

Dear Professionals,

In this communication, please find the following training and support with the booking/information links. Please find more information on each session, in this PDF document.

TOPIC	<u>BOOKING/INFORMATION LINK</u>
Woodfield Outreach Training Session— January 2023	<a href="https://dspl8.eventbrite.co.uk/">https://dspl8.eventbrite.co.uk/</a>
CHANGE OF DATE! Schools Mental Health Conference- SAVE THE DATE- MARCH 2023	Queries to: <a href="mailto:hweicbhv.schoolsmh@nhs.net">hweicbhv.schoolsmh@nhs.net</a>
Mental Health First Aid 1 Day Training	Various dates—see flyer in this communication
Mental Health First Aid 2 Day Training - 24th & 25th January 2023	<a href="https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-2-day-course-24th-25th-jan-23-tickets-444031589437">https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-2-day-course-24th-25th-jan-23-tickets-444031589437</a>
SENCo Refresher Training	Various dates—see flyer in this communication
Speech and Language Therapy Service Training Offer	Various dates—see flyer in this communication  <a href="https://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/">https://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/</a>
V-SEND Weekly Drop in sessions	See page 8 for the MS Teams Links
Hertfordshire CAMHS newsletter Edition 20 - November 2022	<a href="https://herts-camhs.tfemagazine.co.uk/november-2022">https://herts-camhs.tfemagazine.co.uk/november-2022</a>
Mental Health support for Herts Young People	<a href="https://www.justtalkherts.org/professionals/communications-guidance-and-materials.aspx#mentalhealth">https://www.justtalkherts.org/professionals/communications-guidance-and-materials.aspx#mentalhealth</a>
Local High Needs Funding Panel dates 2022-23	See page 8 for the next two LHNF panel dates
DSPL8 Professionals Training Offer: Spring 2023	<a href="https://dspl8.eventbrite.co.uk/">https://dspl8.eventbrite.co.uk/</a>

The DSPL8 Professionals communication can also be downloaded from our website via the following link: <http://www.dacorumdspl.org.uk/online-resources-for-professionals-2/>

As this is the last Professionals communication before the Christmas break, we would to wish you all a Happy Christmas and Best wishes for 2023.



Kind Regards,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray



## Woodfield Outreach Training Session—January 2023



### Woodfield Outreach Professionals Training 2022-23

**Booking Link - [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**

	Dates	Time	Location
<b>Spring Term 2023</b>			
Using Visual Supports	Please attend Part 1 online and Part 2 in person.  Part 1: Wednesday 11 <sup>th</sup> January 2023  Part 2: Wednesday 18 <sup>th</sup> January 2023	1.30-3pm  1.30-3.30pm	Virtual – Zoom  In person in the meeting room @ Woodfield School HP3 8RL
Understanding and using Zones of Regulation	Please attend both sessions online.  Part 1: Wednesday 25 <sup>th</sup> January 2023  Part 2: Wednesday 1 <sup>st</sup> February 2023	1.30-3pm  1.30-3pm	Virtual – Zoom/Teams  Virtual – Zoom/Teams

### Using Visual Supports

- Develop your understanding of visual supports as learning and communication tools.
- To know how they support pupils and the benefits of their use
- To broaden your knowledge of the range of visual supports
- To know the functions of different visual support tools
- To know when and how to draw on this toolkit to support learners
- To prepare materials to create visual support tools for specific learners

**Booking Link: <https://www.eventbrite.co.uk/e/using-visual-supports-online-in-person-sessions-dacorum-prof-tickets-473424835427>**

### Understanding and using The Zones of Regulation

- Understand The Zones Framework and activities for supporting implementation of it
- Develop your understanding of the range of emotions and their purposes
- Explore the neurological component to how emotions impact behaviour
- Learn about a toolkit of co and self-regulation strategies
- Recognise the importance of security, attachment and positive relationships in the development of regulation skills
- Heighten a compassionate mind-set as the foundation to understanding and teaching The Zones of Regulation framework

**Booking Link: <https://www.eventbrite.co.uk/e/zones-of-regulation-2-online-sessions-dacorum-prof-only-tickets-473426911637>**



**CHANGE OF DATE! Schools Mental Health Conference - SAVE THE DATE-**  
**MARCH 2023**



**Please note:**

A decision has been made to re-schedule the date of The Hertfordshire Schools Mental Health Conference to the new date of Wednesday 1 March 2023.

