

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

Christmas Craft in the Hub with Potential Kids

Lots of Christmas activities for our children and young people at our Hub (the galleria - Hatfield). Christmas music, decorations, stuff toys making, decorate biscuits, games, arts & crafts and more..!

BOOKINGS: <https://potentialkids.org.uk/activities/>



The flyer is titled "CHRISTMAS CRAFTS IN THE HUB" in large, colorful letters. It features a candy cane on the left and the "POTENTIAL KIDS" logo on the right. The schedule is as follows:

- TUESDAY 20th (teens)**
1 - 2:30 & 2:30 - 4
Aged 12+
- THURSDAY 22nd**
11 - 12:30 & 1 - 2:30
Aged 5-12 yrs

Below the schedule, it says: "Christmas music & decorations, soft toys making (gingerbread person), games, arts & crafts decorating biscuits, and lots more...!"

At the bottom left, it says: "** MEETING OUTSIDE M&S TO GO TO THE HUB **" and "THE GALLERIA COMET WAY, HATFIELD AL10 0XR".

The bottom of the flyer features the "the galleria OUTLET SHOPPING" logo, a mug with a snowflake, a gingerbread man, and a small Christmas tree. On the right, there is a photo of a decorated Christmas tree in a pot.

The Annual SPACE Christmas Quiz



Places are limited and our quizzes are always popular - book your family's place by clicking on the link below.

https://www.eventbrite.co.uk/e/christmas-quiz-tickets-486811114147?fbclid=IwAR3_8DGd24n4sYA1tDc-k2TGfPNh-WODwYzW8CnltfuHxe50e10a0rvh1P8M

Christmas Show - 'The Snowsmith' ADDITIONAL TICKETS NOW AVAILABLE



Date: Wednesday 28th December 2022,
Time: 11am - 12pm
Cost: £9.50 per person (plus Eventbrite booking fee)
Venue: The Drill Hall, 17 Amwell End, Ware, SG12 9HP

SPACE Hertfordshire are delighted to be able to work with Hertford Theatre and bring this years Christmas show, 'The Snowsmith', to our families. This relaxed performance will last approximately 55 minutes.

Suitable for all, though the target range is primary age. Based on previous demand we expect these tickets to go quickly. Please use the Eventbrite link below to book your place:

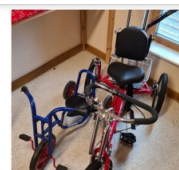
<https://space-snowsmith.eventbrite.co.uk>

****Please note - children remain the responsibility of their parents/carers at all times. This is not a SPACE Exclusive event and there will SEND families at the event who have not booked through SPACE. This event is being run by Hertford Theatre who have kindly allowed us to make a block booking so we can offer subsidised tickets to our families****



SPACE Hertfordshire Lending SPACE Community Hub

[Spaceherts.org.uk/lending-SPACE](https://spaceherts.org.uk/lending-SPACE)



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 19, The Maltings Business Centre, Roydon Road,
Stanstead Abbots, SG12 8HG

Mon, Wed and Sat - 9.30am - 12.30pm

lendingspace@spaceherts.org.uk

01920 452 270

spaceherts.org.uk/lending-SPACE



BeeZee Families Courses

What is BeeZee Families?

A free healthy lifestyle programme for families with children aged 5-15 years who are above the ideal weight for their age. Families will learn about healthy eating, fun physical activity, cooking sessions, top tips for healthy lifestyle, and how to make healthy habits for life!

Our next round of programmes starts soon:

| Monday | Tuesday | Wednesday | Thursday |
|---|--|---|--|
| BOREHAMWOOD Allum Hall WD6 3PJ 17:00 – 19:00 | STEVENAGE Barnwell Middle School SG2 9XT 17:30 – 19:00 | HODDESDON St. Cuthbert's Church EN11 0PU 17:30 – 19:30 | HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 – 19:30 |
| WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 – 19:00 | WATFORD St Meryl Primary WD19 5BT 17:00 – 19:00 | WALTHAM CROSS Hurst Drive Primary EN8 8DU 17:30 – 19:30 | LETCHEWORTH Jackmans Community Centre SG6 2NL 17:30 – 19:30 |

**12 week BeeZee Families courses starting in
Hertfordshire from January 16th**

www.beezeebodies.com



Website: www.dacorumdspl.org.uk



Email: dspl@kls.herts.sch.uk



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



Facebook: www.facebook.com/dspldacorum



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

Mental Health Support for Hertfordshire's Children and Young People



If your child or teenager is feeling low, anxious, or generally struggling, there are lots of services available to help them all year round. Please always encourage them to talk and ask for help if they need it.

