

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

### Back to School Anxiety

It's normal for pupils to feel a little anxious about going back to school after the summer, but some children will find it particularly hard. If you're worried about how your child will manage the return to school, you can find advice and information on the Local Offer.

#### [If your child is too anxious to go to school](#)

The Educational Psychology team have produced some guidance on Emotional Based School Avoidance, with tips and strategies for you to help your child if you think they are avoiding school due to anxiety.

[Download the Emotional Based School Avoidance guidance document \(pdf 642kb\)](#)

### Services for Young People Consultation

Services for Young People is running a public consultation to gather opinions and feedback of young people and their parents and carers. They want a greater understanding of what is important to young people, and gather ideas on how they can develop future services that help and support them.

The survey is open to young people, parents/carers, and professionals who work with young people.

[Complete the Services for Young People survey – have your say on our future priorities](#)

**The survey is open until 9 October 2023.**

### Hertfordshire Family Centre Consultation

We really want to hear your views on our proposals for Family Centres in Hertfordshire. The consultation will be available from Tuesday 18 July 2023 until Tuesday 10 October 2023.

Our vision and ambition is that every Hertfordshire child has the best possible start in life. Let us know your views on the Family Support Service within Family Centres and how they should be designed in the future. For more info and to share your opinion visit

[www.hertfordshire.gov.uk/familycentreconsultation](http://www.hertfordshire.gov.uk/familycentreconsultation)

**The consultation will close on the 10 October.**



### 'Introduction to the SEND Local Offer website' – webinar

The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.

A friendly face from the Local Offer team will take you through what's on the website and how you can use it to find the right services and support.

[www.hertfordshire.gov.uk/localoffer](http://www.hertfordshire.gov.uk/localoffer)

**(For professionals AND parent carers) Thursday 28 September at 8pm - [Click here to join the meeting](#)**

A quick note: The Local Offer website is different to Short Breaks (SBLO). We won't be going into detail about SBLO.

### New Avoidant Restrictive Food Intake Disorder (ARFID) animations (all ages)

Avoidant Restrictive Food Intake Disorder (ARFID) is an eating disorder. Children with ARFID are extremely selective eaters and sometimes have little interest in eating food. They may eat a limited variety of preferred foods, which can lead to poor growth and poor nutrition.

The exact causes of ARFID are unknown, but it is thought that people who develop ARFID might do so because of sensory sensitivity, or a lack of interest in eating. For example, they might be very sensitive to the taste, texture or appearance of certain types of food, or have had a distressing experience with food, such as choking, vomiting, infant acid reflux or other gastrointestinal conditions – this may cause the person to develop feelings of fear and anxiety around food, and lead to them to avoiding food.

ARFID can affect anyone of any age, including babies, and can be diagnosed in children as young as 2 years old. People with autism spectrum conditions are much more likely to develop ARFID, as are those with ADHD and intellectual disabilities.

Hertfordshire Children and Young Peoples Mental Health Commissioning Team has recently developed two animations about ARFID (Avoidant/Restrictive Food Intake Disorder) and the services available to help. The animation below is an introduction on ARFID aimed at professionals and parents.

View the animation via: <https://youtu.be/f3pDRa5B6is>

Also view the other animation aimed at parents via: <https://www.youtube.com/watch?v=0OXFt-igFG8>



Hertfordshire Family Centre Service SEND Chat and Play

# SEND Chat and Play

## Meet our SEND Champions

Our Special Educational Needs & Disabilities Chat and Play sessions are a great opportunity to come and meet other families going through a similar journey, in a relaxed environment.

Our SEND Champions are on hand to talk about the services we offer, signpost to different organisations or to simply act as a listening ear. All are welcome whether your child is diagnosed or you are concerned about a possible need. We have toys out for the children or you can come by yourself. We hope to see you soon!