This is due to the "Herts For Learning" SEND conference taking place on the same date that the conference was originally planned for (23 February) and we want to avoid any staff capacity issues schools may face if both events were to take place on the same day.

Please see attached the updated SAVE THE DATE notification to share with any colleagues who plan to attend.

We will be sending you more details on the conference topics, along with the Eventbrite registration links later in December.

In the meantime, please amend your calendars accordingly and we look forward to sharing more information with you in due course.

If you have any questions or queries please do come back to me: [hweicbhv.schoolsmh@nhs.net](mailto:hweicbhv.schoolsmh@nhs.net)



## Mental Health First Aid 1 Day Training

# YOUTH MENTAL HEALTH FIRST AID TRAINING



**1 DAY CHAMPION COURSE  
DESIGNED SPECIFICALLY FOR SCHOOL  
PROFESSIONALS WORKING WITH  
8 TO 18-YEAR-OLDS  
FULLY FUNDED  
09:30AM - 16:00PM**

### WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
- KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
- SKILLS TO SUPPORT POSITIVE WELLBEING

### COURSE STRUCTURE

SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.

SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

**For further information and booking please contact:**  
**[hweicbhv.schoolsmh@nhs.net](mailto:hweicbhv.schoolsmh@nhs.net)**

*Places are limited to two representatives per school*

Dates	Location	Booking Link	Parking
31st January 2023	Fleetville Junior School, St Albans	<a href="#">Booking Link</a>	Limited on site parking
8th February 2023	Hobbs Hill Wood School, Dacorum	<a href="#">Booking Link</a>	
28th March 2023	Hobbs Hill Wood School, Dacorum	<a href="#">Booking Link</a>	

<https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-champion-course-1-day-st-albans-tickets-337992032267>

<https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-champion-course-1-day-dacorum-tickets-444587752937>

<https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-champion-course-1-day-dacorum-tickets-444587752937>



## Mental Health First Aid 2 Day Training

# YOUTH MENTAL HEALTH FIRST AID TRAINING



**2 DAY FIRST AIDER COURSE  
SUITABLE FOR EVERYONE WHO  
TEACHES, WORKS, LIVES WITH OR  
CARES FOR 8 TO 18-YEAR-OLDS  
FULLY FUNDED  
09:30AM - 16:00PM**

### WHAT YOU WILL LEARN

- AN IN DEPTH UNDERSTANDING OF YOUNG PEOPLE'S MENTAL HEALTH AND FACTORS THAT AFFECT WELLBEING
- PRACTICAL SKILLS TO SPOT THE TRIGGERS AND SIGNS OF MENTAL HEALTH ISSUES
  - CONFIDENCE TO REASSURE AND SUPPORT A YOUNG PERSON IN DISTRESS
  - ENHANCED INTERPERSONAL SKILLS SUCH AS NON-JUDGEMENTAL LISTENING
- KNOWLEDGE TO HELP A YOUNG PERSON RECOVER THEIR HEALTH BY GUIDING THEM TO FURTHER SUPPORT
- WHETHER THAT'S THROUGH SELF-HELP SITES, THEIR PLACE OF LEARNING, THE NHS, OR A MIX
- ENGAGING WITH PARENTS, CARERS AND EXTERNAL AGENCIES WHERE APPROPRIATE
- ABILITY TO SUPPORT A YOUNG PERSON WITH A LONG TERM MENTAL HEALTH ISSUE OR DISABILITY TO THRIVE
- TOOLS TO LOOK AFTER YOUR OWN MENTAL WELLBEING

