

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

### Herts inclusive Theatre Themed Summer Activity Days

Booking website: <https://hit-theatre.org.uk/whats-on-2/>

HIT is a registered charity 1180955    

## Themed Summer Activity Days

Ages 12 - 18



**Monday**  
**31**  
July

**Mischief Managed!**  
A spellbinding day of Harry Potter themed drama & crafts  
**THE PUMP HOUSE**  
**WATFORD**  
10:00am - 3:00pm  
Created by Warner Bros. Studio Tour London – The Making of Harry Potter



**Monday**  
**7**  
August

**Dance Up!**  
A day of dance, movement & fun  
**St MARY'S CHURCH HALL**  
**HEMEL HEMPSTEAD**  
10:00am - 3:00pm



**Monday**  
**14**  
August

**Heroes & Villians!**  
An action packed day of combat skills and powerful characters created by you!  
**LONSDALE SCHOOL**  
**STEVENAGE**  
10:00am - 3:00pm



**MORE DETAILS & BOOKING:** [hit-theatre.org.uk](https://hit-theatre.org.uk)  
[admin@hit-theatre.org.uk](mailto:admin@hit-theatre.org.uk) / 01727 22 14 14



## Guide to Mental Health Support in Hertfordshire

Hertfordshire County Council have developed a mental health resource booklet providing information about services available in the community, making it easier for residents to access the support they need. So whether they are looking for self-help resources to boost their mental health, need a listening ear or emotional support, or are in crisis and need urgent help, we're here to assist.



Some days, you probably feel fine. But each day is different, and there may be days you're not ok – you may feel worried, anxious, overwhelmed, depressed or you just want someone who'll listen.

### **You're not alone.**

Whether you are looking for self-help resources to boost your mental health, need a listening ear or emotional support, or you are in crisis and need urgent help, we're here to assist you.

Need a boost?	Page 1
Need someone to listen?	Page 2
In a crisis and need help now?	Page 3
Have you suffered a bereavement?	Page 5
Worried about a child or young person?	Page 6
Worried about money?	Page 8
Worried about someone?	Page 9

This resource booklet can be downloaded from our website via:

[https://dacorumspl.org.uk/wp-content/uploads/2023/06/Mental\\_Health\\_Resource\\_Mar23.pdf](https://dacorumspl.org.uk/wp-content/uploads/2023/06/Mental_Health_Resource_Mar23.pdf)

Further information & support is also available via:

<https://www.hertfordshire.gov.uk/services/Health-in-Herts/Happiness-wellbeing-and-mental-health.aspx>



## SEND News

View the SEND News 15 June 2023 bulletin in full via:

<https://sendnews.hertfordshire.gov.uk/15-june-2023>

# SEND news

keeping you up-to-date with hertfordshire's send information



## 15 June 2023

Welcome to the SEND News bulletin.

## View SEND News

In this issue:

- Childminder SEND Information sessions (ages 0-5)
- Touching Lives event for Deafblind people (all ages)
- Sensory Provision Review (all ages)
- GP autism survey (ages 18+)
- Mission EmployAble training cafe open for business! (ages 18+)
- Events

Please let us know if you have any problems viewing this e-newsletter or if you have any articles to contribute to the next edition by emailing [localoffer@hertfordshire.gov.uk](mailto:localoffer@hertfordshire.gov.uk)

