

Dear Parent/Carers,

In this DSPL8 Parent/Carers Newsletter please find the following: Dacorum Parent/Carers Courses and Support newsletter

Kind Regards,

DSPL 8 Team – Ruth Mason, Faye Lyness & Jennifer McCarthy

| <u>TOPIC</u>  | <u>BOOKING/INFORMATION LINK</u>   |
|---|---|
| <b>Young Carers Survey</b>  | Hertfordshire County Council arranges Carers in Hertfordshire to deliver Young Carers Services; this survey is for them to better understand what young carers want from a service<br>This survey is aimed at young carers aged 10-18: <a href="#">Survey Link</a><br>This survey is aimed at <u>parent and carers</u> of young carers under the age of 10: <a href="#">Survey Link</a> |
| <b>ParkPlay</b>   | ParkPlay is a growing community initiative offering free, informal games every Saturday from 10am-12pm in parks across the Hertfordshire  |
| <b>Free Park Tennis</b>   | Every Saturday 10am-11am<br>For more details contact: <a href="mailto:ALISON.ADAMS@APEX360.CO.UK">ALISON.ADAMS@APEX360.CO.UK</a>  |
| <b>'Introduction to the SEND Local Offer website' – webinar</b>             | 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.<br>Follow this link to: <a href="#">Register to join this webinar</a>  |
| <b>Anxiety Unravalled by Bounce Forward</b>                                 | 'Supporting my child with Anxiety' - three 60-minute sessions to explore anxiety, providing a space for parents to think of their own responses and provide practical tips and advice that they can use at home. The dates are: 29/01, 5/02 & 12/02<br><a href="#">Click here to register</a>   |
| <b>BeeZee Families</b>  | Helping families make healthy choices - for professionals to refer a family, use this QR code    |
| <b>Family Lives: Parenting SEN children when separated online programme</b> | For more information, to self refer or to make a referral, scan the QR code <br>Email: <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a><br>Call 0204 522 8700 or 0204 522 8699   |
| <b>Trauma-Informed Groups</b>   | 6 sessions online or in person focused group programme for parents living in Hertfordshire whose children have experienced sexual violence/trauma with the option of joining a peer support group<br>To book a place: <a href="#">Click this link</a>   |
| <b>SPACE Workshops from January to March 2025</b>                           | Courses are starting at the beginning of January 2025<br>To book on to any of the workshops click this link: <a href="#">SPACE Eventbrite</a>   |
| <b>Families in Focus: Handling anger of children with Autism &amp; ADHD</b> | For parents to gain greater understanding and learn tips that can reduce angry reactions and increase emotional regulation.<br>Funded by Hertfordshire CC for Hertfordshire Parents Starts 24th February, for more information email: <a href="mailto:bookings@familiesfocus.co.uk">bookings@familiesfocus.co.uk</a>  |



| <u>TOPIC</u>                             | <u>BOOKING/INFORMATION LINK</u>   |
|--|---|
| <b>Angels: Autism &amp; ADHD Support</b> | <p>Angels has a variety of online workshops for parents/carers. Being an angels member is free of charge as is the support, parents/carers need to complete this form and then they are added to our email list:</p> <p><a href="https://angelssupportgroup.org.uk/join-us/membership-application-form/">https://angelssupportgroup.org.uk/join-us/membership-application-form/</a></p>   |
| <b>The Bridge</b>                        | <p>Support group for young people (school years 7,8 &amp; 9) who are finding attending school challenging and are not attending at all, or are on a very reduced timetable</p> <p>Starts Wednesday 15th January 1pm-2.30pm @ Hatfield Hyde Cricket Club</p> <p>For more information email:<br/> <a href="mailto:alison.cowie@hertfordshire.gov.uk">alison.cowie@hertfordshire.gov.uk</a><br/> <a href="mailto:ruth.coleman@hertfordshire.gov.uk">ruth.coleman@hertfordshire.gov.uk</a></p>  |
| <b>Supporting Links</b>                  | <p><i>Parents &amp; Carer Support 'Talking' courses</i>- to book a course please quote the ID code for the selected course &amp; contact: 07512 709556 or <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a></p> <p><i>Parents &amp; Carer Support: 'ASD &amp; ADHD' courses</i>- these can be booked through the Eventbrite using this QR code </p> <p><i>BiteSize Parenting courses</i> - practical interactive online workshops FREE to parents and carers in Hertfordshire, book through Eventbrite using this QR code </p> |



## Young Carers Survey

### Young Carers Survey

We would like to hear from young carers and their families about Young Carers Services.

We understand that being a young carer is a unique role that brings strengths and opportunities as well as challenges and responsibilities.

Hertfordshire County Council arranges Carers in Hertfordshire to deliver Young Carers Services, we want to work with young carers and their families to understand what young carers want from a service and this survey is an opportunity for you to share your thoughts, needs, and ideas.

Please follow the link or scan the QR code to complete the short survey.

This survey is aimed at young carers aged 10-18.  
It is okay to ask an adult to help you if you need.

[Young Carers Service Survey](#)



This survey is aimed at parent and carers of young carers under the age of 10.

