

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>







Parenting Courses and Support in Dacorum Summer Term 2023

FREE courses open to parents in Dacorum

This leaflet last amended 23.03.2023 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.

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Courses & Workshops

DSPL Dacorum



Navigating Transitions



A four-session online course for parents

Fully funded by DSPL8 for parents in Dacorum

Children and young people will face many transitions throughout their lives. Change and uncertainty is something we can help children learn to navigate.

How do we support children to deal well with times of change?

Whether the move is from primary to secondary, to a new school or setting, or to a new teacher or class. It can be an anxious time for parents.

Join Bounce Forward for a series of four 60-minute sessions to explore how to support children and young people to face transitions with mental resilience and receive downloadable activities to use at home to encourage a growth mindset.

Starting 13th June at 8PM

[Find out more →](#)

Knowing how best to manage your own emotions, worries and actions is vital for supporting children in the best way possible.

Booking link:

<https://bounceforward.com/our-courses/navigating-transitions-dacorum/>

Courses & Workshops

DSPL Dacorum



Emotional Based School Avoidance (EBSA) Coffee Morning for Mums, Dads & Carers

Tuesday 23rd May 2023

10.30am- 12pm

Location- Hobbs Hill Wood Primary School
Peascroft Road, Hemel Hempstead
HP3 8ER

- Does your child's school avoidance affect you as a Parent/ Carer?
- Would you like a safe space to share your experiences with others?

Jo and Sahira our SEND School Family Workers will be hosting an informal coffee morning for you to share experiences and support each other.



Booking Link - <https://esbcoffee230523.eventbrite.co.uk>

Fully funded by DSPL8 for Dacorum families



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 07538 232069.

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: 07538 232069

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	26.04.2023	10:00 - 11:30
Tuesday	16.05.2023	10:00 - 11:30
Thursday	08.06.2023	19:00—20:30
Wednesday	05.07.2023	10:00 - 11:30

Eventbrite bookings will open monthly in the month prior to the consultations.

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



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

Dacorum

www.dacorumdspl.org.uk

DSPL8

Delivering Special
Provision Locally

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

Online Courses & Workshops

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



Parenting 1:1 Advice Sessions

April - July 2023

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 or email: christie.gadesfs@kls.herts.sch.uk

Autism Support – 1:1 Advice Sessions

Date: Wednesday 3rd May 2023

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. This will be advice related to school/education.

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

Housing 1:1 Advice Sessions (via telephone)

Date: Thursday 11th May 2023

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 7th June 2023

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

What's it about? Vicky Collins, 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. This will be advice related to school/education.

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

Housing 1:1 Advice Sessions (via telephone)

Date: Tuesday 13th June 2023

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 July 2023

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

What's it about? Vicky Collins, 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. This will be advice related to school/education.

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: Wednesday 19th July 2023

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.



Courses & Workshops

Dacorum

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) @CAPuk

Registered Office: 2nd Floor, 100, High Street, London, SE1 1DF. Registered Charity No: 1207117.
Charity registered in Scotland No: SC038770. Company limited by guarantee. Registered in England and Wales No: 065575.



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**

Courses & Workshops

Dacorum

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



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.

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, *Brockswood, 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 MS Teams

Lite Bite	Date	Time
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:
jnethercoat@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

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 Involvement**
www.hertsparentcarers.org.uk

Online Courses & Workshops

Dacorum



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

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



SEND Surgery Dates for 2022-23

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, Brockwood, 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 School, Yewtree



Online Courses & Workshops

Dacorum



Evidence based, award winning courses facilitated by Francine and Lesley. Top scoring organisation for Hertfordshire Targeted Parenting Fund SEND courses

Course	Starting April 2023	Bookings open from:	Booking info
Complete guide to parenting children with SEND aged 2-11 years	Tuesday mornings 9.30-11.30am April 18 th 25 th May 2 nd 9 th 16 th 23 rd June 6 th 13 th 20 th 27 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 
FIF L1 D1			
Complete guide to parenting children with SEND-aged 2-11years	Tuesday evenings 6.30-8.30pm April 18 th 25 th May 2 nd 9 th 16 th 23 rd June 6 th 13 th 20 th 27 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 
FIF L1 D6			