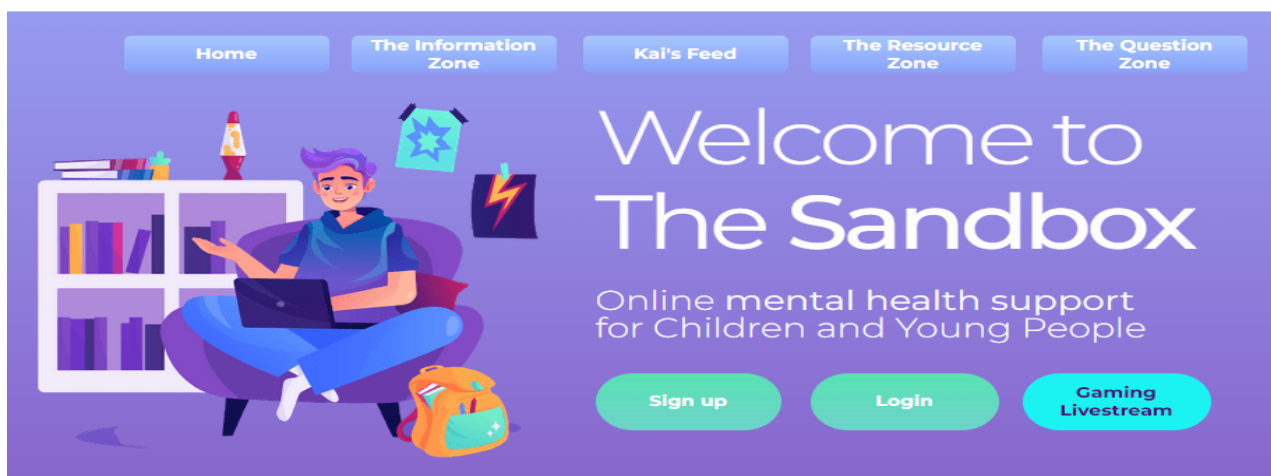
## The SandBox

Sandbox offer online mental health support for children and young people. Find out more via:

<https://sandbox.mindler.co.uk/>

 MINDLER

In partnership with



The Sandbox is an NHS-funded service to support children and young people in South Staffordshire and Hertfordshire with their mental health and well-being.

In addition to providing NHS-funded support, The Sandbox is a central place for information about common mental health issues, with information on how to access additional support or emergency services.



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/)



## Families Feeling Safe Protective Behaviours courses for parents and carers


Booking via Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk) or Tel: 07748 332606

### Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE**  
Thursday evenings  
starting  
5 October 2023

**A FREE course for Dads, Step-Dads and Male Carers**





**Online**  
Thursday evenings  
7.00pm - 9.00pm  
5, 12, 19 Oct, 2, 9, 16, 23 & 30  
Nov 2023

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.  
For eligibility and to book your FREE place please:  
Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)  
Tel: 07748 332606  
Please quote course number O4/O2


Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

### Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE**  
morning course  
starting  
3 October 2023

**A FREE course for Mums, Dads, Step-Parents and Carers**





**Online Tuesday mornings**  
9.30am - 11.30am  
3, 10, 17, 31 Oct, 7, 14, 21 & 28  
Nov 2023

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.  
For eligibility and to book your FREE place please:  
Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)  
Tel: 07748 332606  
Please quote course number O5/D1


Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

### Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE**  
Monday evenings  
starting  
2 October 2023

**A FREE course for Mums, Dads, Step-Parents and Carers**





**Online Monday evenings**  
7.00pm - 9.00pm  
2, 9, 16, 30 Oct, 6, 13, 20 & 27  
Nov 2023

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.  
For eligibility and to book your FREE place please:  
Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)  
Tel: 07748 332606  
Please quote course number O5/E3


Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

### Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE**  
morning course  
starting  
5 October 2023

**A FREE course for Mums, Dads, Step-Parents and Carers**





**Online Thursday mornings**  
9.30am - 11.30am  
5, 12, 19 Oct, 2, 9, 16, 23 & 30  
Nov 2023

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.  
For eligibility and to book your FREE place please:  
Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)  
Tel: 07748 332606  
Please quote course number O5/D2

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)



SEND Drop-in sessions**Parent Support Group**

Every Wednesday

9.00am – 12

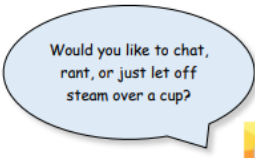
(Term time only)

@ Woodfield Coffee Shop


Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: [Gemma.Tuff@woodfield.herts.sch.uk](mailto:Gemma.Tuff@woodfield.herts.sch.uk)Or: [Lauren.Lettis@woodfield.herts.sch.uk](mailto:Lauren.Lettis@woodfield.herts.sch.uk)

01442 253476



Would you like to chat,  
rant, or just let off  
steam over a cup?

Come and join other  
parents/carers and  
share stories, advice  
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.

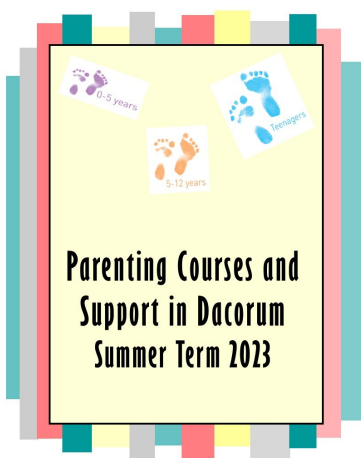
**PARENT Cafe SEND****MEET OUR SEND CHAMPIONS**

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

[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

0300 123 7572

**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://dacorumspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-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>

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