### COURSE STRUCTURE

SESSION 1: YOUTH MHFA, FACTS AND FIGURES.  
SESSION 2: DEPRESSION AND ANXIETY  
SESSION 3: SUICIDE AND PSYCHOSIS  
SESSION 4: SELF-HARM AND EATING  
DISORDERS

**For further information please contact:**

**[hweicbhv.schoolsmh@nhs.net](mailto:hweicbhv.schoolsmh@nhs.net)**

*Places are limited to two representatives per school*

Dates	Location	Booking Link	Parking
24th and 25th January 2023	Robertson House, Stevenage	<a href="#">Booking Link</a>	Parking available

<https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-2-day-course-24th-25th-jan-23-tickets-444031589437>



## SENCo Refresher Training

To reserve a place, please email [rona.foot@nhs.net](mailto:rona.foot@nhs.net) with your name, the name of your school and the date you wish to attend.  
**The final deadline for booking a place is Monday 30<sup>th</sup> January 2023.**



Hertfordshire Community  
NHS Trust

### SENCo Refresher Training

Children & Young People's Speech & Language Therapy Service



Innovative



Caring



Agile

#### This training session will allow you to:

- Understand the pathway for school aged children into and through the CYP Speech and Language Therapy (SaLT) service.
- Understand the service referral criteria and how to make appropriate and complete referrals.
- Know where to find information about the SaLT service and advice specific advice to support CYP with Speech Language and Communication Needs (SLCN).

#### Audience

This training is appropriate for all primary and secondary school SENCos in Hertfordshire. It is recommended that all SENCos new to the role or new to Hertfordshire attend, but it will also be useful for existing SENCos requiring a refresher or an update on new processes.

#### How will this training be delivered?

This training will be delivered virtually via Microsoft Teams. You will be sent a Teams link directly at least 7 days prior if you have reserved a place.

#### Dates & How to Book

SENcos can access this training on the following dates/times:

- Wednesday 8<sup>th</sup> February 2023 from 3-4pm with Rona Foot
- Thursday 9<sup>th</sup> February 2023 from 1-2pm with Anneka Wilson
- Thursday 23<sup>rd</sup> February 2023 from 9-10am with Jen Harries
- Monday 20<sup>th</sup> February 2023 from 3-4pm Anneka Wilson

To reserve a place, please email [rona.foot@nhs.net](mailto:rona.foot@nhs.net) with your name, the name of your school and the date you wish to attend. **The final deadline for booking a place is Monday 30<sup>th</sup> January 2023.**

#### Please note:

- For this training, any SENCo from across Hertfordshire can book onto any session, regardless of which DSPL they work in, however you may want to book with a local Education Lead if possible.
- **You only need to book onto one training session.**
- Places are limited and there will be a maximum of 15 attendees for each session.

For further information  
please contact:

Telephone:  
01923 470680 Option 3



[www.hct.nhs.uk](http://www.hct.nhs.uk)





## Speech and Language Therapy Service Training Offer

We are pleased to announce that as part of our new Speech and Language Therapy Service Training Offer, there are now a host of virtual training that mainstream early years, primary and secondary school staff are able to book on to for the Spring Term 2023 including:

- Understanding Developmental Language Disorder
- Making Language Visible
- Supporting Communication Skills for Bilingual Children & Young People
- Supporting Children & Young People who Stammer
- An Introduction to Selective Mutism
- Understanding Blanks Levels of Questioning

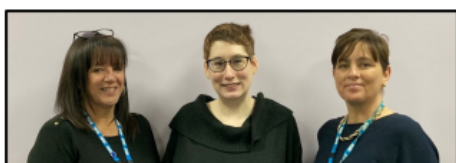
To find out more and to book your place, please see details in the 'Introducing the Training Team' flyer below. There is also more detailed information in the 'Introducing the Training Team' video which you can watch here on our website under the 'Training' section <https://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/>

Please note: There is a maximum of 30 attendees for each training session and a maximum of 2 members of teaching staff per education setting can book onto each course (although please contact the training team directly if you require further spaces)

## Children & Young Peoples Speech & Language Therapy Service



### The Training Team



The new Speech and Language Therapy Training Team consists of Laura Coyne, Speech and Language Therapist, and Lisa Murphy and Sharon Arnold, Therapy Assistant Practitioners