[Young Carers Service Parent Feedback Survey](#)



Thank you for taking the time to complete the survey.



## ParkPlay

### What is ParkPlay ?

ParkPlay is a growing community initiative offering free, informal games every Saturday from 10am-12pm in parks across the country.

This programme is particularly suited for individuals who may not typically participate in traditional sports.



### Where are we running ParkPlay?

- Hemel Hempstead ParkPlay – YewTree Primary School
- South Oxhey ParkPlay - Warren Dell Primary School
- Welwyn Garden City -Woodhall ParkPlay
- Letchworth - Jackmans ParkPlay

### Coming soon....

- Bishop Stortford – *Coming soon*
- Borehamwood – *Coming soon*
- Cheshunt – *Coming soon*
- Stevenage – *Coming soon*
- Watford – *Coming soon*

### Become a ParkPlay leader:

PlayLeaders are the amazing people who run local ParkPlay sessions. Becoming one could help you develop your confidence and learn new skills while positively impacting the community around you. You'll get to meet new people in your community and access new opportunities. Discover more about the role [here](#).

To take your first step towards becoming a PlayLeader in Herts email: [adam.howard@activeinthecommunity.org.uk](mailto:adam.howard@activeinthecommunity.org.uk)



Free Park Tennis

Every  
Saturday  
10AM - 11AM

**APEX**  
IN THE COMMUNITY



# FREE PARK TENNIS



**CONTACT US**  
T: 01442 800 242  
E: ALISON.ADAMS@APEX360.CO.UK



THEACTIVEDACORUMHUB



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/)

## '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)* Tuesday 14 January 8pm - 9pm

[Register to join this webinar](#)



## Anxiety Unravelled by Bounce Forward



# Anxiety Unravelled

Supporting my child with Anxiety

January 29th, February 5th & 12th 2025 at 6.30-7.30PM

### Highlights

- ✓ Three, 1hr sessions
- ✓ Live or on-demand
- ✓ Lifetime access

## A three-session online course for parents

The world around us can generate plenty of uncertainty and affect the way we go about our daily lives.

You may be more worried than usual or perhaps you are in the midst of a growing cycle of worry and concern that you'd like to unravel. **You are not on your own.**



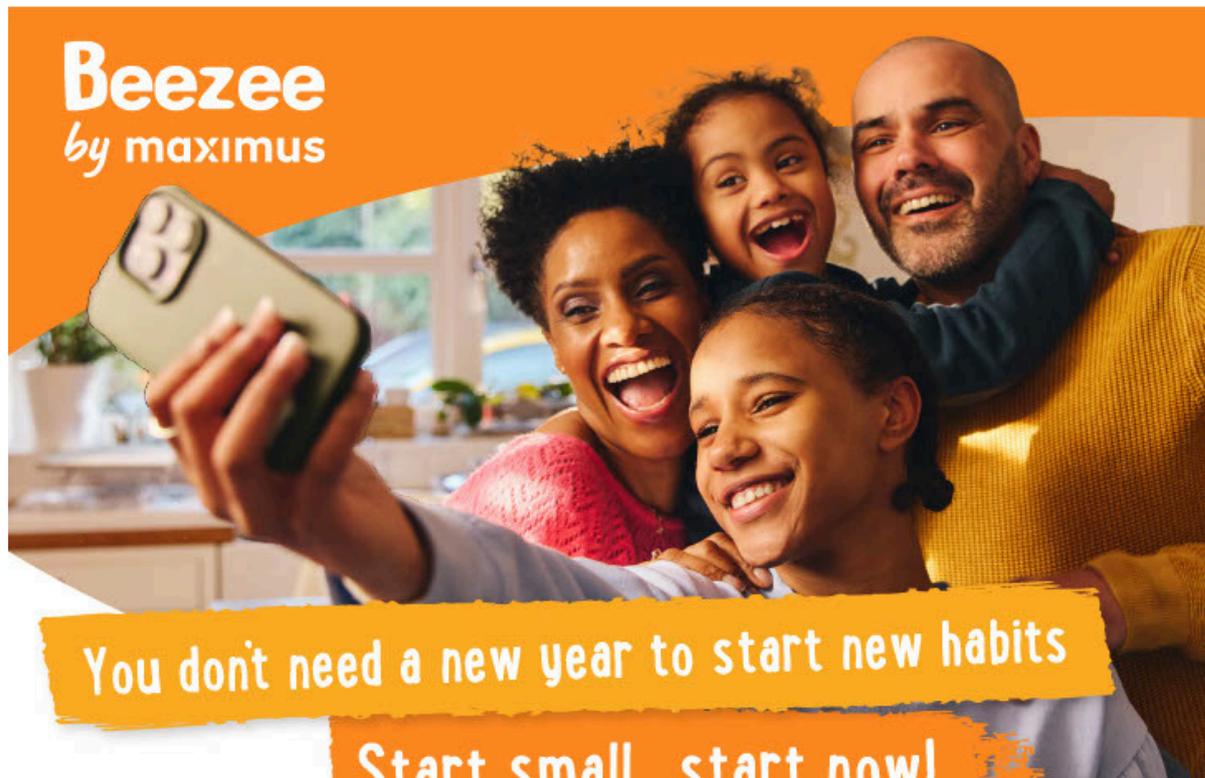
"Learning about the strategies to help us deal with anxiety was particularly useful and I am using these to help manage my own anxiety as well as my son's."

