### Dear Parent/Carers,

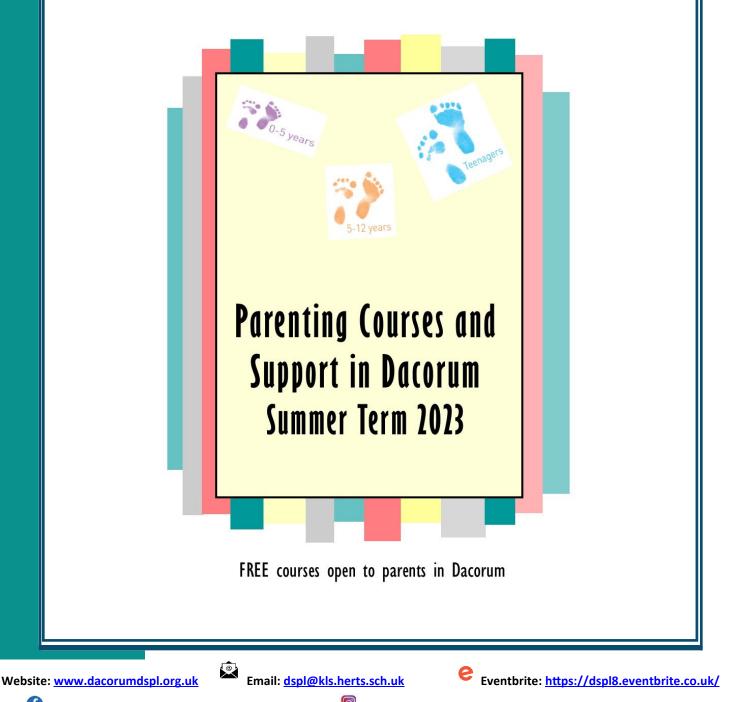
Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

Kind Regards, DSPL 8 Team

### Dacorum Parenting Brochure - Summer 2023 Term

The Summer 2023 Term Dacorum Parenting Brochure contains parenting courses, workshops and support available from local providers in Dacorum. The brochure can be viewed or download from our website via:

https://dacorumdspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf



Parent Support Group at Woodfield School coffee shop Parent Support Group **Every Wednesday** 9.00am - 12 (Term time only) @ Woodfield Coffee Shop Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL Contact: Gemma, Tuff@woodfield, herts, sch.uk Or: Lauren, Lettis@woodfield, herts, sch.uk 01442 253476 Would you like to chat, Come and join other parents/carers and rant, or just let off share stories, advice steam over a cup? and a few laughs! Whether your child is at mainstream school or a special school, Diagnosed or undiagnosed, you are welcome to come along and meet Other parents, talk to professionals, or simply drop in for a coffee and Meet new friends who also have a child with special educational needs. ALL WELCOME - JUST COME ALONG Free tea, coffee and biscuits! Fancy something a bit more special? Our coffee shop accepts card payments or cash. Email: <u>dspl@kls.herts.sch.uk</u>

Facebook: www.facebook.com/dspldacorum

Website: www.dacorumdspl.org.uk

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

### **SEND Parent Café Dacorum**



# **MEET OUR SEND CHAMPIONS**

These Parent Cafes provide extra help and advice around supporting children's additional needs. Meet our friendly staff in a relaxed environment for refreshments and a chat. Find out what's on offer to you at the Family Centre Service and how we can help signpost you to get further help or support. This is a drop-in session, however if you want to let us know you are coming, please give us a call. If you're not able to attend but would like some support, please get in touch.