Handling anger of children aged 4-11 with ASD or ADHD (no diagnosis needed)	Wednesday mornings 9.30-11.30am April 19 th 26 th May 3 rd 10 th 17 th 24 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 
FIF ADHD D3			
Handling anger of children aged 4-11 with ASD or ADHD (no diagnosis needed)	Wednesday evenings 6.30-8.30pm April 19 th 26 th May 3 rd 10 th 17 th 24 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 
FIF ADHD E5			

Online Courses & Workshops

Dacorum

Summer Term Groups



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their child reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Bringing Up Confident ADHD/ASD Children

6-week group, Tuesday 18 April to 23 May 2023, 7.00pm – 9.00pm via MS Teams

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school. Our programme covers:

- ADHD/ ASD - a whole-family issue
- Understanding your child's behaviour
- Helping your child manage their feelings and outbursts.
- Balancing support of siblings
- Learning about structure and routines.
- Supporting your child at school

Sorting Out Arguments in your Family

6-week group, Thursday 18 May to 29 June 2023, 7.00pm – 9.00pm via MS Teams

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family. Our programme covers:

- How parents and children can be affected by conflict
- Strategies in handling and resolving conflict and anger.
- Parents role when there is sibling rivalry and jealousy, fostering cooperation rather than competition.
- Effective communication, implementing boundaries and how to negotiate

Less Shouting, More Cooperation

6-week group, Wednesday 7 June to 12 July 2023, 9.30am – 11.30am via MS Teams

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better, and feel more in control. Our programme covers:

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour.
- How to negotiate and implement effective boundaries and family agreements.
- How to hold boundaries and gain co-operation

Getting on with Your Pre Teen/Teenager

6-week group, Thursday 8 June to 13 July 2023, 7.00pm – 9.00pm via MS Teams

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? Maybe you have an FFA/CIN/CP in place and need more support. Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise. Our programme covers:

- Learn tools to help teenagers manage difficult emotions and become more emotionally resilient.
- How to change parenting styles to meet the developmental needs of your teenager & remain effective
- How to talk to teens so they will talk to you and build strong relationships
- How to set effective boundaries to stop problem behaviour

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



Autism | ADHD
Neurodiverse Conditions

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



Online Courses & Workshops

Dacorum



Evidence based, award winning courses facilitated by Francine and Lesley. Top scoring organisation for Hertfordshire Targeted Parenting Fund SEND courses

Handling anger in your family
Neurotypical children aged child 4-11

Thursday mornings
9.30-11.30am
April 20th 27th
May 4th 11th 18th 25th

Bookings open from March 1st

Booking essential

Bookings@familiesinfofocus.co.uk email
with name and date & time of the
course requesting booking details

FIF L2 D4



www.familiesinfofocus.co.uk

bookings@familiesinfofocus.co.uk



Are you a parent of children or young people with special education needs or disabilities (SEND) living in Hertfordshire and fancy meeting up online with others living in families similar to yours?

Then why not pop along to 'Let's pop the kettle on' Parent Network community on Wednesday mornings between 9.30am and 11.30am, during school term time.

It's run by Sharon and Vicky, parents of young people with SEND and experienced and accredited facilitators and has been funded by the Lottery for parents just like you.

Simply join Families in Focus FB community
(<https://www.facebook.com/groups/184975381651870/>)
to get the zoom log in details, click on the link (It's the same every week), and hey presto you're in!



