

Dear Parent/Carers,

This is the latest Dacorum Parent/Carers Courses and Support newsletter, we hope you find it useful. Kind Regards,

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

<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
Potential Kids	The July and summer activities timetable. To book click the link below: PK Events
Happy Camps Inclusive United CIC	Inclusive United are running the SEN Happy Camps this Summer at Longdean School in Hemel Hempstead for ages 12-16. To book please click the link: Happy Camps Inclusive United CIC They are also running summer inclusive sport sessions for young adults. All details are on their website: www.inclusiveunited.co.uk/events
Neurodiversity Support Hub	This service is for parents, carers and professionals in Hertfordshire that offers support, signposting and guidance covering a range of topics. Check out page 4 for specific opening hours. Phone: 01727 833963 Email: supporthub@add-vance.org
Children's Wellbeing Practitioner Workshops	Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop. All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit: Eventbrite
Spot the Signs, Suicide Prevention Webinar	Mind Hertfordshire Network are running a FREE webinar for all Hertfordshire parents with the aim to introduce the Spot the Signs campaign. It is on Monday 15th September 7pm-9pm online. To book you space please email: cyp@hertsmindnetwork.org
Families in Focus CIC	Families in Focus offer online interactive courses to help parents/carers increase understanding of Autism, ADHD, sensory needs and emotional regulation. Email: bookings@familiesinfocus.co.uk



<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
Supporting Links	Parents & Carer Support 'Talking' courses- to book a course please quote the ID code for the selected course & contact: 07512 709556 or bookings@supportinglinks.co.uk
ADD-Vance	ADD-vance have a selection of FREE online parenting courses, as well as support groups for parents/carers of children with a diagnosis or suspected diagnosis of ADHD and/or Autism. To book on to the courses or support groups go to: http://add-vance.eventbrite.com/ OR http://www.add-vance.org/
SPACE	SPACE offer a variety of parenting course online and face to face. The current course available are on page 10 and 11, with QR codes to book direct on the course. Alternatively please go to their Eventbrite page: SPACE Eventbrite
Services for Young People: First Rung Pathways	Services For Young People have been busy creating a new opportunity for our Young Persons leaving Year 11. The course is a Level 1 in Business Admin with Functional Skills or GCSE's as well as digital skills for 16–18-year-olds or up to 25 for those with an EHCP or if Care Experienced. Contact them for more info on: Email: marketing@firstrung.org.uk Phone: 07805 980 150 Website: www.firstrung.org.uk
Hertsmere Mencamp	Club 15-19 is running through the October half term offering different activities over in Hertsmere. For more information please contact Susannah: Phone: 07727 339066 Email: childrenandyouth@hertsmerecamp.org.uk
Mental Health Signposting information	Provided by MHST (Mental Health Support Team) this is a useful list of resources to support Children's mental health for signposting.



Potential Kids Activities

JULY 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT
CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
3rd Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
3rd Thu	Fun Rings Gosling 6+	17.30-18.30
4th Fri	Welcome Space Community Drop-In	10.00-12.30
4th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-2.00
4th Fri	Skateboarding Pioneer Club Age 9+yrs	17.30-18.30
5th Sat	Free Family Football Drop-In Birchwood	16.00-17.00
10th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
11th Fri	Welcome Space Community Drop-In	10.00-12.30
11th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
11th Fri	Youth Group 16 +	18.30-20.30
17th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
17th Thur	Fun Rings Gosling 6+	17.30-18.30
18th Fri	Welcome Space Community Drop-In	10.00-12.30
18th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
19th Sat	Kayaking Lea Valley white water centre 8+	10.30-11.45

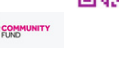
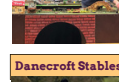
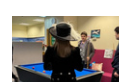
POTENTIAL
KIDS

BOOKINGS at
potentialkids.org.uk/events

PK Hub & Garden



Therapeutic Gardening
1:1 & Group Sessions.
Volunteers Needed



OUR OFFER

Sports & Social
Activities
Tutoring
Mentoring
Therapies
1:1 & Group Work
Alternative
Provision Provider
EOTAS