Join us for a series of three 60-minute sessions to explore anxiety. The sessions will provide a space to think about your own responses and provide practical tips and advice that you can use at home to help your children develop their resilience to anxiety.

[Click here to register](#)

Find out more →



**BeeZee Families**

**Beezee**  
by maximus

You don't need a new year to start new habits

Start small, start now!

Sign up to one of our free healthy lifestyle services today to kickstart your health goals for 2025 and beyond.

**Beezee FAMILIES**

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families
- One-to-one support also available!

**Beezee YOUTH**

- 13-17 year olds can talk about topics that matter to them
- Learn about physical, mental and social wellbeing
- Get free health resources
- Join a safe space.



- Free support for families with children aged 0-5 years
- Explore parenting and healthy lifestyle tips
- Chance to make new friends
- Free toolkit provided.



Start making  
healthy habits TODAY

@ BZBInfo@maximusuk.co.uk

01707 248 648



24-3-2027

**Beezee  
FAMILIES**

**FREE Healthy Lifestyle support  
for families in Hertfordshire**

**Our FREE 12 week in-person and online programmes  
start on week commencing 20th January 2025**



| Monday   | Tuesday   | Wednesday  | Thursday  |
|--|---|--|---|
| <p>BOREHAMWOOD</p> <p>Aberford Park<br/>Community Centre, WD6 1PN</p> <p>4:30 - 6:30pm</p> | <p>HEMEL HEMPSTEAD</p> <p>Hobletts Manor Junior School<br/>HP2 5JS</p> <p>5:30 - 7:30pm</p> | <p>STEVENAGE</p> <p>Oval Community Centre<br/>SG1 5RD</p> <p>5:00 - 7:00pm</p>         | <p>HATFIELD</p> <p>Birchwood Avenue<br/>Primary School, AL10 0PS</p> <p>5:00 - 7:00pm</p> |
| <p>CHESHUNT</p> <p>Andrews Lane<br/>Primary School, EN7 6LB</p> <p>4:30 - 6:30pm</p>       | <p><b>** NO SESSION **</b></p>  | <p>WATFORD</p> <p>Leavesden Green<br/>Community Hub, WD25 0BW</p> <p>5:30 - 7:30pm</p> | <p><b>** NO SESSION **</b></p>  |



Sign up today!

@ BZBinfo@maximusuk.co.uk

01707 248 648



Our programmes are for children above their local weight. See our website for more information.

24/05/21



## Family Lives: Parenting SEN children when separated

# Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

### Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



#### These courses will be delivered by MS Teams over 6 sessions, on the following dates:

- Monday 24 February & 3, 10, 17, 24, 31 March 2025

**Evening:** 7.00pm - 9.00pm

- Tuesday 25 February & 4, 11, 18, 25 March & 1 April 2025

**Daytime:** 9.30am - 11.30am

For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

SCAN ME



## We build better family lives together

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

 @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex, York House, Salisbury Square, Hatfield, AL9 5AD.

## Trauma-Informed Parent Groups



# Trauma-Informed Groups PARENTS GROUP

### Whats on offer?

Butterflies Lived Experience Community, with support from the National Lottery offer a 6 session focused group programme for parents living in Hertfordshire whose children have experienced sexual violence/trauma with the option of joining a peer support group

### Questions people often ask us

#### Who can attend?

One of the child or young person's main carers

#### How do the groups run?

You have 2 options - online or in person for both the focused programme and the peer groups

#### Do I have to attend both?

**Short answer:** NO

#### Longer answer:

To access the peer support groups, you must have attended the focused programme, but you can only attend the focused programme if you choose to.

#### Do I have to attend every session?

We ask that you commit to attending the full 6 session programme.

Following the programme you will be invited to attend the peer support groups, there are 2 per month - 1 online and 1 in person. There is no obligation to attend the peer groups, you will be asked to confirm your attendance in advance for each session and warmly welcomed

#### What's included in the sessions?

See the programme plan on the next page

### When and where?

#### Online

Fridays 9.30am-11am

#### In Person

Wednesdays 10.30am-12pm  
Welwyn Garden City

### Next Steps



Ask for more  
information  
HERE

OR

CLICK HERE  
TO BOOK YOUR  
PLACE

**TRAUMA  
RECOVERY CIC** | SEXUAL,  
DOMESTIC &  
RELATIONAL  
TRAUMA



hello@trcic.co.uk



www.trcic.org



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

# PROGRAMME PLAN



## WEEK 1



### Beginnings

Introductions and getting to know each other and the facilitators - breaking down the barriers, taboos and setting the boundaries

## WEEK 2



### Understanding Trauma

How what happened to your child impacts their thoughts, feelings and behaviours

## WEEK 3



### Understanding Trauma

Supporting your child - sharing ideas, learning new ideas and understanding

## WEEK 4



### Understanding Trauma

The impact of what happened on you, siblings and family relationships

## WEEK 5



### Looking after yourself

Exploring your own support system and resources and discussion about why this is key