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

Families In Focus CIC
LOOKING FORWARD TOGETHER

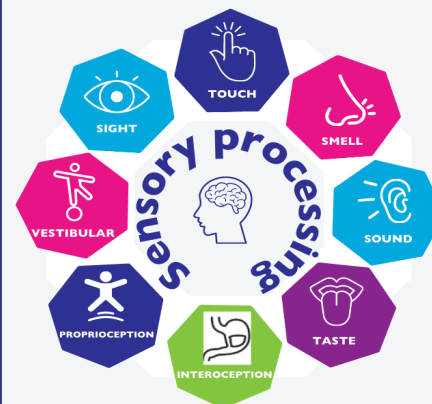
Online Courses & Workshops

Dacorum

Talking Sensory: Signs, Signals and Solutions

2 Week Online Course

Thursdays 27th April and 4th May, 19:00-21:00



- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources



spaceherts.eventbrite.co.uk

Talking Sensory: Signs, Signals and Solutions

2 Week In Person Course, Watford

Friday 23rd June and 30th May, 12:30-14:30



- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources



spaceherts.eventbrite.co.uk

Online Courses & Workshops

Dacorum

Sleep Tight 3 week online course

Wednesdays 28 June - 12th July, 10:00-12:00

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



spaceherts.eventbrite.co.uk



Parenting ADHD Skills 3 week online course

Tuesdays 25th April - 9th May, 10:00-12:00

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



spaceherts.eventbrite.co.uk



Online Courses & Workshops

Dacorum

Parent & Carer Support TALKING ASD & ADHD Workshops Summer Term 2023



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



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.

Monday 19th June

7.30 - 9.30pm

Workshop 587 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-587-for-parentscarers-in-herts-registration-567952730907>



SIBLING STRUGGLES

- What to do if your children are fighting or arguing
- How to deal with jealousy
- Recognising the pressures & worries on siblings of a child with ASD/ADHD
- Helping your children develop a network of support
- Helping your children to communicate with each other without conflict
- Managing your own difficult feelings and helping your children to manage theirs
- Where to access further help and support

Monday 22nd May

9.30-11.30am

Workshop 585 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-585-registration-565201231097>

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.

info@supportinglinks.co.uk www.supportinglinks.co.uk

Workshops are open to parents and carers living in Hertfordshire



Parent & Carer Courses Summer Term 2023



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.



Thursdays 9.45 - 11.15am

20th Apr - 25th May **Online Course 577**

Thursdays 8 - 9.30pm

20th Apr - 25th May **Online Course 579**

Tuesdays 8.00 - 9.30pm

6th Jun - 11th Jul **Online Course 580**

Wednesdays 9.45-11.15am

7th Jun - 12th Jul **Online Course 578**

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

19th Apr - 24th May **Online Course 581**

Wednesdays 7.00-9.00pm

7th Jun - 12th Jul

FACE - TO - FACE COURSE

Welwyn Course 582
Ridgeway Academy

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



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

Online Courses & Workshops

Dacorum



SUMMER TERM 2023 FREE ONLINE WORKSHOPS



Tuesday 18th April	18:30-20:00	Anger and Conflict
Wednesday 19th April	10:00-12:00	Anxiety and SEND
Thursday 20th April	10:00-11:30	Autistic Girls
Friday 21st April	10:00-12:00	Navigating the SEND World: Post 16
Monday 24th April	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Wednesday 26th April	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Friday 28th April	10:00-12:00	PDA, ODD and ADHD
Tuesday 2nd May	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Wednesday 3rd May	10:00-11:00	Understanding Autism
Thursday 4th May	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 5th May	10:00-12:00	Sleep Workshop
Tuesday 9th May	18:30-20:00	Tourettes
Wednesday 10th May	10:00-12:00	Navigating the SEND World: 0-16
Thursday 11th May	10:00-11:30	Understanding Specific Literacy Difficulties including Dyslexia
Friday 12th May	10:00-12:00	Anxiety and SEND
Tuesday 16th May	10:00-12:00	EHCPs: New Applications
Monday 22nd May	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 22nd May	19:00-21:00	ADHD in Girls and Women
Tuesday 23rd May	19:00-21:00	Sensory Signs, Signals and Solutions Workshop
Wednesday 24th May	10:00-11:00	Understanding ADHD
Friday 26th May	10:00-12:00	Navigating the SEND World: Post 16
HALF TERM		
Tuesday 6th June	19:00-21:00	Navigating the SEND World: 0-16
Wednesday 7th June	10:00-11:30	Tourettes
Thursday 8th June	10:00-11:30	Anger and Conflict
Friday 9th June	10:00-12:00	PDA, ODD and ADHD
Monday 12th June	19:00-20:30	EHCPs: Annual Reviews
Tuesday 13th June	19:00-20:00	Understanding Autism
Wednesday 14th June	10:00-12:00	Anxiety and SEND
Friday 16th June	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Tuesday 20th June	18:30-20:00	Understanding Specific Literacy Difficulties including Dyslexia
Wednesday 21st June	10:00-12:00	No Two Brains Are the Same. What is Neurodiversity?
Thursday 22nd June	10:00-12:00	ADHD in Girls and Women
Friday 23rd June	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Tuesday 27th June	19:00-21:00	Sleep Workshop
Thursday 29th June	10:00-11:30	Understanding and Supporting Executive Functioning Difficulties
Friday 30th June	10:00-12:00	Navigating the SEND World: Post 16
Monday 3rd July	18:30-20:00	Understanding and Supporting Emotional Regulation
Tuesday 4th July	19:00-20:00	Understanding ADHD
Thursday 6th July	18:30-20:00	Autistic Girls
Friday 7th July	10:00-12:00	EHCPs: From Submission to Finalisation
Monday 10th July	10:00-12:00	Navigating the SEND World: 0-16
Thursday 13th July	19:00-21:00	Puberty and Neurodiversity
Friday 14th July	10:00-12:00	Anxiety and SEND
Monday 17th July	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Wednesday 19th July	10:00-12:00	Sensory Signs, Signals and Solutions Workshop