Please scan the QR code or click on the website link below to find out more information and to book on:

<https://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/>



### Virtual Training Sessions Spring Term 2023



Please note: a maximum of 30 people can attend each training session and a maximum of 2 members of teaching staff per education setting are able to book on to each training (but please do contact the team directly if further places are required)

[www.hct.nhs.uk](http://www.hct.nhs.uk)



### V-SEND Weekly Drop in sessions

We will hold weekly drop ins to support the implementation process, so please do attend if you have any questions, or if you simply need some advice to assistance to troubleshoot any issues.

These will take place **every Wednesday starting from 23<sup>rd</sup> November to 21<sup>st</sup> December** at 1:30pm and 4pm, lasting for half an hour. These are the links to the Teams links:

To join the 1:30pm drop in on your computer or mobile app:

[Click here to join the meeting](#)

Meeting ID: 379 579 223 477

Passcode: KWnApq

To join the 4:00pm drop in on your computer or mobile app

[Click here to join the meeting](#)

Meeting ID: 386 437 132 007

Passcode: nNeGqJ

### Hertfordshire CAMHS newsletter Edition 20 - November 2022

The latest Newsletter is available to view via: <https://herts-camhs.tfemagazine.co.uk/november-2022>



### Mental Health support for Herts Young People

For useful Communications guidance and materials to support young people with Mental Health, please visit: <https://www.justtalkherts.org/professionals/communications-guidance-and-materials.aspx#mentalhealth>



### Local High Needs Funding Panel dates 2022-23

The dates below are for the next two upcoming LHNFP panel for 2022-23 and application submission dates:

Day	Date	Time	Papers due
Thursday	26/01/2023	10:00	12/01/2023
Wednesday	22/02/2023	10:00	01/02/2023

**\*Please note\* There are no panels in December or April**

Please email password protected application forms to [dspl8lhnfpnl@kls.herts.sch.uk](mailto:dspl8lhnfpnl@kls.herts.sch.uk)





## DSPL8 Professionals Training Offer: Spring 2023

The Spring Term events are now available on Eventbrite for booking via:

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

## DSPL8 Professionals Training Offer 2022-23

Please find below the dates and times for training available to DSPL8 Professionals for 2022-23

### Spring 2023 Term

Autism Lead Network meeting	07.03.2023	13:00-14:30	Online
Primary School Mental Health and Wellbeing (pastoral) Leads network	01.03.2023	13:30-15:00	Online*
Secondary Emotional Wellbeing & Behaviour	02.02.2023	15:30-17:00	The Haven, DESC
Herts for Learning SEND Briefing	16.03.2023	09:00-13:00	Grovehill/Woodhall Farm Adventure Playground
SENCo Cluster Network: Hemel Hempstead 1	24.01.2023	13:15-14:45	Gade Community Room, Chaulden Junior School
SENCo Cluster Network: Hemel Hempstead 2	02.02.2023	09:15-10:45	Hobbs Hill Wood School
SENCo Cluster Network: Berkhamsted	25.01.2023	13:15-14:45	Thomas Coram CE School
SENCo Cluster Network: Tring	08.02.2023	13:00-14:30	Tring School
SENCo Cluster Network: Secondary	09.02.2023	09:15-10:45	Longdean school
Woodfield Outreach Training: Using Visual Supports	11.01.2023 & 18.01.2023	13:30-15:00 13:30-15:30	Virtual—Zoom/Teams Woodfield School
Understanding & Using Zones of Regulation	25.01.2023 & 01.02.2023	13:30-15:00 13:30-15:00	Virtual—Zoom/Teams Virtual—Zoom/Teams
Social Stories and how to write them	08.02.2023 & 22.02.2023	14:00-15:00 13:30-15:30	Virtual—Zoom/Teams Woodfield School
Great skills for Teaching & Learning Assistants	01.03.2023	13:30-15:30	Woodfield School
Supporting Anxious CYP	8&15.03.2023	14:00-15:00	Virtual—Zoom/Teams
Positive Behaviour Support for TA's	22.03.2023	13:30-15:30	Woodfield School
Supporting Independent Learning—Primary SEND	29.03.2023	13:30-15:30	Woodfield School