## WEEK 6



### Endings

Reflection on the programme, and thinking about next steps

## NEXT STEPS



### Peer Support

2 peer support groups per month:  
2nd Wednesday of the month - in person (Welwyn)  
4th Friday of the month - online



**SPACE Workshops from January to March**

SPACE HERTFORDSHIRE

**SPRING TERM 2025 FREE ONLINE WORKSHOPS**

|                         |             |   |
|-------------------------|-------------|---|
| Monday 6th January      | 18:30-20:30 | ADHD in Girls and Women                             |
| Tuesday 7th January     | 18:30-20:00 | Access Arrangements                                 |
| Wednesday 8th January   | 10:00-12:00 | No Two Brains Are The Same: What is Neurodiversity? |
| Thursday 9th January    | 10:00-12:00 | Navigating the SEND World                           |
| Friday 10th January     | 10:00-12:00 | Understanding Behaviour as Communication            |
| Monday 13th January     | 18:30-20:30 | Navigating the SEND World Post 16                   |
| Tuesday 14th January    | 18:30-20:00 | Understanding and Supporting Executive Functioning  |
| Wednesday 15th January  | 10:00-11:30 | Understanding Dyslexia                              |
| Thursday 16th January   | 10:00-11:30 | Understanding and Supporting Emotional Regulation   |
| Friday 17th January     | 10:00-12:00 | Anxiety and SEND                                    |
| Monday 20th January     | 10:00-12:00 | Therapeutic Thinking for Parent Carers              |
| Monday 20th January     | 19:00-21:00 | Sensory Signs, Signals and Solutions                |
| Wednesday 22nd January  | 10:00-12:00 | EHCP: New Applications                              |
| Friday 24th January     | 10:00-11:00 | Understanding Autism                                |
| Tuesday 28th January    | 10:00-12:00 | Sleep Workshop                                      |
| Wednesday 29th January  | 10:00-11:30 | Autistic Girls                                      |
| Friday 31st January     | 10:00-12:00 | PDA, ODD and ADHD                                   |
| Tuesday 4th February    | 10:00-11:30 | EHCP: Annual Reviews                                |
| Wednesday 5th February  | 10:00-11:30 | Planning For Your Child's Future                    |
| Monday 10th February    | 10:00-11:00 | Understanding ADHD                                  |
| Tuesday 11th February   | 10:00-12:00 | Puberty and SEND                                    |
| Tuesday 11th February   | 18:30-20:00 | Understanding Tics and Tourette's                   |
| Friday 14th February    | 10:00-12:00 | Understanding Dual Diagnosis: Autism and ADHD       |
| <b>HALF TERM</b>        |             |   |
| Monday 24th February    | 10:00-12:00 | ADHD in Girls and Women                             |
| Monday 24th February    | 18:30-19:30 | Understanding Autism                                |
| Wednesday 26th February | 10:00-12:00 | No Two Brains Are The Same: What is Neurodiversity? |
| Thursday 27th February  | 18:30-20:30 | Puberty and SEND                                    |
| Monday 3rd March        | 18:30-19:30 | Understanding ADHD                                  |
| Wednesday 5th March     | 10:00-12:00 | Navigating the SEND World Post 16                   |
| Thursday 6th March      | 18:30-20:00 | Autistic Girls                                      |
| Friday 7th March        | 18:30-20:00 | Understanding Behaviour as Communication            |
| Monday 10th March       | 10:00-12:00 | Sensory Signs, Signals and Solutions                |
| Thursday 13th March     | 10:00-11:30 | Understanding Dyslexia                              |
| Friday 14th March       | 10:00-12:00 | PDA, ODD and ADHD                                   |
| Monday 17th March       | 18:30-20:30 | Navigating the SEND World                           |
| Tuesday 18th March      | 10:00-12:00 | Anxiety and SEND                                    |
| Friday 21st March       | 10:00-11:30 | Understanding Tics and Tourette's                   |
| Monday 24th March       | 19:00-21:00 | Sleep Workshop                                      |
| Tuesday 25th March      | 10:00-11:30 | Understanding and Supporting Executive Functioning  |
| Thursday 27th March     | 19:00-21:00 | EHCP: Submission to Finalisation                    |
| Friday 28th March       | 10:00-12:00 | Understanding Dual Diagnosis: Autism and ADHD       |



New dates released... book now

## UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help young people learn more about neurodiversity and their own experiences

6 week and 2 day courses starting in Jan and Feb



Scan to book

For more information or to make a referral: [services@spaceherts.org.uk](mailto:services@spaceherts.org.uk)



### Through interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

### Eligibility

- Diagnosis of Autism or ADHD, or both
- School years 3-6, 7-9 and 10-11
- Hertfordshire resident

This is part of a wider pilot project for neurodivergent children and young people being commissioned by HCC and the NHS.