Communication,
Learning & Social
Support for All

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For further information on any of our Activities or Educational
Services please email us at info@potentialkids.org

the gallery

CCN



Summer Holidays

2025

SESSIONS FOR NEURODIVERGENT
CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
29th Tue	Fun in the garden 4+ Garden Cooking	11.00-12.30
31st Thur	Gosling - FUN RINGS 8+yrs	17.30-18.30
	AUGUST	
1st Fri	Pony Morning at Danecroft Stables 6-11yrs	10.00-12.00
2nd Sat	Lee Valley White Water Center Water Wipe Out 8+yrs	10.30-11.45
5th Tue	Fun in the garden 4+ Water Fight	11.00-12.30
7th Thur	Gosling - FUN RINGS 8+yrs	16.00-17.00
8th Fri	Inflatables 8+ Hatfield Leisure Centre	17.00-18.00
12th Tue	Fun in the Garden 4+ Mad Science	11.00-12.30
15th Fri	Pony Morning at Danecroft Stables 6-11yrs	10.00-12.00
16th Sat	Lee Valley White Water Center TBC 8+yrs+	TBC
19th Tue	Fun in the Garden 4+ Photo Scavenger Hunt	11.00-12.30
21st Thu	Gosling - FUN RINGS 8+yrs	16.00-17.00
26th Tue	Fun in the Garden 4+ Bushcraft	11.00-12.30
30th Sat	Lee Valley White Water Center Water Wipe Out 8+yrs+	10.30-11.45

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the gallery

CCN



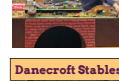
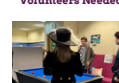
POTENTIAL
KIDS

BOOKINGS at
potentialkids.org.uk/events

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Therapeutic Gardening
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Website: www.dacorumdspl.org.uk



Email: dspl@kls.herts.sch.uk



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



Facebook: www.facebook.com/dspldacorum



Instagram: https://www.instagram.com/dspl_dacorum/

Happy Camps Inclusive United CIC

SEN Summer Sports CAMP



FUN SUMMER CAMP FOR AGES 12 TO 16 WITH SEN
INDOOR & OUTDOOR ACTIVITIES



29TH & 30TH JULY

5TH & 6TH AUGUST

10am to 2pm



BOOK NOW

Hertfordshire's
Holiday Activity Programme



HAPPY



**Longdean
Sports Centre
Hemel Hempstead**



Department
for Education



Hertfordshire
Community
Foundation



Neurodiversity Support Hub

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

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

No
Diagnosis
Required

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

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

Are you a
Parent, Care
or
Professional?



01727 833963



supporthub@add-vance.org

Term Time Opening Hours

9AM - 1PM - Monday, Wednesday & Friday

9AM - 3PM - Tuesday & Thursday

7PM - 9PM - Wednesday (By Appt)

9AM - 1PM - During School Holidays



We Can't:

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

Here to support, reach out for a listening ear



Children's Wellbeing Practitioner Workshops



Children's Wellbeing Practitioner Workshops July – September 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 31st July 10 am-12 pm Thursday 18th September 6-8 pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Tuesday 8th July 6-8 pm Tuesday 2nd September 6-8 pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Thursday 7th August 10 am-12 pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 5th August 6-8 pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Thursday 10th July 6-8 pm Tuesday 12th August 10 am-12 pm Thursday 25th September 6-8 pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 16th July 10 am-12 pm Tuesday 19th August 6-8 pm Wednesday 24 September 10 am-12 pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>



Mind Hertfordshire Network: Spot the Signs, Suicide Prevention Webinar



Contact us to
discuss your
training
needs, or
head to our
website by
scanning the
QR code
below:

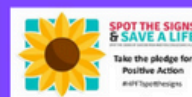


SPOT THE SIGNS, SUICIDE PREVENTION WEBINAR

15TH SEPTEMBER
2025

FREE FOR ALL
HERTS PARENTS

7PM - 9PM
ONLINE



Please contact cyp@hertsmindnetwork.org to book your space!