## A safe place to talk

To find out What's On, please scan the QR Code



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

 0300 123 7572



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/)

**Hertfordshire Family Centre Service SEND Chat and Play; Dates & Locations**

# SEND Chat and Play

The BECC Family Centre, WD6 2FD, Monday 10:00 - 11:00  
4th & 18th Sept, 2nd, 16th & 30th Oct, 13th & 27th Nov, 11th Dec

Sopwell Family Centre, AL1 2LD, Wednesday 11:00 - 12:00  
6th Sept, 4th Oct, 1st Nov, 6th Dec

Beechfield Family Centre, WD24 5TY, Wednesday 10:00 - 11:00  
13th & 27th Sept, 11th & 25th Oct, 8th & 22nd Nov, 20th Dec

Grovehill & Woodhall Farm Adventure Playground, HP2 7BA, Thursday 11:00 - 12:00  
14th & 28th Sept, 12th Oct, 9th Nov & 23rd Nov, 7th Dec & 21st Dec

\* Please note on the 26th October this event will take place at Cedar Tree Family Centre



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

0300 123 7572



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/)

## Health Hub Dacorum Newsletter

This newsletter has lots of information to support mental health and wellbeing, to view the full newsletter, please click the link below:

<https://dacorum-mail.co.uk/3QGJ-1KM1O-890D5C1755B0D1818MVTLEBD6C5FDE9D0333D5/cr.aspx>



## Healthy Hub Dacorum Newsletter

August 2023



## Welcome

Hello and welcome to your August edition of the Healthy Hub Dacorum Newsletter. Previously between April and June in 2023, we referred over 450 residents to gain access to health and wellbeing support from our partners and other local services in Dacorum. That puts our overall referral total since our launch back in June 2020 to over 4,800. Many enquiries from residents recently can be linked to the rising cost of living which is affecting us all in many different aspects of our lives. Whilst the rising cost of living is primarily a financial impact for our community, it has also affected residents in their ability to maintain their health and wellbeing through their physical and mental health.

We hope the following updates from our partners and other local services can help you or someone you know improve their health and wellbeing. If you would like further information on anything listed or how we could support you, please use the following [link](#).



## DS Achieve Autumn Term training & Events

Check out our website for details on these events and more: <https://dsachieve.org/events>



## Autumn term training and events

It's the start of the autumn term and that can only mean one thing... there's lots coming up at DS Achieve:

- **GROUPS for children:**
  - **Little Achievers starts back on Thursday 14th September:** [Little Achievers - AUTUMN '23 Tickets, Thu 14 Sep 2023 at 10:00 | Eventbrite](#)
  - **Young Achievers starts back on Saturday 16th September:** [Young Achievers - Social Skills group - AUTUMN '23 Tickets, Sat 16 Sep 2023 at 14:30 | Eventbrite](#)
- **TRAINING:**
  - Our **EHCP workshop** - What to do when things don't go to plan (Part 2) is on Friday 29th September
  - Our schools training starts on Monday 9th October with our three part course **Supporting Pupils with Down Syndrome in Education - for education professionals**
  - SIBS are running their **Supporting Siblings of Children with SEND** course for us on Friday 20th October



## Community Action Dacorum Training & Development

For information about any courses call 01442 253 935 OR send and email: [learning@communityactiondacorum.org.uk](mailto:learning@communityactiondacorum.org.uk)

### TRAINING & DEVELOPMENT

Empowering Communities, Enhancing employability and Promoting Wellbeing

Do you want to learn a new skill, increase your job prospects, or take some time out for yourself?

Our community based learning project offers a wide range of courses to support all communities within Dacorum, to develop and create new learning opportunities.

#### ESOL (English for Speakers of Other Languages)

Our ESOL courses aim to improve Learner's English across the four language skills, and to increase their ability to communicate effectively and clearly in their day to day lives in Britain. We offer ESOL across all levels: Beginner, Elementary, Pre-Intermediate, Intermediate & Upper Intermediate

#### Health & Wellbeing

Our Health & Wellbeing courses are designed for those looking to improve or learn a new creative skill, improve their personal wellbeing or to take time out for yourself.