## TALKING SENSORY

3 Week Online Courses



### 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

Mondays 27th January and 3rd, 10th February: 19:00-21:00  
or  
Wednesdays 12th, 19th, 26th March: 10:00-12:00



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



## PRIMARY STEPS in person in Stevenage

Free 6-week Course for Parents and Carers of Autistic Children in the Primary 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

### 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

No diagnosis necessary

### The Oval, Stevenage

10am-12pm, Friday Mornings January 10th, 17th, 24th, 31st and February 7th, 14th



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



## SLEEP TIGHT

3 weeks online course

Tuesdays 7th, 14th and 21st January, 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



## PARENTING ADHD

3 week online course

Mondays 25th February and 3rd, 10th March, 10am-12pm

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



## NAVIGATING THE SEND WORLD

### 4 weeks online course

● ● ● ● Thursdays 6th, 13th, 20th, 27th March, 10am-12pm

#### Course outcomes

- Feel more empowered to seek support
- Increase your awareness of what services are available for your family
- Learn the acronyms and language you will need to be familiar with
- Understand the referral systems
- 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 your child
- Feel confident about what to do next and how to access the support and services you need



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



## FIRST STEPS in person in Hoddesdon

### Free 5-week Courses 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

#### 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

**No diagnosis necessary**

Hoddesdon Library  
10am-12pm, Friday Mornings 28th February and 7th, 14th, 21st and 28th March



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



## Bright Beginnings

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

Scan to book



#### About Bright Beginnings

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions
- Get tailored guidance on local activities, services, workshops, and educational support.
- Access optional family support and benefit from specialised advice for key transitions like starting or changing schools and so much more.

#### Course dates

|                      |               |
|----------------------|---------------|
| Weds, 29th January:  | 1:15 - 2:15pm |
| Weds, 5th February:  | 1:15 - 2:15pm |
| Weds, 12th February: | 1:15 - 2:15pm |
| Weds, 26th February: | 1:15 - 2:15pm |
| Weds, 5th March:     | 1:15 - 2:15pm |
| Weds, 12th March:    | 1:15 - 2:15pm |

#### Criteria for Participation:

- Children aged 0-5 years
- On the pathway or diagnosed with autism / communication difficulties

#### Location:

- In person in Stanstead Abbots, Ware



## NEURODIVERSITY IN GIRLS AND WOMEN

### 4 weeks 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

Thursdays 23rd, 30th January and 6th, 13th February  
10:00am-12:00pm online



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



## Families in Focus



### **Handling anger of children with Autism & ADHD**

**We know you're trying to be the very best parent, yet despite all your best efforts understanding why your child feels so angry is confusing and overwhelming.**

**Join Francine and Lesley to help gain greater understanding and learn tried & tested tips that can reduce angry reactions and increase emotional regulation.**

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

**Monday mornings from 9.30am to 11.30am**

**February 24th & March 3rd 10th 17th 24th 31st**

**or**

**Wednesday mornings from 9.30am to 11.30am**

**February 26th & March 5th 12th 19th 26th & April 2nd**

Funded by Hertfordshire CC for Hertfordshire parents

## Angels: Autism & ADHD Support

**WOMEN AND GIRLS**

**Angels**  
AUTISM & ADHD SUPPORT

 **21st Jan 10am-11am - Online Workshop**  
11am-12pm - we will open for discussions/support on any subject/concern

Did you know that Boys are 4 times more likely to receive an Autism or ADHD diagnosis!

Girls are able to fly under the radar because Autism and ADHD present differently in Girls, which means that they don't match stereotypes.

Join our **online workshop** to find out more.

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



**UNDERSTANDING PDA**  
(PATHOLOGICAL DEMAND AVOIDANCE)

**Angels**  
AUTISM & ADHD SUPPORT



PDA is profile of autism used to describe a child who is **resisting** and **avoiding** the "ordinary demands of life".

Join us for this helpful workshop to help understand PDA and look at specific strategies that can help to support you and your child.

**28TH JAN 10AM-11AM ONLINE WORKSHOP**  
11AM-12PM - WE WILL OPEN FOR DISCUSSIONS/SUPPORT ON ANY SUBJECT/CONCERN



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

**LET'S TALK ABOUT...SLEEP!**

**Angels**  
AUTISM & ADHD SUPPORT



It is very common for autistic children and children with ADHD to struggle with sleep.

We will look at why Autism and ADHD affect sleep and will offer some suggestions/ideas of things to try to help.

**4TH FEBRUARY 10AM-11AM ONLINE WORKSHOP**  
11AM-12PM - WE WILL OPEN FOR DISCUSSIONS/SUPPORT ON ANY SUBJECT/CONCERN



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

## Angels: Autism & ADHD Support

**Reducing Sibling Conflict**

11th February 10am-11am  
Online Workshop

**Angels**  
AUTISM & ADHD SUPPORT

\*11am-12pm - we will open for discussions/support on any subject/concern

Join our friendly, informative workshop where we look at sibling conflict and explore ways to encourage more positive sibling relationships.

