



# **Parenting Courses and Support in Dacorum Summer Term 2024**

**FREE courses open to parents in Dacorum**

# **Parenting courses, workshops & support**

Schools Family Services and local providers in Dacorum are 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.

# 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](http://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, Bovington 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](http://www.gadeschoolsfamilysupport.co.uk)  
Partnership Office: 07538 232069



## Student and Family Support Services Gade Schools Family Support and Kings Langley Partnership

### Housing 1:1 Advice Sessions April - July 2023 **Booking is essential**

#### Housing 1:1 Advice Sessions (via telephone)

**Date:** Thursday 13<sup>th</sup> June 2024

**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 Homeless Team for a free 25-minute appointment who will offer advice and guidance around whether you are threatened with homelessness, homeless, not in a suitable or affordable property and any housing register queries.

#### Housing 1:1 Advice Sessions (via telephone)

**Date:** Tuesday 16<sup>th</sup> July 2024

**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 Homeless Team for a free 25-minute appointment who will offer advice and guidance around whether you are threatened with homelessness, homeless, not in a suitable or affordable property and any housing register queries

**To book:** please contact 07538 232069 or email: [admin.gadekisp@kls.herts.sch.uk](mailto:admin.gadekisp@kls.herts.sch.uk)

*Gade Schools Family Support are a Foodbank collector, if you would like to make a contribution, donations would be gratefully received. Please bring any items into our office.*



# 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

### DFS North & East Partnership Schools

St Albert the Great, \*Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, \*Brookswood, 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

## 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



**Dacorum Family Services North & East**  
Office: 01442 401222 Ext 5  
[www.dacorumfamilyservices.org.uk](http://www.dacorumfamilyservices.org.uk)  
Term Time only



## SEND Surgery Dates for 2022-23

Tuesday 14<sup>th</sup> May 2024

Tuesday 2<sup>nd</sup> July 2024

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](http://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, Brookswood, 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



# TALKING ADDITIONAL NEEDS



**Thursdays 9.45-11.15am** Online Course: ID 651  
18th April - 23rd May 2024

**Tuesdays 8.00-9.30pm** Online Course: ID 652  
4th June - 9th July 2024

**A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.**

- **Understand your child's behaviour.**
- **Develop strategies that really work.**
- **Reduce conflict and improve emotional regulation**
- **Explore sensory needs.**
- **Increase your child's resilience.**
- **Manage the different needs within your family.**

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

*'I have been on a few courses to help me with my child but this was by far the most helpful'*

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place,  
contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**



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

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# TALKING ANGER in FAMILIES



**Wednesdays 9.45-11.30am** Online Course: ID 654  
17th April - 22nd May 2024

**6, weekly sessions for parents and carers of children aged 0-12, supporting you to:**

- **Understand why children and adults get angry.**
- **Develop strategies to handle anger in yourself and others within your family.**
- **Recognise the early signs of anger and be able to avoid escalation.**
- **Reduce conflicts and arguments.**
- **Encourage positive behaviour and strengthen relationships in the family.**

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

*'I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much'.*

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place,  
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**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**



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# TALKING ANXIETY in TEENS



**Tuesdays 7.45-9.30pm** Online Course: ID 655  
4th June - 9th July 2024

**6, weekly sessions for parents and carers of young people aged 12-19, supporting you to:**

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety and be able to avoid escalation.
- Reduce stress and tension.
- Encourage resilient behaviour and strengthen relationships in the family.

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

'This course has helped us massively. We are responding so differently, and its really helping us all to cope day to day.'

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**



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# TALKING DADS



**Thursdays 7.45-9.15pm** Online Course: ID 659  
18th April - 23rd May 2024

**Wednesdays 7.45-9.15pm** Online Course: ID 660  
5th June - 10th July 2024

**6, weekly sessions for dads & male carers of all ages, sharing information on:**

- Increasing confidence in your parenting.
- Developing a healthy dad/child relationship now and for the future.
- Improved listening and communication skills.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad you want to be.

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

"The course has given me the confidence to know that I can break out of the cycle and make things different for my child."

