Tips and ideas that help children go to sleep and stay asleep
- ✓ Understanding and managing sleep problems such as night terrors and nightmares
- ✓ Learn how to actively listen and respond empathically to children to reduce concerns and feelings such as anxiety
- ✓ Helping parents to create a routine & sleep induced environment to aid healthy sleep for the whole family

  
Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children aged 4-10.

Where: Online via Zoom  
When: Friday mornings 9.30-11.30am  
January 6th, 13th, 20th, 27th  
February 3rd, 10th

Limited free places available. Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) to secure your place



### Multi-Sport SEND Camp

Booking Link: <https://bookwhen.com/sportworkslondon>



**MULTI - SPORT SEND CAMP @  
TWO WATER PRIMARY SCHOOL**

HIGH RIDGE CLOSE, HEMEL HEMPSTEAD, HP3 0AU

 **Date: Monday 24th October &  
Thursday 27th October**  
**Time: 10am - 3pm**  
**Cost: £10 per day**

 Come join the fun at our FREE Multi-Sports Fun programme for  
children aged 5-16 years old

 -Sports include Football, Dodgeball, Tennis, Basketball, Cricket &  
many more!!!  
-Arts & Crafts  
- Socialising, meeting new friends & confidence building

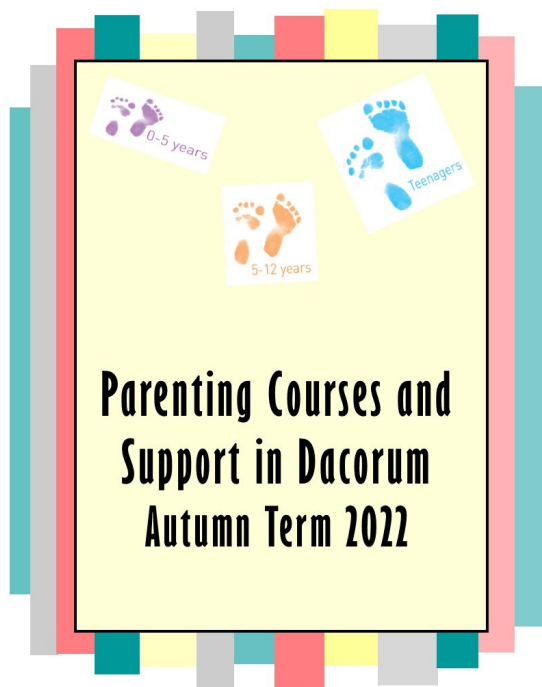
 Booking Required: <https://bookwhen.com/sportworkslondon>  
or contact Ernest.Ako@sportworksltd.co.uk

 **Hertfordshire**



**Parenting Courses and Support in Dacorum Autumn 2022**



FREE courses open to parents in Dacorum

The Autumn 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>