spaceherts.eventbrite.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.

Tuesdays 7.45-9.15pm
18th Apr – 23rd May
Online Course 583

Wednesdays 7.45-9.15pm
7th Jun – 12th Jul
Online Course 584

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.

Tuesdays 8.00-9.30pm
18th Apr – 23rd May
Online Course 576

Tuesdays 9.45 – 11.15am
6th Jun – 11th Jul
Online Course 575

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

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



Online Courses & Workshops

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Parenting Support



PARENTING PUZZLE

Thursday 27th April - 6th July 2023, 09:45 – 11:45 (not 1st June)
Bennetts End Community Centre, Hemel Hempstead, HP3 9LZ
FREE 10 Week Course / Creche available

SESSION DETAILS

This course will enable you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their behaviour. **For parents/carers with children aged 3-11 years.**

HOW TO BOOK

Speak to a team member

MORE INFORMATION

hertsfamilycentres.org
Call us on 0300 123 7572



Online Courses & Workshops

Dacorum



Autism | ADHD
Neurodiverse Conditions

Community Events and Activities for Neurodiverse Children and Young People

FIND OUT MORE AND BOOK HERE:



spaceherts.eventbrite.co.uk

Building confidence
Making friends
Developing skills
Promoting self-esteem
Having FUN
Being themselves






Exclusive and Inclusive.

SPACE is also an SBLO (Short Break Local Offer) provider.
www.spaceherts.org.uk

Online Courses & Workshops

Dacorum

FREE ONLINE SUMMER 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time
Diagnosing ADHD and/or Autism	Parents/carers	Tue	25.4.23	10:00 - 11:30
Understanding ADHD	Parents/carers	Wed	26.4.23	19:00 - 20:30
Understanding PDA	Parents/carers	Tue	2.5.23	10:00 - 11:30
Understanding ADHD in Girls	Parents/carers	Wed	3.5.23	10:00 - 11:30
Support for Dads	Parents/carers	Mon	8.5.23	19:00 - 20:30
Understanding Autism	Parents/carers	Wed	10.5.23	19:00 - 20:30
Understanding Challenging Behaviour	Parents/carers	Tue	16.5.23	10:00 - 11:30
Tips & Tools to Manage Anger	Parents/carers	Wed	17.5.23	10:00 - 11:30
Tips & Tools to Manage Everyday Change	Parents/carers	Tue	23.5.23	10:00 - 11:30

Half Term

Supporting Transition into Primary School	Parents/carers	Tue	6.6.23	10:00 - 11:30
Supporting Transition into Secondary School	Parents/carers	Wed	7.6.23	19:00 - 20:30
Understanding Sensory Differences	Parents/carers	Tue	13.6.23	10:00 - 11:30
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	14.6.23	10:00 - 11:30
Supporting Siblings	Parents/carers	Tue	20.6.23	10:00 - 11:30
Understanding Neurodiverse Teens	Parents/carers	Wed	21.6.23	19:00 - 20:30
Tips & Tools to Support Puberty	Parents/carers	Thu	22.6.23	10:00 - 11:30
Understanding Anxiety	Parents/carers	Tue	27.6.23	10:00 - 11:30
Tips & Tools to Manage Anxiety	Parents/carers	Wed	28.6.23	10:00 - 11:30