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

**Angels**  
AUTISM & ADHD SUPPORT

**Emotionally Based School Absence**

EBSA is a growing issue and data shows up to 92% of children experiencing it are neurodivergent. Join our helpful online workshop and:

- Develop an understanding of the factors that might be causing this
- Explore strategies that can help to support your child

25th February 10am-11am Online Workshop  
11am-12pm - we will open for discussions/support on any subject/concern

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

**Managing Meltdowns and Rage**

Join our friendly, informative workshop to better understand meltdowns and rage.

We will look at why this happens and look at ways to help when they do.

**Angels**  
AUTISM & ADHD SUPPORT

4th March 10am-11am  
Online Workshop

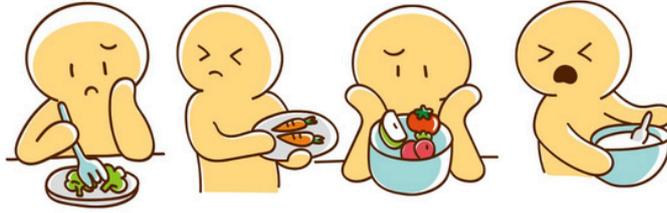
11am-12pm - we will open for discussions/support on any subject/concern

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



## Angels: Autism & ADHD Support

### Resistant Eaters



Many neurodivergent children struggle with food and how food is presented to them.

Resistant eaters are children who have severe food aversions that make it difficult for them to eat a balanced diet.

Join our workshop to learn more about this and hear from our experienced team on tips and ideas to best manage this.

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

**Angels**  
AUTISM & ADHD SUPPORT



**11th March 10am-11am  
Online Workshop**

**11am-12pm - we will open  
for discussions/support on  
any subject/concern**

### Supporting Sensory Needs Workshop



Neurodivergent children and adults experience their senses differently to others, sometimes experiencing too much or too little. This can make the world around them seem overwhelming.

Join us to look at how to support your child's sensory needs.

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

**Angels**  
AUTISM & ADHD SUPPORT



**18th March 10am-11am  
Online Workshop**

**11am-12pm - we will open for  
discussions/support on any  
subject/concern**

### Executive Function Dysfunction



Executive functioning skills help you get things done! These skills are controlled by an area of the brain called the frontal lobe. It's common for neurodivergent people to struggle with this.

**Executive function helps you:**

Manage Time, Pay Attention, Switch Focus  
Organise, Remember Details, Avoid Saying or Doing  
the Wrong Thing, Multitask

**Executive Function Dysfunction can affect your  
ability to:** Work or go to School, Do things  
Independently & Maintain Relationships

Come to our informative and helpful workshop to  
learn about strategies to help with this.

**Angels**  
AUTISM & ADHD SUPPORT



**25th March 10am-11am  
Online Workshop**

**11am-12pm - we will open  
for discussions/support on  
any subject/concern**



## The Bridge



### WHAT IS IT?

A support group for young people (school years 7,8 & 9) who are finding attending school challenging and are not attending at all, or are on a very reduced timetable

### WHAT IS IT FOR?

To create a safe and supportive group focusing on building confidence and increasing resilience.

### WHAT WILL THE SESSIONS COVER?

Topics will include:

- Worries & Anxiety
- Friends
- School & Learning
- Health & Wellbeing
- Neurodiversity

We want to hear your voice and will also tailor sessions to meet your needs.

### WHO IS RUNNING THE GROUP?

The main facilitators are Ruth and Alison from the Intensive Family Support Team. Sessions will also be supported by a range of specialist professionals providing expert insights and support.

### THE IMPORTANT STUFF:

When is it:

Starting Wednesday 15th January 1pm-2.30pm and then every Wednesday for 11 weeks (term time only)

Where is it:

Hatfield Hyde Cricket Club, Beehive Lane, WGC, AL7 4BP

I have some questions, who do I speak to:

Please speak to your family intervention worker if you have one and/or contact Alison at [alison.cowie@hertfordshire.gov.uk](mailto:alison.cowie@hertfordshire.gov.uk) OR Ruth at [ruth.coleman@hertfordshire.gov.uk](mailto:ruth.coleman@hertfordshire.gov.uk)



## Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2025



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.

← Eventbrite Page

### THE TEENAGE YEARS



**Tuesday 4th March 7.30-9.15pm**

Workshop SL715 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-715-for-parentscarers-in-herts-registration-1064332389829>

- 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.

### SIBLING STRUGGLES



**Thursday 13th February 7.30-9.15pm**

Workshop SL713 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-713-for-parentscarers-in-herts-registration-1065018812939>

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- 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.

### RESPONDING to ANGER



**Wednesday 2<sup>nd</sup> April 9.30-11.15am**

Workshop SL714 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-714-for-parentscarers-in-herts-registration-1065126535139>

- The difference between healthy & unhealthy anger.
- The pattern that 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.

Follow on:



Contact via:

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

Funded by Hertfordshire County  
Council's Targeted Parenting Fund



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

## Parent & Carer Support Spring Term 2025

FREE to parents and carers living in Hertfordshire



### TALKING TEENS

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

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
  - The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Wednesdays 7pm - 9pm

26th Feb – 2nd Apr

Face to Face: ID 707

Gade Community Room  
Oakleaf Primary School,  
Hemel Hempstead

Tuesdays 7.45 - 9.15pm

7th Jan – 11th Feb

Online Course: ID 708

### TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, 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.
  - Reduce conflict and arguments.
  - Encourage positive behaviour.