The services listed on Just Talk's webpage are all free and don't need a professional referral, so they can be contacted directly by young people and/or their parents/carers. Services listed include Hertfordshire's new With YOUth Digital Wellbeing Service for ages 5-18, parents and carers and many more, so please take a look: www.hertfordshire.gov.uk/mentalhealthsupportforhertsyounpeople

Hertfordshire CAMHS Newsletter

View the full newsletter via: <https://herts-camhs.tfemagazine.co.uk/november-2022/events/parents/carers>

November 2022

Search Go Aa Aa Aa

Hertfordshire CAMHS system newsletter

Bringing mental health and emotional wellbeing news and information to professionals working with Hertfordshire's children, young people and their parents and carers.

HOME NEWS & INFORMATION CAMHS REDESIGN UNDERSTANDING CAMHS ASK THE CAMHS SYSTEM SERVICE DIRECTORY EVENTS SUBSCRIBE

Parents/Carers

Managing Worry Webinars for ages 16+

HPFT's Wellbeing (IAPT) Service has updated their 'Managing Worry' webinar. The Service has also developed a brand new short '[Managing Worry animation video](#)'. This video identifies different types of worry and briefly explores what may be maintaining the vicious cycle of worry.

Please help to spread the word and/or join a 'Managing worry' webinar in November, December, January or February.

Find out more and [register here](#).

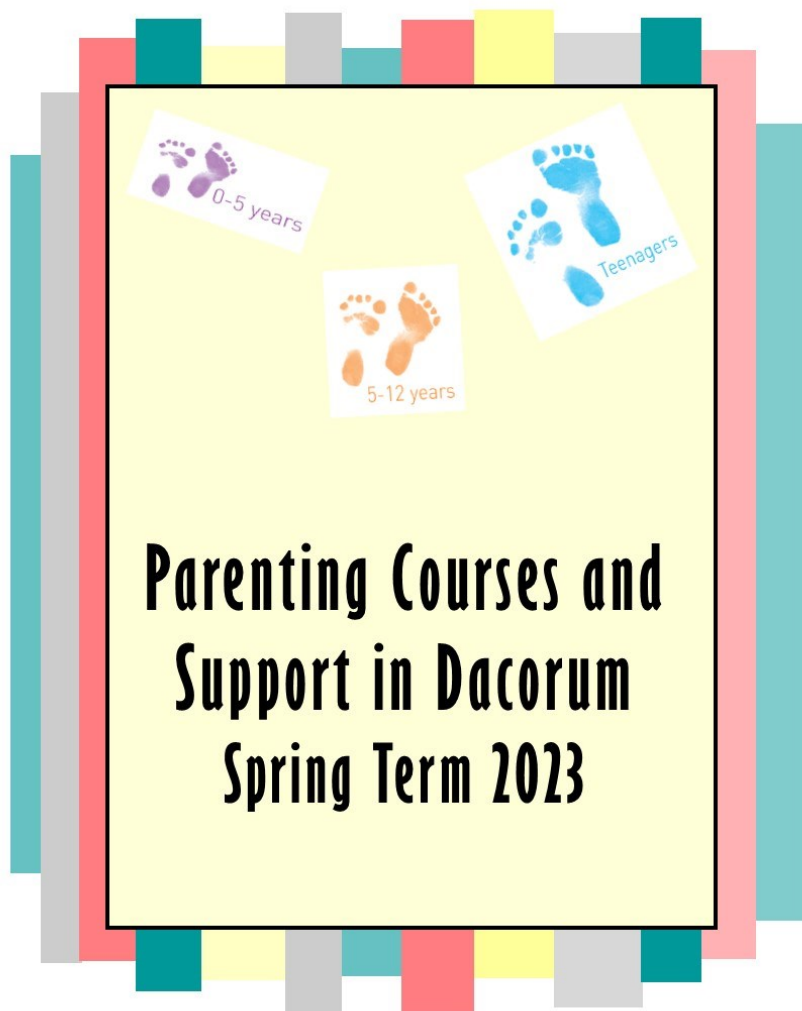
More in this section

[Professionals](#)

[Young People](#)



Parenting Courses and Support in Dacorum Spring Term 2023



FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting Course Brochure via:

<https://dacorumspl.org.uk/wp-content/uploads/2022/12/Dacorum-Parenting-Course-Brochure-Spring-2023.pdf>

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>