Thursday 27th April (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
11th May & 25th May (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
8th June & 22nd June (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
6th & 20th July, (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX



Hertfordshire

www.hertsfamilycentres.org © 0300 123 7572

Website: <u>www.dacorumdspl.org.uk</u>

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Facebook: www.facebook.com/dspldacorum

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DSPL8

### **Potential Kids April 2023 Events**

Bookings: https://potentialkids.org.uk/activities/

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www.potentialkids.org.uk/activities

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Date		Sessions	Time	Location	
2nd	Sun	Minecraft On Site & On Line	13.00-15.00	PK Hub	<b>OCN</b>
3rd	Mon	Easter Crafts & Egg Hunt	10.00-12.00 13.00-15.00	PK Garden	
5th	Wed	Easter Soft Play at FUNZONE	19:00-21:00	Birchwood Leisure Center	
6th	Thu	Easter Fun Rings	14.00-15.00	Gosling Sports	Opportunities for Duk of Edinburgh or Work Experience with PK
7th	Fri	Minecraft On Site	18.30-20.30	PK Hub	
13th	Thu	Trampolining	17.45-19.00	Gosling Sports	
13th	Thu	Easter Crafts & Egg Hunt	10.00-12.00	PK Garden	
13th	Thu	<mark>Easter</mark> Teens Jewellery Workshop	13.00-15.00	PK Hub	Always Connecting and the mos
14th	Fri	Youth Group 16+	18.30-20.30	PK Hub	
16th	Sun	Youth Group 13+	13.00-15.00	PK Hub	Neurodivergent PK TECH TEAM
21st	Fri	Minecraft On Site	18.30-20.30	PK Hub	
20th	Thu	STEAM Home Education	10.00-12.00 12.00-14.00	PK Garden	PK Offer Tutoring Teaching
22nd	Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center	Mentoring Therapies 1:1 & Group Work Alternative provision EOTAS
25th	Tue	Teens Group	16.30-18.30	PK Hub	LOTAS
27th	Thu	Trampolining	16.45-18.00	Gosling Sports	SUNDAY
27th	Thu	STEAM Home Education	10.00-12.00 12.00-14.00	PK Garden	1:1 Horse Riding Groundworks/Care Equine Therapy
23rd	Sun	Learn to Fish 8yrs +	1.30-3.30	Manor Farm SG18 9BB	Sessions FRIDAY - Home
28th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden	Education available





Potential to Grow 

PK Hub & Garder

Approved Education Centre Delivering Nationally Accredited Qualifications

Learning, Social & Communicational Support for everyone through our inclusive programmes

ays Connecting with our Community and the most vulnerable











Contact us for further information on any of our Activities or Educational Services at info@potentialkids.org



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mmissioned by HCC as an Alternative Provision Provider

Website: www.dacorumdspl.org.uk

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Email: dspl@kls.herts.sch.uk