Wednesdays 7.45 - 9.30pm

8th Jan – 12th Feb

Online Course: ID 705

### TALKING DADS

6, weekly sessions for dads & male carers, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Mondays 7.45 - 9.15pm 6th Jan  
10th Feb

Online Course: ID 710

0-19yrs

Thursdays 7.45 - 9.15pm

27th Feb – 3rd Apr

Online Course: ID 711

0-11yrs

Wednesdays 7.45 - 9.15pm

26th Feb – 2nd Mar

Online Course: ID 712

12-19yrs

## TALKING FAMILIES

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

- 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 9.45 - 11.15am

7th Jan – 11th Feb

Online Course ID 703

Tuesdays 8.00 - 9.30pm

7th Jan – 11th Feb

Online Course ID 704

Tuesdays 8.00 - 9.30pm

25th Feb – 1st Apr

Online Course ID 702

## TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **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.
- Reduce stress and tension.
- Encourage resilient behaviour.



Mondays 7.45 - 9.30pm

24th Feb – 31 Mar

Online Course ID 706

## TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need.

Your child does not need a diagnosis.

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



Tuesdays 9.45 - 11.15am

25th Feb – 1st Apr

Course ID 701

2-19yrs

Wednesdays 7.45 - 9.15pm

8th Jan – 12 Feb

Online Course ID 709

12-19yrs

Booking essential. Please Quote the Course ID

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

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



## Parent &amp; Carer Support

**BITESIZE PARENTING**  
A Supporting Links workshop collection

Practical interactive online  
workshops FREE to parents and  
carers living in Hertfordshire



Eventbrite page

**HOW DO I GET MY  
CHILD TO EAT BETTER?**

No matter how restrictive your child's  
diet is, there are things you can do to  
help

**THU 16 Jan 2025 10-11am**<https://bit.ly/4i00aSx>**WHAT IS GOING ON IN  
MY TEENAGER'S HEAD?**

How & why adolescent  
development affects teen behaviour

**THU 23 Jan 2025 7-8pm**<https://bit.ly/40VVLvA>**WHY DOES MY CHILD  
BEHAVE LIKE THAT?**

Learn the 7 underlying causes  
behind all behaviour

**MON 27 Jan 2025 1:30-2:30pm**<https://bit.ly/3V6TwBH>**WHY DOES MY CHILD  
GIVE UP SO EASILY?**

Build resilience in your child and  
encourage them to have a go, or  
keep trying

**WED 5 Feb 2025 12:30-1:30m**<https://bit.ly/4eIeoGt>

Follow on:



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

Funded by Hertfordshire County Council  
for all parents & carers in Herts

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

**HOW DO I GET MY CHILD  
TO LISTEN TO ME?**

Improve communication by encouraging your child to listen to you and talk to you



**MON 10 Feb 2025 7-8pm**

<https://bit.ly/4eJprPM>



**HOW CAN MY CHILD LEARN TO  
MANAGE THEIR FEELINGS?**

Teaching emotional regulation to young people



**WED 26 Feb 2025 12:30-1:30pm**

<https://bit.ly/4g12pFc>



**WHY CAN'T MY CHILD  
MAKE GOOD DECISIONS?**

Understand how children learn to make decisions and how to support them when it goes wrong



**THU 6 Mar 2025 7-8pm**

<https://bit.ly/4g1WjUT>



**IS IT POSSIBLE TO PRAISE  
MY CHILD TOO MUCH?**

Using praise & criticism to encourage the behaviour you want to see.



**MON 10 Mar 2025 1:30-2:30pm**

<https://bit.ly/4hZAIUh>



**HOW DO I TALK TO MY  
TEEN/PRETEEN ABOUT...?**

Having difficult conversations with your son or daughter about sex, drugs & social media



**THU 17 Mar 2025 7-8pm**

<https://bit.ly/4hWM329>



**WHY DON'T MY CHILDREN GET  
ON WITH EACH OTHER BETTER?**

Sibling rivalry: understanding & improving communication between parents, children & siblings



**THU 27 Mar 2025 10 - 11am**

<https://bit.ly/3ALtzB3>



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

Funded by Hertfordshire County  
Council for all parents & carers in Herts



## Carers in Hertfordshire

### *Making Carers Count*

#### **About Us**

Carers in Hertfordshire is the leading countywide charity for unpaid carers looking after a partner, relative, friend or neighbour due to illness, frailty, mental health needs, disability or substance misuse.

We support all carers - children and adults - living, working or caring in Hertfordshire, and bereaved carers for three years after the death of the person they cared for.

Carers do not have to live with the person they are looking after to receive help and advice.

For more information about our services or how you can support our work, see the contact details below.