Communication Workshop	Audience	Day	Date	Time
Communicating with your child when talking is too much	Parents/Carers	Wed	19.4.23	10:00 - 11:30
Communicating with your child when talking is too much	Parents/Carers	Wed	14.6.23	10:00 - 11:30

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing. I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

HCC Funded Workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

Communication Workshop - the 2nd half of this workshop will be recorded and sent to all those that ATTEND on the day.

01727 833963 | 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

Online Courses & Workshops

Dacorum



Parenting Support

FAMILY TOOLKIT

Grovehill Community Centre, Hemel Hempstead, HP2 6BJ
Tuesdays 6th - 27th June 2023 (9:30 - 11:30)

SESSION DETAILS

FREE 4 week course, do you have a child aged two to five years old? This is a great course to learn some new ideas about how to manage your child's behaviour and get the best out of family life.

Creche available

HOW TO BOOK

Ring us on 0300 123 7572

MORE INFORMATION

hertsfamilycentres.org
Call us on 0300 123 7572










Online Courses & Workshops

Dacorum



Wellbeing FOR YOU

ABOUT ME WORKSHOPS

Thursday (19:00 - 20:30) via Zoom
Book via Eventbrite www.eventbrite.co.uk/o/inspireall-hertfordshire-33161791911

Free workshops run by Trainingly, designed to increase and build emotional resilience and wellbeing.

04/05/2023 Mindfulness

11/05/2023 Self Care

18/05/2023 Positive Affirmations

25/05/2023 Healthy Relationships

Are you interested?

If you have a child under 5 and would like to find out more scan the QR code to complete our form or call the number below and we'll get in touch.



www.hertsfamilycentres.org

0300 123 7572

Online Courses & Workshops

Dacorum



ADD-vance
The ADHD and Autism Trust

Hertfordshire

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 Primary Aged Children Support Group
Tuesday 18/04/23 - 1-2 pm

General Secondary Aged Children Support Group
Tuesday 25/04/23 - 7.30 - 8.30 pm

Parents of 16-24 yr olds Support Group
Tuesday 02/05/23 - 7.30-8.30 pm

School Anxiety Support Group
Tuesday 9/05/23 - 1-2 pm

PDA Support Group
Tuesday 16/05/23 - 1-2 pm

General Primary Aged Children Support Group
Tuesday 23/05/23 - 7.30 - 8.30 pm

ALL ONLINE VIA ZOOM


01727 833963 | herts@add-vance.org | <http://www.add-vance.org/>

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

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

Online Courses & Workshops

Dacorum


UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS

ABOUT THE COURSE	TIME AND PLACE
This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism	Thursdays 20th April to 25th May 2023 9.30 - 11.30 am ONLINE VIA ZOOM

01727 833963 herts@add-vance.org <http://www.add-vance.org/>

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

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

Online Courses & Workshops

Dacorum



Wellbeing
FOR YOU

ABOUT ME

Every Wednesday from 7th June - 12th July 2023 (not on 21st Jun)
(19:00 - 20:30) via Zoom

A free 5 week course run by Trainingly, designed to increase and build emotional resilience and well being. Helps you to recognise your triggers, gain positive coping strategies when things go wrong.

Are you interested?

If you have a child under 5 and would like to find out more scan the QR code to complete our form or call the number below and we'll get in touch.



www.hertsfamilycentres.org

0300 123 7572

Online Courses & Workshops

Dacorum



**Wellbeing
FOR YOU**

SUPPORTING CHILDREN'S EMOTIONAL WELLBEING

Tuesday 16th May 2023 10:00 - 11:30
Via Zoom

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

Are you interested?