Courses include:

- Refresh the stash (Macrame, Macraweave, Jewellery making)
- Sketchbook journaling for Wellbeing
- 8 Steps to improve your Confidence
- Healthy Cooking on a budget
- An Introduction to building resilience for work & life
- Staying in touch with Tablets & Mobile phones
- Smartphone Photo & Video editing for beginners



#### Employability

Our Employability courses are designed for those looking to get back in to work by improving digital skills, Updating C.V.'s, Identifying strengths and skills to give you the confidence when applying for jobs and attending interviews

Courses include:

- Stepping back in to work
- Apply to succeed
- Working from home effectively
- Getting started with Excel
- An Introduction to volunteering
- Building a creative business online



If you have transport issues getting to and from any course venue then contact our Community Cars team. Community Cars solves transport problems for less able people in Dacorum. Our team of volunteers use their own cars in their free time to drive passengers to their destinations. For more information please call 01442 212888

For further information, to register your interest or to book on to a course please visit our website or contact us:  
[www.communityactiondacorum.org/traininganddevelopment](http://www.communityactiondacorum.org/traininganddevelopment)  
[Learning@communityactiondacorum.org.uk](mailto:Learning@communityactiondacorum.org.uk)  
01442 253 935



STEP SKILLS  
PREPARE FOR SUCCESS IN HERTS



## Smartphone Photo & Video Editing for Beginners

Learn to get more use out of your smartphone camera and create finished photos & videos to show family and friends.



**WEDNESDAYS**  
**20TH SEPTEMBER - 25TH OCTOBER 2023**  
**10:00AM - 12:00PM**  
**COMMUNITY ACTION DACORUM, 48 HIGH STREET,**  
**HEMEL HEMPSTEAD. HP1 3AF**  
**THIS COURSE IS FREE OF CHARGE**

#### You will learn to:

- Use your camera to take better photos/videos
- Make simple changes to enhance your photos
- Remove unwanted footage from videos
- Add video clips together to create a full film
- Add text and subtitles to your videos
- Add photos to videos for greater context
- Create a slideshow from photos and add music
- Use video effects to tell a story

#### REGISTER YOUR INTEREST NOW

For further information about this or any of our other courses please contact us.  
[Learning@communityactiondacorum.org.uk](mailto:Learning@communityactiondacorum.org.uk)  
[www.creative-learning.org.uk](http://www.creative-learning.org.uk)  
01442 253 935

STEP SKILLS  
PREPARE FOR SUCCESS IN HERTS



## KEEPING IN TOUCH WITH TABLETS & SMART PHONES

Do you live in Hertfordshire and want to get more out of your tablet or smartphone?

Join our six week course to help you navigate with confidence.



**TUESDAYS**  
**31ST OCTOBER - 05TH DECEMBER 2023**  
**13:30AM - 15:30PM**  
**ST. MARYS CHURCH HALL, HIGH STREET,**  
**HEMEL HEMPSTEAD. HP1 3AF**  
**THIS COURSE IS FREE OF CHARGE**

#### You will learn to:

- By the end of the course you will be able to access different apps, from banking to the NHS, along with how to keep safe online and much more
- We will help you to keep up-to-date with family and friends Via calls, texts and various apps, and help you to get started with mini projects such as researching local history

#### REGISTER YOUR INTEREST NOW

For further information about this or any of our other courses please contact us.  
[www.communityactiondacorum.org/traininganddevelopment](http://www.communityactiondacorum.org/traininganddevelopment)  
[Learning@communityactiondacorum.org.uk](mailto:Learning@communityactiondacorum.org.uk)  
01442 253 935



STEP SKILLS  
PREPARE FOR SUCCESS IN HERTS



## Getting Started with Excel Course

This course will teach the basics of using Microsoft Excel for work or home projects, it will cover things such as How to open a spreadsheet, how to enter data, managing your worksheets & basic formatting & calculations.