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**



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# TALKING FAMILIES



**Tuesdays 8.00-9.30pm** Online Course: ID 656  
16th April - 21st May 2024

**Tuesdays 9.45-11.15am** Online Course: ID 653  
4th June - 9th July 2024

**6, weekly sessions for parents and carers of children aged 0-12 sharing tips on how to:**

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

**'Every parent should do this course! It has taught me so much about how to deal with family life.'**

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**



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# TALKING TEENS



**Wednesdays 7.45 - 9.15pm** Online Course: ID 657  
17th April - 22nd May 2024

**Wednesdays 7.00-9.00pm** In Person Course: ID 658  
5th June - 10th July 2024

The Reddings Family Centre Harcourt Rd, Bushey WD23 3PE

**6, weekly sessions for parents and carers of children aged 12-19, covering:**

- **The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.**
- **The link between behaviour and communicating difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate during a conflict situation.**

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

**"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"**

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**



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## Talking ASD & ADHD Workshop: The Teenage Years



"I found the 'teen brain' fascinating, lots of penny dropping moments."

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



**Monday 22<sup>nd</sup> April 2024, 7.30-9.15pm**

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict and responding to difficult situations.
- Strengthening your parent/child relationship.
- Helping your children develop a network of support.
- How to agree boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

**Tickets are free, booking essential**

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts \(661\) Registration, Mon 22 Apr 2024 at 19:30 | Eventbrite](#)

Or contact Supporting Links quoting reference SL661:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
01442 300185



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## Talking ASD & ADHD Workshop: Tech Use



"I now understand why we have been getting into so much conflict."

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



**Monday 17<sup>th</sup> June 2024, 7.30-9.15pm**

- 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 difficult behaviour when your child is online.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to regulate device use and stay safe.

**Tickets are free, booking essential**

[Talking ASD and ADHD: Tech Use \(663\). For parents/carers in Herts. Registration, Mon 17 Jun 2024 at 19:30 | Eventbrite](#)

Or contact Supporting Links quoting reference SL663:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
01442 300185



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## Talking ASD & ADHD Workshop: Sibling Struggles



"I know I am going to be able to help them both, now I feel confident."

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



**Monday 10<sup>th</sup> June 2024, 9.30-11.15am**

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- 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.

**Tickets are free, booking essential**

[Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts \(662\) Registration, Mon 10 Jun 2024 at 09:30 | Eventbrite](#)

Or contact Supporting Links quoting reference SL662:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
01442 300185



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## Talking ASD & ADHD: Responding to Anger



"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Tuesday 21<sup>st</sup> May, 9.30-11.15pm**

- The difference between healthy and unhealthy anger.
- The pattern anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

**Tickets are free, booking essential**

[Talking ASD & ADHD: Responding to Anger \(667\) For parents/carers in Herts. Registration, Tue 21 May 2024 at 09:30 | Eventbrite](#)

Or contact Supporting Links quoting reference SL667:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
01442 300185



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**Families In Focus CIC**  
LOOKING FORWARD TOGETHER



**Hertfordshire**  
Funded by HCC  
Targeted Parenting Fund



"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well paced, inclusive and knowledgeable."

## A complete guide to parenting children with Autism & ADHD and associated conditions

FREE, award winning 10 - week course is for those parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged two to 11 years.

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

- Gain a greater understanding and answer the question, 'Why does my child do that?'
- Learn a range of strategies and solutions, to better manage behaviours that challenge
- Understand sensory needs of children
- Increase understanding of children's common sleep issues
- Learn how to support siblings living with a neurodiverse sister/brother
- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

**Tuesday mornings from 9.30am to 11.30am**  
**April 16, 23, 30 &**  
**May 7,14,21 &**  
**June 4,11,18,25**



Email Francine & Lesley to secure your free place: [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)



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- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

**Tuesday evenings from 6.30pm to 8.30pm**  
**April 16, 23, 30 &**  
**May 7,14,21 &**  
**June 4,11,18,25**



Email Francine & Lesley to secure your free place: [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)





Families In Focus CIC  
LOOKING FORWARD TOGETHER

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

Our award-winning six-week course is funded by Hertfordshire County Council and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire.

**This course for parents provides practical, evidence based support to understand why children with Autism or ADHD react with anger and provides proven techniques to increase emotional and sensory regulation in your family.**



**Wednesday mornings**

**9.30am to 11.30am**

**April 17th 24th &  
May 1st 8th 15th 22nd**

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



Families In Focus CIC  
LOOKING FORWARD TOGETHER

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**Wednesday evenings**

**6.30pm to 8.30pm**

**April 17th 24th &  
May 1st 8th 15th 22nd**

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

*"I enjoyed talking with other parents who were also struggling to understand their children and Lesley and Francine gave us all great tips to practice and then listened to us after we tried them, I felt safe and confident in the group and would recommend this course to all parents."*

**Monday evenings from  
6.30pm to 8.30pm**

**April 15th 22nd 29th  
&  
May 13th 20th**



**Families In Focus CIC**  
LOOKING FORWARD TOGETHER

## Handling anger of primary aged children

Our award-winning online course is funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

**Facilitated by founders Lesley and Francine, our transformational course will enable you to:**

- Understand more about what triggers children's anger**
- Learn techniques to increase children's emotional regulation and decrease angry meltdowns**
- Increase understanding of how to support children who feel anxious**
- Meet other parents and share experiences**
- Learn techniques to manage parental stress**

**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:**



# ADD-vance

The ADHD and Autism Trust

## ABOUT ADD-VANCE

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.