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

Facebook: www.facebook.com/dspldacorum

BeeZee Bodie			2023				
<u>https:</u>	//beezeebodies	<u>.com/</u>					
Helping You Make	Healthy H	labits A	s A Fan	nily			
Come along to our fur	n. FREE hea	lthy lifes	style cou	rses!			
	Monday	Tuesday	Wednesday	Thursday			
	WALTHAM CROSS	ST ALBANS	HODDESDON	HEMEL HEMPSTEAD			
MATING HEALTHY HANDS	Hurst Drive Primary EN8 8 DU 17:45 - 19:30	Camp Primary School AL1 SPE 17:30 - 19:30	St. Cuthbert's Church EN11 OPU 17:30 - 19:30	Hobletts Manor Junior School HP2 5JS 17:30 - 19:30			
TENTILES FOR THE WHITELS	WELWYN	WATFORD	STEVENAGE	BOREHAMWOOD			
Sign up for your family's FREE place at beezeebodies.com/families	GARDEN CITY Ridgeway Academy AL7 2AF	St Meryl Primary WD19 5BT	Oval Community Centre SG1 5RD	Meryfield Primary School WD6 4PA 17:30 - 19:30			
or scan me with your smartphone	17:00 - 19:00	17:30 - 19:30	17:30 - 19:30	17.30 - 19.30			
			lies courses rom 15 <sup>th</sup> May	-			
*to be eligible for this awesome free service, your family must live/go to school	./be registered with a GP in Hertfo	rdshire and include one ch	ild aged 5-15 who is above	their ideal healthy weight.			
Bf BeeZee Families www.beezeebodies.c	om/families 0170	07 248648	and an	Hertfordshire			
BeeZee Lite			<b>Bf</b> BeeZee Families				
A FREE, 1:1 SUPPORT SES	A FREE, 1:1 SUPPORT SESSION WITH OUR FAMILY WELLBEING TEAM						
At BeeZee Bodies, we are experts activity and can help families turn	n healthy efforts into	healthy habits fo	r life!				
exercise and habit change over a	Our free 1:1 service, BeeZee Lite, provides the family with advice about nutrition, exercise and habit change over a one hour appointment. Together, they will create a personalised behaviour change plan.						
We'll check in a month later to se			123				
	If you are working with a child, young person or family who could benefit from this free service,						
REFER TO OUR SERVICE			contact details				
<ol> <li><u>Complete the online form with child's name, DOB, and carer contact details</u></li> <li>We will contact the family, figure out the best support and book them on</li> </ol>							
ELIGIBILITY CRITERIA							
	Families in Hertfordshire with at least one child who is above the 91st centile or presents two risk factors as below:						
Children with SEND	• 2	+ hours screen tim	e/day				
<ul><li> 1+ parent or older sibling overware</li><li> Rapid weight gain (2 centiles crosses)</li></ul>	eight/obese ssed)		relation to weight				
<ul> <li>Poor diet, sleep patterns, weight</li> <li>Less than 1 hour of physical activity</li> </ul>	: / oral health vity a day	ving in deprivation	quintiles Q1 and Q	22			
Fussy /restrictive eating (not und	erweight)	thnic minority grou onditions associate					
Nuitte State General Laure state of the salars	eebodies.com 0170	7 248648	oner and an and a second s Second second s				
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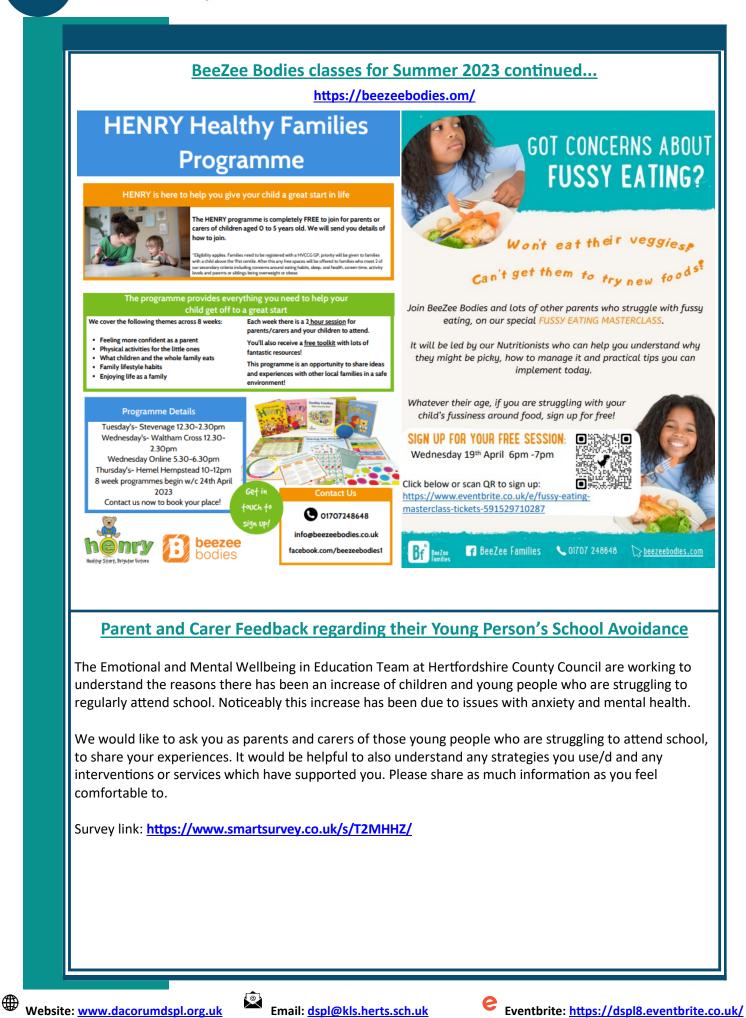
Website: <u>www.dacorumdspl.org.uk</u>