**MONDAYS**  
**30TH OCTOBER - 04TH DECEMBER 2023**  
**09:45AM - 11:45AM**  
**THE SOUTH HILL CENTRE, CEMETERY HILL,**  
**HEMEL HEMPSTEAD. HP1 1JF**  
**THIS COURSE IS FREE OF CHARGE**

#### You will learn to:

- Create a workbook and worksheets
- Enter data and format it
- Calculate totals
- Use cell references to perform calculations
- Create simple charts
- Link sheets together

#### REGISTER YOUR INTEREST NOW

For further information about this or any of our other courses please contact us.  
[www.communityactiondacorum.org/traininganddevelopment](http://www.communityactiondacorum.org/traininganddevelopment)  
[Learning@communityactiondacorum.org.uk](mailto:Learning@communityactiondacorum.org.uk)  
01442 253 935



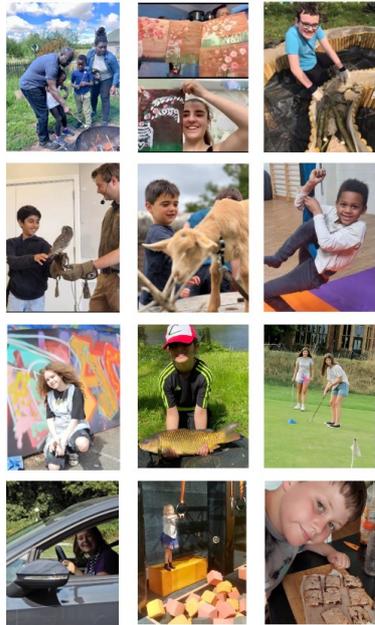
STEP SKILLS  
PREPARE FOR SUCCESS IN HERTS



## SPACE Hertfordshire September & October Activities

Eventbrite Booking Link: <https://www.eventbrite.co.uk/o/space-hertfordshire-29155520957>

### SEPTEMBER ACTIVITIES

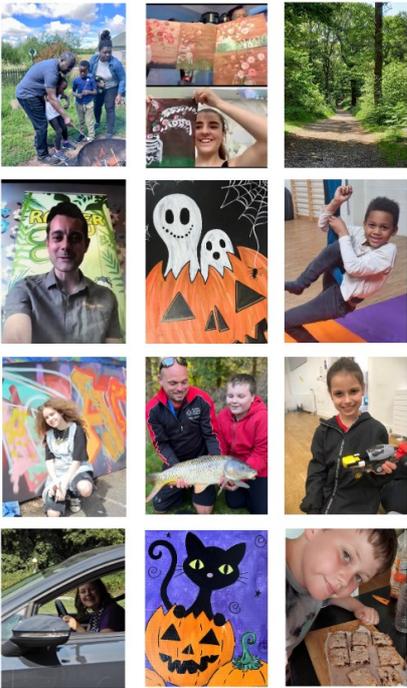


- Fri 1st Online Children's Art
- Sat 2nd Trampoline
- Sat 2nd Driving
- Sat 2nd Therapeutic Farming
- Sun 3rd Outdoor Play at The Patch
- Mon 4th Junior Online Cooking
- Mon 4th Teens Online Cooking
- Wed 6th Online Lego
- Thur 7th Wellbeing Walk (12-16 years)
- Sat 9th Aerial Gymnastics
- Sun 10th Introduction to Golf
- Wed 13th Animal Encounter
- Fri 15th Online Teen Art
- Sat 16th Driving Experience
- Sat 16th Introduction to Fishing
- Sun 17th Stand Up Paddle Boarding
- Tues 19th Tweens and Teens Craft
- Fri 22nd Girls Group
- Sun 24th Canal Boat Trip
- Sun 24th Gardening Experience
- Sat 30th Lego Club
- Sat 30th Graffiti