Herts parent/carers & professionals can reach ADD-vance for information or support via:

**Telephone Helpdesk:** 01727 833963

**Open:** Monday - Friday, 9am - 1pm  
(Answer phone service at other times)

**Email:** [herts@add-vance.org](mailto:herts@add-vance.org)

For more information on our courses, workshops & support groups please see our website:

[www.add-vance.org](http://www.add-vance.org)

## Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not

limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

No  
Diagnosis  
Required

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a  
Parent, Carer  
or  
Professional?



**01727 833963**

[supporthub@add-vance.org](mailto:supporthub@add-vance.org)

**Open Monday-Friday**  
**9 AM - 1PM**



We Can't:

- Give updates/  
fast track places  
on waiting lists
- Recommend  
specific private  
assessors

Here to support, reach out for a listening ear







**ADD-vance**  
The ADHD and Autism Trust



## UNDERSTANDING ADHD & AUTISM FOR DADS

**FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS**

### ABOUT THE COURSE

These interactive courses are designed for dads /male carers of children aged 5 to 14 with a diagnosis or suspected diagnosis of ADHD and/or Autism.

**ALL SESSIONS MUST BE ATTENDED**

### TIME AND PLACE

#### Wednesdays

17th Apr - 22nd May 2024

7 to 9 pm

**ONLINE VIA ZOOM**

#### Wednesdays

5th Jun - 10th July 2024

7 to 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's Targeted Parenting Fund and are open to residents of Hertfordshire only



**ADD-vance**  
The ADHD and Autism Trust



## UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

**FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS**

### ABOUT THE COURSE

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).

**ALL SESSIONS MUST BE ATTENDED**

### TIME AND PLACE

#### Thursdays

6th Jun - 11th Jul 2024

7 to 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's Targeted Parenting Fund and are open to residents of Hertfordshire only



**ADD-vance**  
The ADHD and Autism Trust



## UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

### FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS

#### ABOUT THE COURSE

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

#### TIME AND PLACE

**Tuesdays**  
16th Apr to 21st May 2024  
9.30 to 11.30 am  
**Park Street Village Hall**  
**Park Street**  
**St Albans**  
**AL2 2PX**

**Bookings open Mon 25.4 at 7 pm**

☎ 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's Targeted Parenting Fund and are open to residents of Hertfordshire only



**ADD-vance**  
The ADHD and Autism Trust



## UNDERSTANDING ADHD & AUTISM (TEEN YEARS)

### 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

**Thursdays**  
18th Apr to 23rd May 2024  
10 am to 12 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/>**

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**ADD-vance**  
The ADHD and Autism Trust



## UNDERSTANDING ADHD & AUTISM IN GIRLS

### FREE INTRODUCTORY 6-WEEK COURSE FOR PARENTS/CARERS

#### ABOUT THE COURSE

This interactive course is designed for parents & carers of girls aged 5 to 14 yrs with a diagnosis, or suspected diagnosis, of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST BE ATTENDED**

#### TIME AND PLACE

**Tuesdays**  
4th Jun to 9th Jul 2024  
10 am - 12 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's Targeted Parenting Fund and are open to residents of Hertfordshire only