Booking via Eventbrite just click on the link below
<https://www.eventbrite.co.uk/e/supporting-childrens-emotional-wellbeing-16052023-1000-1130-tickets-591148911307?aff=ebdsoporgprofile>





www.hertsfamilycentres.org

0300 123 7572



Online Courses & Workshops

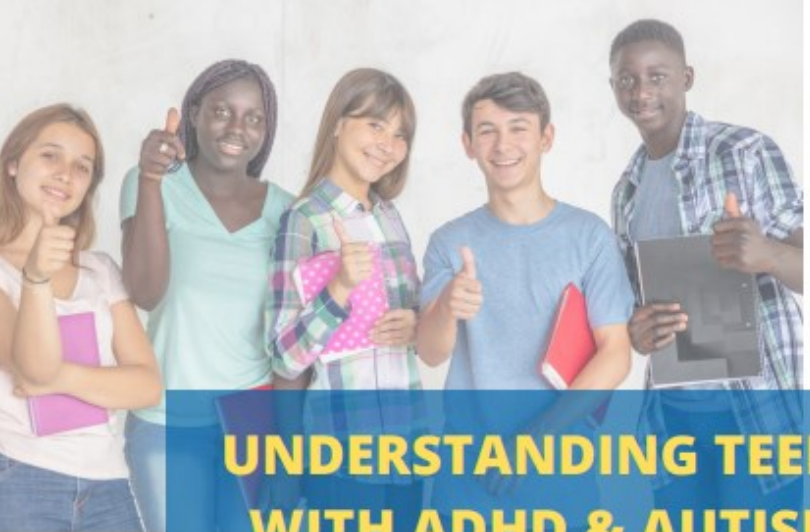
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ADD-vance
The ADHD and Autism Trust



UNDERSTANDING TEENS WITH ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENT/CARERS OF TEENS

ABOUT THE COURSE

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.

TIME AND PLACE

Tuesdays
18th April to 23rd May 2023
7 - 9 pm
ONLINE VIA ZOOM

01727 833963

herts@add-vance.org


<http://www.add-vance.org/>

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

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

Online Courses & Workshops

Dacorum

UNDERSTANDING ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE	TIME AND PLACE
<p>This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).</p> <p>ALL SESSIONS MUST BE ATTENDED</p>	<p>Tuesdays 18th April to 23rd May 10 am - 12pm Walsworth Community Centre, 88 Woolgrove Road, Hitchin, SG4 0AU</p> <p>Understanding ADHD & Autism For Dads Wednesdays 19th April to 24th May 7 - 9 pm ONLINE Via Zoom</p>

☎ 01727 833963 ✉ herts@add-vance.org 🌐 <http://www.add-vance.org/>

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

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

Online Courses & Workshops

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SUPPORTING CHILDREN'S EMOTIONAL WELLBEING

Thursday 6th July 2023 19:00 - 20:30
Via Zoom

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make a sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life.

Are you interested?

Booking via Eventbrite just click on the link below
<https://www.eventbrite.co.uk/e/supporting-childrens-emotional-wellbeing-06072023-1900-2030-tickets-591163103757?aff=ebdsoporgprofile>






www.hertsfamilycentres.org

☎ 0300 123 7572

Online Courses & Workshops

Dacorum



 Skills
FOR YOU

FIRST AID £25 per person
Windmill Family Centre, Hemel Hempstead, HP2 4DW
Saturday 29th April 2023, 10:00 - 12:00

A 2 hour introduction to First Aid. This session will focus on baby and child resuscitation, treating head injuries, choking and burns. Parents to be are welcome too. Led by an experienced First Aid Trainer. Social distancing rules will apply.

How to book:

Book online at <https://linktr.ee/HertsmereFCS>

Online Courses & Workshops

Dacorum



 Skills
FOR YOU

FIRST AID £25 per person
Little Hands & Little Feet, Family Centre, HP4 3PE
Thursday 8th June 2023, 19:00 - 21:00

A 2 hour introduction to First Aid. This session will focus on baby and child resuscitation, treating head injuries, choking and burns. Parents to be are welcome too. Led by an experienced First Aid Trainer. Social distancing rules will apply.

How to book:

Book online at <https://linktr.ee/DacorumFCS>