Families in Focus courses



Families In Focus CIC
LOOKING FORWARD TOGETHER

A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)

Our evidence-based, online, interactive courses for
parents of children aged 2 to 11 years will:

Increase understanding of Autism, ADHD, Sensory
Processing and children's behaviours.

Also included, how to understand and support
siblings, understanding EHCP's, and up to date
information on local service's and how to access
them.

We provide tried and tested strategies to increase
understanding for a calmer and happier family life.

Tuesdays

9.30am to 11.30am or 6.30pm to 8.30pm

September 9, 16, 23, 30 &

October 7, 14 &

November 4, 11, 18,

Email Francine & Lesley:

bookings@familiesinfofocus.co.uk



Funded by Hertfordshire CC
and free places for Hertfordshire parents



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of children with Autism & ADHD

(and those on assessment pathways)

Our evidence based online, interactive course
for parents of children aged 4 to 11

help parents to increase understanding of
Autism, ADHD, Sensory needs and
children's emotional regulation.

We provide tried & tested strategies for a
calmer and happier family life or all.

Wednesdays

9.30am to 11.30am or

12.30pm to 2pm or

6.30pm to 8.30pm

September 10th 17th 24th & October 1st 8th 15th

Email Francine and Lesley today:

bookings@familiesinfofocus.co.uk



Funded by Hertfordshire CC with limited free places available for
Hertfordshire parents



Supporting Links Workshops

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.



Wednesdays 8.00 - 9.30pm

17th Sep – 22nd Oct

Online Course ID 774

Thursdays 9.45 - 11.15am

18th Sep – 23rd Oct

Online Course ID 772

Tuesdays 8.00 - 9.30pm

4th Nov – 9th Dec

Online Course ID 773

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.



Tuesdays 7.45 - 9.30pm

16th Sep – 21st Oct

Online Course ID 776

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, 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.



Wednesdays 7.45 - 9.15pm

17th Sep – 22nd Oct

Online Course: ID 779

Wednesdays 7.45 - 9.15pm

5th Nov – 10th Dec

Online Course: ID 780

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**

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



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17th Sep – 22nd Oct

Online Course ID 774

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ADD-Vance



UNDERSTANDING MY AUTISM


Empowerment Course for Children and Young Teens in Hertfordshire

Join us for an online transformative 6-week group course designed to empower children and young teens with a diagnosis of Autism. Through interactive sessions, participants will explore what being Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.

COURSE DETAILS

AUTISM PRIMARY Tues 16/09 - 21/10 (Years 4-6)
AUTISM SECONDARY Thu 18/09 - 23/10 (Years 7-8)

add-vance.org/children-young-people




UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS OF TEENS

ABOUT THE COURSE
 This interactive course is designed for parents/carers of children aged 12 to 15 yrs (or 11 and already in secondary) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE
 Dates: Tuesdays, 9/9 to 14/10
 Time: 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.



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.

TIME AND PLACE
 Dates: Wednesdays, 17/9 to 22/10
 Time: 7 - 9 pm
Sopwell Family Centre, Mandeville Drive, St Albans, AL1 2LE
 Dates: Mondays, 3/11 to 8/12
 Time: 7 - 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.



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).

TIME AND PLACE
 Dates: Mondays, 15/9 to 20/10
 Time: 7 - 9 pm
ONLINE VIA ZOOM
 Dates: Wednesdays, 5/11 to 10/12
 Time: 7 - 9 pm
ONLINE VIA ZOOM
 Dates: Tuesdays, 11/11 to 16/12
 Time: 10 am - 12 pm
ONLINE VIA ZOOM

01727 833963 | herts@add-vance.org | http://www.add-vance.org/
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 These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.




UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS

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

TIME AND PLACE
 Dates: Tuesdays, 9/9 to 14/10
 Time: 10 am to 12 pm
ONLINE VIA ZOOM
 Dates: Thursdays, 13/11 to 18/12
 Time: 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/>
 These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.