**ADD-vance**  
The ADHD and Autism Trust



## FREE ONLINE SUMMER 2024 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	15.4.24	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	17.4.24	19:00 - 20:30	Online
Managing the Transition to Primary School	Parents/carers	Mon	22.4.24	10:00 - 11:30	Online
Managing the Transition to Secondary School	Parents/carers	Wed	24.4.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	29.4.24	19:00 - 20:30	Online
Understanding Autism in Girls	Parents/carers	Wed	1.5.24	10:00 - 11:30	Online
Understanding ADHD in Girls	Parents/carers	Tue	7.5.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	8.5.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Thu	9.5.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	13.5.24	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	15.5.24	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Thu	16.5.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Mon	20.5.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Wed	22.5.24	19:00 - 20:30	Online
<b>Half Term</b>					
Understanding ADHD and Autism in the Early Years	Parents/carers	Tue	4.6.24	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Wed	5.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Tue	11.6.24	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Wed	12.6.24	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/carers	Mon	17.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes (Transitions)	Parents/carers	Wed	19.6.24	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Mon	24.6.24	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	26.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	27.6.24	10:00 - 11:30	Online
Understanding Neurodiverse Teens	Parents/carers	Mon	1.7.24	19:00 - 20:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Wed	3.7.24	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	8.7.24	19:00 - 20:30	Online
Supporting Siblings	Parents/carers	Wed	10.7.24	10:00 - 11:30	Online

"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"

**Hertfordshire County Council funded workshops** - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

☎ 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**

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**ADD-vance**

The ADHD and Autism Trust



# 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 Support Group

**Tue** 16/4 - 1.30-2.30 pm

#### General Secondary Aged Children Support Group

**Tue** 23/4 - 1.30-2.30 pm

#### Parents/Carers of 16 to 24 yrs Support Group

**Wed** 1/5 - 7.30-8.30 pm

#### PDA Support Group

**Tue** 7/5 - 1.30-2.30 pm

#### General Primary Aged Children Support Group

**Tues** 14/5 - 1.30-2.30 pm

#### General Secondary Aged Children Support Group

**Tue** 21/5 - 1.30-2.30 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 open to residents of Hertfordshire only

CALL FREE ON **0800 328 0006**

**Struggling with debt?**

FREE debt counselling in your community from an award winning charity

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

facebook.com/CAPuk @CAPuk

Registered Office: 10000 Hill, Halesowen, West Midlands, B61 2EP. Registered Charity No. 1071217. Charity registered in England No. 1121870. Company limited by guarantee. Registered in England and Wales No. 4000175.



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, Christina Bird on **07395 071418** or email [christinabird@capuk.org](mailto:christinabird@capuk.org)

To find out more information about Christians Against Poverty visit our website **[www.capuk.org](http://www.capuk.org)**



Parenting Support



## FAMILY TOOLKIT

**FREE 4 week course on Zoom**

Thursday 1st August – 22nd August, 19.30 – 21.00

### SESSION DETAILS

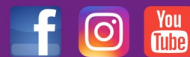
Do you have a child aged two to five years old?  
This is a great course to learn some new ideas  
about how to manage your child's behaviour  
and get the best out of family life.

### HOW TO BOOK

Ring us on 0300 123 7572

### MORE INFORMATION

[hertsfamilycentres.org](https://hertsfamilycentres.org)  
Call us on 0300 123 7572



Parenting Support



## FAMILY TOOLKIT

**FREE 4 week course on Zoom**

Tuesday 25th June – Tuesday 16th July, 19:30 - 21:00

### SESSION DETAILS

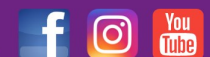
Do you have a child aged two to five years old?  
This is a great course to learn some new ideas  
about how to manage your child's behaviour  
and get the best out of family life.

### HOW TO BOOK

Ring us on 0300 123 7572

### MORE INFORMATION

[hertsfamilycentres.org](https://hertsfamilycentres.org)  
Call us on 0300 123 7572





Parenting Support



## PARENTING PUZZLE

Thursday 25th April – 4th July 2024 (not on 30th May) 09:30 – 11:30  
Warners End Community Centre, Hemel Hempstead, HP1 3QG  
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](http://hertsfamilycentres.org)  
Call us on 0300 123 7572



## SEND Chat and Play

Woodhall Farm Adventure Playground,  
Hemel Hempstead, HP2 7BA

Our Special Educational Needs and Disabilities Chat and Play sessions are a great opportunity to come and meet other families going through a similar journey, in a relaxed environment. All are welcome whether your child is diagnosed or you are concerned about a possible need.

This group is run by our SEND Champions, we hope to see you there!