Email: <u>dspl@kls.herts.sch.uk</u>

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





Facebook: <u>www.facebook.com/dspldacorum</u>

#### **Parenting when Separated Programme**

Referral link: https://surveys.hertfordshire.gov.uk/s/5SHI7N/



# Parenting When Separated Programme

#### www.parentsplus.ie

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

Parenting when separated can be challenging and confusing. Drawing on international long-term evidence, the Parents Plus 'Parenting when Separated' Programme is a six-week course that highlights practical steps parents can take to help their children cope and thrive, as well as coping successfully themselves.

Topics include:

- Solving co-parenting problems in a positive way that focus on the needs of children.
- Cope with the emotional impact of separation and learn stress management techniques.
- Help your children cope with the impact of the separation both emotionally and practically.
- Enhance communication with their children and with their children's other parent.



The 'Parenting When Separated' course does not propose to find magic answers

but hopes to help parents to gain the support of other parents who may have similar experiences and to find down-toearth solutions for difficult situations. The focus of the course is positive and aims to build on your strengths as a parent and what you are already doing right.

#### Who should attend

The course is free to attend and is open to separated parents from all backgrounds. Both mothers and fathers, resident and non-resident parents are welcome to attend this course. Both parents of the same children are welcome to attend though we recommend you attend separate groups.

#### Course details

The course consists of six group sessions for up to 12 parents, each session will last 2 hours 30 minutes with a 15 minute break. We will meet all parents for an individual introductory meeting prior to the group starting to discuss your goals for the course.

#### How to register

Referrals will be used to create a mixed group of up to 12 parents, you will be contacted to offer a course date for your area.

You can be referred by a professional or you can self refer here



Website: <u>www.dacorumdspl.org.uk</u>

Email: dspl@kls.herts.sch.uk

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

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## **Autism Strategy Events**

Help shape support for autistic people in Hertfordshire!

We are working with children, young people and adults, and their families, as well as with people working in health and social care, to review and develop a strategy for supporting autistic people.

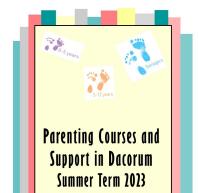
We have listened and know that there are many areas that people want us to work on in the years ahead. We want your help to prioritise what we do first, and to talk about how we all work together to make things happen.

These events are for autistic people, their parents, carers, and professionals and are an opportunity to work together to discuss what the priorities should be for the new autism strategy.

If you are interested in taking part, you will need to complete a booking form - please email <u>autismstrategy@hertfordshire.gov.uk</u> for more information.

Wednesday 29 March 1 - 3pm, online Thursday 30 March 1 - 4pm, Stevenage Tuesday 4 April 10am - 1pm, Hatfield Wednesday 5 April 1 - 3pm, online Thursday 13 April 1 - 4.30pm, Hemel Hempstead Tuesday 25 April 12 - 3pm, Hertford Tuesday 2 May 5.30 - 7.30pm, online

Parenting Courses and Support in Dacorum Summer Term 2023



FREE courses open to parents in Dacorum

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

https://dacorumdspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf

> For SEND courses and support, please visit either: <u>https://directory.hertfordshire.gov.uk/Search?</u> <u>CategoryId=70&SM=ServiceSearch&UDG=True&SME=True</u>

https://www.hertfordshire.gov.uk/microsites/local-offer/courses-andactivities-in-hertfordshire/things-to-do

Website: <u>www.dacorumdspl.org.uk</u>

Email: dspl@kls.herts.sch.uk

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

Facebook: www.facebook.com/dspldacorum

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