#### Autism Lead Network Meeting

Autism Lead Forums are sessions for those with autism lead responsibility to hear the latest developments and practice for autistic young people. There is also an opportunity for networking and sharing good practice between schools. **Book via Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**

#### Primary School Mental Health and Wellbeing (pastoral) Leads network

Mental Health Lead Forums are sessions for those with mental health lead/deputy responsibility to hear latest developments, training and support for those working to improve and support well-being in schools for adults and young people. **\*You do not need to book on Eventbrite, as a Microsoft teams link will follow from Public Health.**

#### Secondary Emotional Wellbeing & Behaviour Forum (pastoral) Leads network

The Emotional Wellbeing & Behaviour Forum provides an opportunity for Secondary Pastoral Leads to hear the latest initiatives and developments. Whilst providing an opportunity for networking and sharing of good practice. **Book via Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**

#### Herts for Learning SEND Briefing

SEND Briefings are designed for all SENCO's to ensure you are up to date with local and national SEND practice. With an hour for a specialist presentation on a SEND related topic and hour and half for Herts for Learning presentation on local/national updates. Slides of presentations are available after the event to those that have attended/registered. In non covid times we also ensure there is time for networking and catch up over coffee and cake.

**Book via Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**

#### SENCo Network Cluster Meetings

SENCO network meetings are an opportunity for SENCO's to share good practice ideas, problem solve together and spend some time with others. From time to time speakers can be arranged and there is an opportunity for issues raised to be highlighted within the DSPL in order to highlight need or seek resolution to common challenges. See the last page for a list of schools in each SENCo Network Cluster. **Book via Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

Email - [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

Instagram - [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)



Website: [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



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



Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

**ISL SEND Duty and SEND Advice Lines**

**Statutory SEND Team (for queries about your EHCP)**

This academic year our SEND Duty lines will be available:

9am - 5.30pm Monday - Wednesday, and 9am – 4:30pm Fridays.

East Herts, Broxbourne Welwyn and Hatfield - 01992 588562

[easthertsbroxbourne.senteam@hertfordshire.gov.uk](mailto:easthertsbroxbourne.senteam@hertfordshire.gov.uk)

North Herts and Stevenage - 01438 843758

[northhertsstevenage.senteam@hertfordshire.gov.uk](mailto:northhertsstevenage.senteam@hertfordshire.gov.uk)

St Albans and Dacorum - 01442 453 300

[stadsendteam@hertfordshire.gov.uk](mailto:stadsendteam@hertfordshire.gov.uk)

Watford, Three Rivers and Hertsmere - 01442 454012

[watfordthreerivers.senteam@hertfordshire.gov.uk](mailto:watfordthreerivers.senteam@hertfordshire.gov.uk)

**Specialist advice lines**

Educational psychology advice line

01992 588 574 Wednesdays 2pm - 4.30pm

Specific Learning Difficulties (SpLD)

01442 453 920 (term time only) Thurs, 9.30am - 12pm

Speech, Language, Communication and autism Needs (SLCA)

01442 453 920 (term time only) Tues and Weds, 1.30pm - 4pm

Early years (0 - 5)

01442 453 920 (term time only) Weds 9am - 12pm and Thurs 1.30pm - 4pm

Physical and neurological impairment team (PNI)

01442 453 920 (term time only) Mondays, 1.30pm - 4pm

West team Attendance Duty

01442 454 778 Monday –Friday 9:30am-4pm

Education Support for Medical Absence (ESMA)

01442 454 802 (school hours, term time only)

[esmaenquiries@hertfordshire.gov.uk](mailto:esmaenquiries@hertfordshire.gov.uk)

Children and young people's therapy services

(Advice from occupational therapists, physiotherapists and speech and language therapists)

01923 470680 – select Option 3 for the therapy service. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2).

Or email [hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net).