**Wednesdays 11:00 - 12:00**

**8th & 22nd May, 5th & 19th June, 3rd, 17th & 31st July 2024**



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

0300 123 7572



## SUMMER TERM 2024

SPACE HERTFORDSHIRE

## FREE ONLINE WORKSHOPS

Monday 15th April	19:00-20:00	Understanding Autism
Tuesday 16th April	10:00-12:00	ADHD in Girls and Women
Wednesday 17th April	10:00-12:00	Navigating the SEND World
Friday 19th April	10:00-12:00	Anxiety and SEND
Monday 22nd April	19:00-20:30	EHCP: Annual Reviews
Wednesday 24th April	10:00-12:00	Understanding Behaviour as Communication
Wednesday 24th April	19:00-20:00	Questions and Answers with... Karen Spencer
Friday 26th April	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 29th April	18:30-20:00	Autistic Girls
Wednesday 1st May	10:00-12:00	Puberty and SEND
Thursday 2nd May	10:00-12:00	Navigating the SEND World Post 16
Friday 3rd May	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Tuesday 7th May	18:30-20:00	Access Arrangements
Thursday 9th May	10:00-11:30	Understanding and Supporting Executive Functioning
Friday 10th May	10:00-12:00	Sleep Workshop
Monday 13th May	10:00-11:30	Understanding Specific Literacy Difficulties Including Dyslexia
Tuesday 14th May	18:30-20:00	Anger and Conflict
Wednesday 15th May	10:00-12:00	EHCP: New Applications
Thursday 16th May	10:00-12:00	Sensory Workshop
Friday 17th May	10:00-12:00	No Two Brains are The Same: What is Neurodiversity
Tuesday 21st May	10:00-11:00	Understanding ADHD
Wednesday 22nd May	10:00-11:30	Tourettes
Thursday 23rd May	18:30-20:00	Understanding and Supporting Emotional Regulation
<b>HALF TERM</b>		
Monday 3rd June	10:00-12:00	Anxiety and SEND
Tuesday 4th June	18:30-20:30	Navigating the SEND World
Wednesday 5th June	10:00-11:00	Understanding Autism
Thursday 6th June	19:00-21:00	Sleep Workshop
Monday 10th June	18:30-20:30	Navigating the SEND World Post 16
Wednesday 12th June	10:00-12:00	Understanding Behaviour as Communication
Friday 14th June	10:00-12:00	Understanding Dual Diagnosis: Autism & ADHD
Monday 17th June	18:30-20:00	Understanding Specific Literacy Difficulties Including Dyslexia
Tuesday 18th June	18:30-20:30	ADHD in Girls and Women
Wednesday 19th June	10:00-11:30	Autistic Girls
Friday 21st June	10:00-12:00	Puberty and SEND
Thursday 27th June	19:00-21:00	Sensory Workshop
Friday 28th June	10:00-12:00	No Two Brains are The Same: What is Neurodiversity
Monday 1st July	18:30-20:00	Understand and Supporting Executive Functioning
Wednesday 3rd July	10:00-12:00	EHCP: Submission to Finalisation
Thursday 4th July	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 5th July	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Monday 8th July	18:30-20:00	Tourettes
Wednesday 10th July	10:00-11:00	Understanding ADHD
Tuesday 16th July	10:00-11:30	Anger and Conflict



The majority of these workshops are funded by  
The Targeted Parenting Fund



Autism | ADHD  
Neurodiverse Conditions



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





Autism | ADHD  
Neurodiverse Conditions

### Hoddesdon Group



First Wednesday of the month  
St Cuthbert's Church, Whitley Road,  
Hoddesdon, EN11 0PU  
10am - 12pm

### Croxley Green Group



Third Tuesday of the month  
The Kitchen, 198 Watford Road, Croxley Green,  
Rickmansworth WD3 3DB  
7pm - 9pm

Our friendly groups for parents and carers run monthly during term time. Whether your child has a diagnosis, you are just starting out on the pathway or are somewhere in between we would love you to join us.

These groups are a great way to meet other parents as well as members of the SPACE team. We will often welcome professional speakers talking about different topics tailored as much as possible to the needs of the group

### Check In and Chat



Third Wednesday of the month  
Online via Zoom  
7pm - 8pm

### Welwyn Garden City Group



Last Thursday of the month  
WGC Bowls Club, 288 Knightsfield,  
Welwyn Garden City, AL8 7NQ  
10am - 12pm

*All groups are subject to change, correct at time of printing  
Please check SPACE on Eventbrite for latest information*



## 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](mailto:support@spaceherts.org.uk)

[support@spaceherts.org.uk](mailto:support@spaceherts.org.uk)



[www.spaceherts.org.uk](http://www.spaceherts.org.uk)

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

# NAVIGATING THE SEND WORLD

## 4 week online course

● ● ● Taking place on (Thursday) April 18th, 25th, May 2nd and 9th

### Course outcomes

- Feel less isolated and more empowered to seek support
- Increase awareness of what services are available for families
- Learn the acronyms and language
- Better understand referral systems and processes
- Be able to navigate the Herts SEND Local Offer and gain knowledge of services and support across health, education and social care
- Improve your understanding of the diagnosis pathway and what it means for their child
- Feel confident about what to do next and how to access the support and services you and your family need.