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
 Dates: Tuesdays, 4/11 to 9/12
 Time: 9.30 to 11.30 am
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



FREE ONLINE AUTUMN 2025 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/Carers	Mon	8.9.25	10:00 - 11:30	Online
Understanding Autism	Parents/Carers	Wed	10.9.25	19:00 - 20:30	Online
Understanding ADHD and Autism in the Early Years	Parents/Carers	Fri	12.9.25	10:00 - 11:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/Carers	Mon	15.9.25	10:00 - 11:30	Online
Understanding ADHD	Parents/Carers	Wed	17.9.25	19:00 - 20:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/Carers	Fri	19.9.25	10:00 - 11:30	Online
Understanding Self Harm	Parents/Carers	Mon	22.9.25	10:00 - 11:30	Online
Understanding PDA	Parents/Carers	Wed	24.9.25	19:00 - 20:30	Online
Tips & Tools for Sleep	Parents/Carers	Mon	29.9.25	10:00 - 11:30	Online
Support for Dads	Parents/Carers	Wed	1.10.25	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/Carers	Fri	3.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/Carers	Mon	6.10.25	10:00 - 11:30	Online
Preparing for Adulthood (14+)	Parents/Carers	Wed	8.10.25	19:00 - 20:30	Online
Understanding Sensory Differences	Parents/Carers	Mon	13.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/Carers	Wed	15.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/Carers	Fri	17.10.25	10:00 - 11:30	Online
Understanding Medication Options	Parents/Carers	Mon	20.10.25	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/Carers	Wed	22.10.25	10:00 - 11:30	Online
Half Term					
Applying for an EHCP	Parents/Carers	Mon	3.11.25	10:00 - 11:30	Online
Preparing for an EHCP Review	Parents/Carers	Wed	5.11.25	19:00 - 20:30	Online
Working in Partnership with School	Parents/Carers	Fri	7.11.25	10:00 - 11:30	Online
Tips & Tools to Manage School Absence	Parents/Carers	Mon	10.11.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/Carers	Wed	12.11.25	19:00 - 20:30	Online
Understanding Anxiety	Parents/Carers	Mon	17.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/Carers	Wed	19.11.25	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/Carers	Fri	21.11.25	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/Carers	Mon	24.11.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/Carers	Wed	26.11.25	19:00 - 20:30	Online
Supporting Siblings	Parents/Carers	Fri	28.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/Carers	Mon	1.12.25	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/Carers	Wed	3.12.25	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/Carers	Fri	5.12.25	10:00 - 11:30	Online
Tips & Tools for Positive Behaviour	Parents/Carers	Mon	8.12.25	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/Carers	Wed	10.12.25	19:00 - 20:30	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

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only



SPACE

NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online courses

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

6:30pm-8:30pm Tuesdays 9th, 16th, 23rd and 30th September



Book via Eventbrite: SPACE Hertfordshire



PRIMARY STEPS

in person in Sawbridgeworth

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
- Understanding and supporting behaviour
- Supporting and promoting independence skills

No diagnosis necessary

Great St Mary's, Sawbridgeworth

10am-12pm, Friday Mornings 12, 19, 26 September and 3, 10, 17 October



Book via Eventbrite: SPACE Hertfordshire



BRIGHT BEGINNINGS

in person in Stanstead Abbots

Free 6-week play-based course for Parents and Carers and their children in the early years

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.

- 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.

Your programme assesses optional family support and benefits from specialised advice for key transitions like starting or changing schools and so much more.