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

### OCTOBER ACTIVITIES



- Sun 1st Outdoor Play at The Patch
- Mon 2nd Junior Online Cooking
- Mon 2nd Teens Online Cooking
- Wed 4th Online Lego
- Thur 5th Wellbeing Walk (12-16 years)
- Fri 6th Online Kids Art
- Sat 7th Driving Experience
- Sat 7th Therapeutic Farming
- Sat 14th Aerial Gymnastics
- Sun 15th SPACE to Grow
- Wed 18th Virtual Animal Encounter
- Fri 20th Online Teens Art
- Sat 21st Driving Experience
- Sat 21st Introduction to Fishing
- Mon 23rd Pottery Painting
- Sat 28th Graffiti
- Sat 28th Lego Club



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



## Families in Focus Autumn Term Courses

Bookings via: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



  
Hertfordshire  
2023: Ranked no. 1  
provider for SEND  
courses by HCC TPF  
Commissioning Team

### Handling anger of primary aged children with Autism or ADHD

Our award winning, evidence based 6 session course is funded by Hertfordshire County Council and FREE for parents living in Hertfordshire.

This online course for parents provides practical, evidence based support to understand the emotional triggers of children with Autism or ADHD that lead to anger meltdowns. We provide proven techniques to reduce anger reactions and increase emotional regulation for families.

Tuesday mornings  
9.30am to 11.30am

October 31st &  
November 7th, 14th, 21st, 28th &  
December 5th



Email Francine & Lesley  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



Thursday mornings  
9.30am to 11.30am

November  
2nd, 9th, 16th, 20th, 30th  
&  
December 7th



### Handling anger in your family

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Our award winning six session course is funded by Hertfordshire County Council and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Understand more about what triggers children's anger

Gain more understanding of children's common sleep issues

Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns

Meet other parents and share experiences

Learn techniques to manage stress, conflict and so much more....

Email Francine & Lesley to secure your free place:

[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or

visit our website to see course information:

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



## Families in Focus Autumn Term Courses

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[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or

visit our website to see all course information:

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

Tuesday evenings  
6.30pm to 8.30pm

October 31st  
&  
November 7th, 14th, 21st, 28th  
&  
December 5th



## Family Lives Autumn Term Groups

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for our online referral form

You can also email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call us on 0204 522 8700 or 0204 522 8701 for more information.

### Autumn Term Groups



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

#### Bringing Up Confident ADHD/ASD Children - 6 week group

**Tuesday 12 September to 17 October 7.00pm – 9.00pm Online 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.

#### Less Shouting, More Cooperation - 6 week group

**Thursday 5 October to 16 November 7.00pm - 9.00pm Online 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.

#### Dads Together (face to face 6 week group)

**Tuesday 7 November to 12 December 7.30pm – 9.30pm**

**Canary Club, Fishponds Road, Hitchin SG5 1NU**

Are you a dad who feels 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.

#### Sorting out Arguments in the Family - 6 week group

**Wednesday 8 November to 13 December 9.30am - 11.30am Online 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

#### Anxiety around ADHD workshop

**Tuesday 7th November 9.30am - 11.30am Online via MS Teams**

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

#### Reducing Conflict workshop

**Thursday 7th December 9.30am - 11.30am Online via MS Teams**

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

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.



## Supporting links: Autumn Term courses & Workshops

Bookings via: [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk) or call us on 07512 709556

### Parent & Carer Courses Autumn Term 2023



#### For parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19

- 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.



**Mondays 7.45-9.15pm**  
11<sup>th</sup> Sep to 16<sup>th</sup> Oct  
Online Course ID 603

**Wednesdays 7.45-9.15pm**  
13<sup>th</sup> Sep to 18<sup>th</sup> Oct  
Online Course ID 604

**Tuesdays 7.45-9.15pm**  
31<sup>st</sup> Oct to 5<sup>th</sup> Dec  
Online Course ID 605

#### For parents of children with Additional Needs

A free 6 week course for parents and carers of children with any kind of additional need.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.