This course is commissioned by Hertfordshire County Council



# NEURODIVERSITY IN GIRLS AND WOMEN

## 4 week online course

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

### Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

(Tuesday) April 23rd, 30th, May 7th and 14th: 10am - 12pm



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



# PARENTING ADHD SKILLS

## 3 week online course

● ● ● (Monday) 6th, 13th and 20th May, 19:00 - 21:00

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



# TALKING SENSORY: SIGNS, SIGNALS AND SOLUTIONS

## 2 Week Online Course



### Course content

- 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

(Tuesday) 4th and 11th June: 10am - 12pm



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council





## SLEEP TIGHT

### 3 weeks online course

● ● ● (Tuesday) June 25th, July 2nd and 9th: 10am-12pm

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



## STARTING SPACE

### 2 week courses

Thursday, April 18th and 25th or Thursday, May 16th and 23rd 10am-12pm  
Lending SPACE, The Maltings Business Centre  
Roydon Road, Stanstead Abbots SG12 8HG

#### Do you have a child aged 0-6 with additional needs?

Join us for an opportunity to meet other families in a similar situation to you and see a brief overview of how SPACE can offer guidance & support to you and your family



Book via Eventbrite: SPACE Hertfordshire



## FIRST STEPS

Free 6-week in-person course for Parents and Carers of Autistic Children in the Early Years.

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

**No diagnosis necessary**

**St Nicholas and Martins Wood Family Centre, Stevenage, SG1 5RD**

10am-12pm, Friday Mornings June 7th, 14th, 21st, 28th and July 5th, 12th



Book via Eventbrite: SPACE Hertfordshire



### Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills



## 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](mailto:lendingspace@spaceherts.org.uk)

01920 452 270

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







## 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](http://www.hertsparentcarers.org.uk)

**or phone us on 07840 360245**

Find us on  **HertsParentCarerInvolvement**

Follow us on  **@HertsPCI**



## 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.nnpcc.org.uk](http://www.nnpcc.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.



# Summer 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 weeks) Online group Wednesday 15 May to 26 June 7pm - 9pm

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 Family Arguments (6 weeks) Online group Thursday 16 May to 27 June 7pm - 9pm

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
- Parent's 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 weeks) Online group Monday 3 June to 8 July 9.30 to 11.30

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 weeks) Online group Tuesday 4 June to 9 July 7pm - 9pm

Is your teen feeling anxious or isolated? 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 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.



## Hertfordshire's SEND 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](http://www.hertfordshire.gov.uk/localoffer)

## 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.dacorumspl.org.uk](http://www.dacorumspl.org.uk)

 Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

 Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

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

 Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

### DSPL 8 Team

Ruth Mason, DSPL8 Manager

Faye Lyness, DSPL8 Area SEND Lead

Dacorum



Delivering Special  
Provision Locally

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

**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

## 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](http://www.dspl8.eventbrite.com) for one of the following date and times (bookings open monthly on Eventbrite):

Wednesday	24.04.2024	10:00 - 11:30
Tuesday	14.05.2024	10:00 - 11:30
Thursday	06.06.2024	19:00-20:30
Wednesday	03.07.2024	10:00 - 11:30

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

More consultation sessions will be available next month.



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

Tuesday 21<sup>st</sup> May 2024

Wednesday 3<sup>rd</sup> July 2024

10.30am- 12pm

Location; Myatt Room, Hobbs Hill Wood Primary School,  
Peascroft Road, 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, Sahira and Kayleigh our SEND School Family Workers will be hosting an informal coffee morning for you to share experiences and support eachother.



Booking Link: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)

*(Eventbrite bookings are opened the month prior to the event)*

Fully funded by DSPL8 for Dacorum families



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## Navigating Transitions

For parents in Dacorum



### A four-session online course for parents

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 starting 11th June at  
8pm.

We'll explore how to support children to face transitions with mental resilience and you'll receive downloadable activities to use at home.

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

Register now →

[Navigating Transitions Dacorum - Bounce Forward](#)

## 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>



This leaflet last amended 20.03.2023 by Ashley Fabray, Support Officer, PoDS (Partnership of Dacorum Schools)

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If you would like to be added to the email distribution list for future issues, please contact Ashley on the details above.