No diagnosis necessary

Stanstead Abbots

1:15-2:15pm Wednesdays 8, 15, 22 October and 5, 12, 19 November



Book via Eventbrite: SPACE Hertfordshire



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

18:30-20:30 Mondays 6, 13, 20 October



Book via Eventbrite: SPACE Hertfordshire



SLEEP TIGHT

3 weeks online course

10am-12pm Tuesdays 11, 18, 25 November

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



Book via Eventbrite: SPACE Hertfordshire



PARENTING ADHD

3 week online course

10:00am-12:00pm Tuesdays 2, 9, 16 December

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



Book via Eventbrite: SPACE Hertfordshire



SPACE

SPACE HERTFORDSHIRE

AUTUMN TERM 2025 FREE ONLINE WORKSHOPS

4th September	18:30-20:00	Understanding Tics and Tourettes
8th September	18:30-20:00	Access Arrangements
10th September	18:30-20:30	Sensory Signs, Signals and Solutions
11th September	10:00-12:00	ADHD in Girls and Women
12th September	10:00-12:00	Understanding Behaviour as Communication
15th September	18:30-20:30	Navigating the SEND World
17th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
25th September	10:00-11:30	Understanding and Supporting Executive Functioning
25th September	18:30-20:30	EHCPs: New Applications
26th September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
30th September	10:00-12:00	Sleep Workshop
1st October	10:00-12:00	Therapeutic Thinking for Parent/Carers
2nd October	18:30-20:30	Puberty and Neurodiversity
8th October	10:00-12:00	Anxiety and SEND
9th October	10:00-12:00	Navigating the SEND world Post-16
10th October	10:00-12:00	PDA, ODD and ADHD
13th October	10:00-11:30	Understanding Dyslexia
14th October	10:00-11:00	Understanding Autism
15th October	10:00-12:00	Sensory Signs, Signals and Solutions
16th October	10:00-11:00	Understanding ADHD
21st October	10:00-11:30	Autistic Girls
22nd October	10:00-12:00	Understanding Behaviour as Communication
HALF TERM		
3rd November	18:30-20:30	ADHD in girls and Women
4th November	10:00-11:30	Encouraging Neurodiversity in Neurodiverse Young People (ages 8-18)
6th November	10:00-11:30	Understanding Tics and Tourettes
7th November	10:00-12:00	Understanding Behaviour as Communication
10th November	18:30-20:00	Understanding and Supporting Executive Function
12th November	10:00-12:00	PDA, ODD and ADHD
13th November	10:00-12:00	Navigating the SEND World
14th November	10:00-12:00	EHCPs: Submission to Finalisation
18th November	18:30-20:00	Understanding OCD
19th November	10:00-12:00	Anxiety and SEND
25th November	18:30-19:30	Understanding Autism
27th November	18:30-20:30	Sleep Workshop
1st December	18:30-20:30	Navigating the SEND World Post-16
3rd December	10:00-12:00	Understanding Emotionally Based School Avoidance (EBSA)
4th December	10:00-11:30	Understanding and Supporting Emotional Regulation
4th December	18:30-19:30	Understanding ADHD
5th December	10:00-12:00	Sensory Signs, Signals and Solutions
8th December	18:30-20:00	Understanding Dyslexia
10th December	10:00-12:00	ADHD in girls and Women
10th December	18:30-20:00	EHCPs: Annual Reviews
11th December	18:30-20:00	Autistic Girls
12th December	10:00-12:00	Puberty and Neurodiversity
15th December	10:00-12:00	Anxiety and SEND



Services for Young People: First Rung Pathways



First Rung Pathways Level 1



Services for
Young People

Business Administration

Our Level 1 Study Programme is designed for young people aged 16-18 who need to gain the qualifications needed to take their first step on the career ladder. We provide personalised programmes that support each learner's individual needs, combining learning with development activities to build skills and confidence.

Why study with First Rung? For over 40 years, First Rung has been helping young people progress into training, apprenticeships and further education. Our small class sizes, dedicated Learning Progression Advisors and supportive environment help young people grow into motivated, confident individuals, ready for the world of work.

Eligibility: No formal qualifications are required. Learners will be assessed at interview to ensure the programme is right for them.

Enrolment: Two start dates in October 2025 and February 2026. The programme continues until the end of the academic year - August 2026.