**Tuesdays 9.45-11.15am** 1-12yrs  
12<sup>th</sup> Sep to 17<sup>th</sup> Oct  
Online Course ID 597

**Wednesdays 8.00-9.30pm** 1-19yrs  
13<sup>th</sup> Sep to 18<sup>th</sup> Oct  
Online Course ID 595

**Tuesdays 9.30-11.30am** 1-19yrs  
31<sup>st</sup> Oct to 5<sup>th</sup> Dec  
**FACE TO FACE Course 596**  
St Albans Fire Station

Talking Additional Needs & Talking Families for AN courses

#### Booking essential

To check eligibility and book a place, please contact Supporting Links on: 07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk) Quoting the Course ID

Page 1 of 2

### For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.



Talking Dads and Talking Families for Dads courses

**Wednesdays 7.45-9.15pm** 1-12yrs  
13<sup>th</sup> Sep to 18<sup>th</sup> Oct  
Online Course ID 602

**Tuesday 7.45-9.15pm** 12-19yrs  
31<sup>st</sup> Oct to 5<sup>th</sup> Dec  
Online Course ID 606

### For parents of 0-12-year-olds

Talking Families, 6-week course for parents and carers of children aged 0-12



- 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.

**Tuesdays 8.00-9.30pm**  
12<sup>th</sup> Sep to 17<sup>th</sup> Oct  
Online Course ID 600

**Mondays 7.00-9.00pm**  
30<sup>th</sup> Oct to 4<sup>th</sup> Dec  
**FACE TO FACE Course 599**  
The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD

**Wednesdays 8.00-9.30pm**  
1<sup>st</sup> Nov to 6<sup>th</sup> Dec  
Online Course ID 601

**Thursdays 9.45-11.15am**  
2<sup>nd</sup> Nov to 7<sup>th</sup> Dec  
Online Course ID 598

#### Booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)

Quoting the Course ID

[www.supportinglinks.co.uk](http://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

**FREE Courses open to parents and carers living in Hertfordshire**

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



Page 2 of 2

### Parent & Carer Support TALKING ASD & ADHD FREE Workshops



#### Autumn 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



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

**Wednesday 15<sup>th</sup> November**  
9.30 to 11.15am  
Workshop 608

Book via Eventbrite Link:  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887>

#### School Avoidance



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

**Thursday 19<sup>th</sup> October**  
9.30 to 11.15am  
Workshop 607

Book via Eventbrite Link:  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417>

#### 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.

**Wednesday 22<sup>nd</sup> November**  
7.30 to 9.15pm  
Workshop 609

Book via Eventbrite Link:  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-609-registration-629219070177>

Workshops provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Workshops are open to parents and carers living in Hertfordshire

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk) [www.supportinglinks.co.uk](http://www.supportinglinks.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?

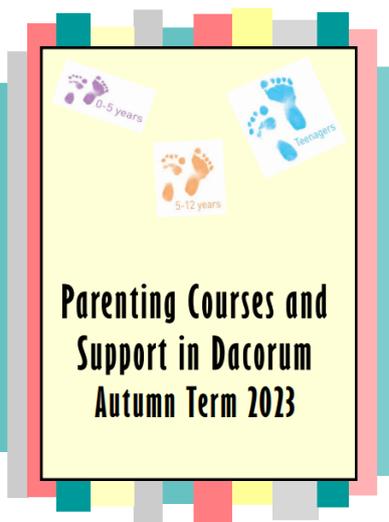


Come and join other  
parents/carers and  
share stories, advice  
and a few laughs!



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.

Parenting Courses and Support in Dacorum Autumn 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/2023/07/Dacorum-Parenting-Course-Brochure-Autumn-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>