#### **Join the online conversation!**

Find us on Facebook [www.facebook.com/carersinherts](http://www.facebook.com/carersinherts)

Twitter [@CarersinHerts](https://twitter.com/CarersinHerts) and LinkedIn

[www.linkedin.com/company/carers-in-hertfordshire](http://www.linkedin.com/company/carers-in-hertfordshire) and our Carers in Hertfordshire YouTube Channel



## **To contact Carers in Hertfordshire**

**Write to:** Carers in Hertfordshire, The Red House,  
119 Fore Street, Hertford, Herts, SG14 1AX.

**Call:** 01992 58 69 69

**Email:** [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

**Visit:** [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

### ISL SEND Duty Lines & SEND advice lines

<https://www.hertfordshire.gov.uk/microsites/local-offer/contact-a-send-service.aspx>

**ISL St Albans and Dacorum Monday – Friday: 9am – 5pm**

[STADAC.ISLTEAM@hertfordshire.gov.uk](mailto:STADAC.ISLTEAM@hertfordshire.gov.uk)

#### Specialist advice lines

**Specific Learning Difficulties (SpLD)** - 01442 453 920 (term time only) Thurs, 9.30am - 12pm

**Speech, Language, Communication and autism Needs (SLCA)** - 01442 453 920 (term time only) Tues and Weds, 1.30pm - 4pm

**Early years (0 - 5)** - 01442 453 920 (term time only) Weds 9am - 12pm and Thurs 1.30pm - 4pm

**Physical and neurological impairment team (PNI)** - 01442 453 920 (term time only) Mondays, 1.30pm - 4pm

**West team Attendance Duty** - 01442 454 778 Monday –Friday 9:30am-4pm

#### **Education Support for Medical Absence (ESMA)**

<https://www.hertfordshire.gov.uk/microsites/local-offer/education-support/get-help-to-access-learning/education-support-for-medical-absence.aspx>

**Children and young people's therapy services: Advice from occupational therapists, physiotherapists and speech and language therapists** - 01923 470680 – select Option 3 for the therapy service. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2). Or email [hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)



## SUPPORT



**ADD-vance Helpdesk** is open from 9am to 1pm every weekday via [01727 833963](tel:01727833963) or email: [herts@add-vance.org](mailto:herts@add-vance.org)

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

**Facebook:** [www.add-vance.org/parents/](https://www.add-vance.org/parents/)



**Hertfordshire Local Offer:** The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



**Herts Help:** a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life.

**Call us on:** [0300 123 4044](tel:03001234044)

**Email:** [info@hertshelp.net](mailto:info@hertshelp.net)



**Hertfordshire SENDIASS:** is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS).

**Call us on:** [01992 555 847](tel:01992555847)

**Email:** [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk)



**Hertfordshire Additional Needs Database (HAND):** voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond).

**Website:** [Hertfordshire SENDIASS: is an impartial Special Educational Needs and Disability Information, Advice and Support Service \(SENDIASS\).](https://www.hertfordshire.gov.uk/microsites/SENDIASS/)

**Call us on:** [01992 555 847](tel:01992555847)

**Email:** [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk) or [hand@hertfordshire.gov.uk](mailto:hand@hertfordshire.gov.uk)



**Families First:** Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.

<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>



**Benefit entitlement** - If you care for a child or young person with a disability or if you have a disability yourself, you may be able to claim a range of benefits including Disability Living Allowance and Carers Allowance.

For more information on available benefits and entitlement go:

<https://www.carersuk.org/help-and-advice/financial-support>



## SUPPORT



**Carers in Hertfordshire:** provides advice, information and support to unpaid carers.

**Website -** [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

**Call us on:** [01992 586969](tel:01992586969) (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



Hertfordshire Network

**Hertfordshire Mind** - If you are experiencing a mental health crisis and would like someone to talk to, you can call our Crisis Helpline. Available to provide emotional support 24 hours a day, every day of the week.

**To contact the helpline please call us on** [01923 256391](tel:01923256391)



**Hertfordshire Wellbeing Service:** offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress.

**Website:** <http://talkwellbeing.co.uk/>



**Herts Parent Carer Involvement HPCI:** Independent parent/carer led organisation which aims to improve services for children and young people who have SEND –

**Call us on:** [07840 360 245](tel:07840360245)

**Website:** <https://www.hertsparentcarers.org.uk/>



**Healthy Young Minds in Herts:** Wellbeing advice and tools for young people, parents and carers.

**Website:** <https://www.healthyyoungmindsinherts.org.uk/>



**With YOUth:** Our digital service provides support to children and young people who are experiencing mental health needs or would like support with their emotional wellbeing. Open **Monday – Friday from 2pm – 10pm.**

Find more information via: <https://www.withyouth.org/> or

**Call us on:** [0208 189 8400](tel:02081898400)



**Just Talk Herts:** Mental Health support and advice for young people

**Website:** [www.justtalkherts.org](http://www.justtalkherts.org)



**Family Lives:** Parenting and Family support Helpline [0808 800 2222](tel:08088002222)



**Foodbanks -** <https://dacorum.foodbank.org.uk/get-help/>



**Samaritans:** Call on [116 123](tel:116123)



**ChildLine:** Call on [0800 1111](tel:08001111)



**Domestic Abuse Help:** [www.gov.uk/guidance/domestic-abuse-how-to-get-help](http://www.gov.uk/guidance/domestic-abuse-how-to-get-help)