Course Highlights

- ✓ Branding a business product and presenting a business idea
- ✓ Organisation skills and developing a personal progression plan
- ✓ Contributing to running an event
- ✓ Communicating with customers and organising meetings
- ✓ English and maths functional skills or GCSEs. You will also be offered essential digital skills needed for the workplace.
- ✓ CV, Job search and interview skills training
- ✓ Preparation for Life and Work Personal Social Development



Career Potential

Job roles such as Administration Assistant, Receptionist, Data Entry Clerk, Personal Assistant, Customer Service Advisor.



Who is it for?

This course is ideal for those new to business who want to build confidence, learn core skills, and prepare for further study or work.



Progression Opportunities

Onto employment or further education, Level 2/3 Apprenticeships or qualifications in Business Administration or other sectors like IT, Retail, Travel & Tourism etc

Contact Us:

marketing@firstrung.org.uk

Beverley Woodhouse

07805 980 150

www.firstrung.org.uk

Services for
Young People

Level 1 Business Administration

Enrol Today

Hemel Hempstead Young People's Centre,
1st Floor XC Centre, Jarman Park, HP2 4JS
PhotoofAmeliaZottola - FirstRung BusinessAdministrationApprentice

Scan me!

www.firstrung.org.uk

Services for
Young People

Study Programme (16-18 yrs)

*Also available for 16-24 year olds with an Educational Health Care Plan

This course is ideal for those new to business who want to build confidence, learn core skills, and prepare for further study or work.

Get finance support while you train (based on eligibility)

Three reasons to choose our Study Programme

Individualised Programme
We tailor your programme to meet your individual goals. Including learning that helps you gain personal skills/qualities and work experience needed to secure employment.

Additional Qualifications
Support with English and maths functional skills or GCSEs. You will also be offered digital skills needed for the workplace.

Individual Support & Guidance
You will receive high quality advice and guidance throughout your time on the programme and get support in progressing to appropriate destinations such as an apprenticeship, employment, or further training/education.

First Rung Learner

Testimonial

"I have had a great experience with First Rung, they have a supportive team who genuinely care about the learners. The smaller class sizes make a big difference, and the weekly schedule is much better than school. Teachers are always willing to help, and Business Administration has been really insightful. I'd definitely recommend it."

Level 1 Business Administration Learner

Good Provider

For more information, call/text: 07495 464797 or marketing@firstrung.org.uk
www.firstrung.org.uk



Club 15-19 October Half term**OCTOBER
Half Term****Tue 28th – Thu 30th**

Tue → Games, Art & Crafts,
Cooking, Quizzes,
Wed → Wii, Fun & More

10pm to 2pm • Borehamwood

Thu → Sky Up Academy
Session

1.30pm to 4.30pm • Sky Studios Event

For more info contact Susannah 07727 33 90 66
childrenandyouth@hertsmeremencap.org.uk



Mental Health Signposting information

ALTERNATIVE LIST OF HELP

In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.

ChildLine:

Help and advice from a trained counsellor for under 19's, through their helpline and wechat anytime, about anything. Tel: 0800 1111. www.childline.org.uk

Samaritans: 116 123 free to call anytime any age about anything.

Papyrus: Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text wechat HopeLine UK 0800 0684141. <https://www.papyrus-uk.org/>

Shout: Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258. www.giveusashout.org

Young Minds: In urgent need text free 24/7 to 85258 www.youngminds.org.uk

NHS – Hertfordshire NHS Foundation Trust – Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line.

Anytime, any age 0800 6444 101

ONLINE HELP

SANDBOX: Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online. <https://sandbox.getcerebral.co.uk/>

Stop. Breathe. Think. Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258 <https://www.stopbreathethink.org.uk/>

With YOUTH (Mind Hertfordshire CYP) – children and young people's digital wellbeing service 5-18 years <https://www.withyouth.org/>

Big White Wall/Scope: On-line service for mild Mental Health issues for over 18's, 24/7 www.bigwhitewall.com

Stayalive.app – an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. www.stayalive.app

HELP LINES

YoungMindsHelpline – 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. www.hertfordshiremind.org.uk

JustTalk – helping young people in Hertfordshire to talk about their mental health – www.justtalkherts.org

Health for Teens – advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services. www.healthforteens.co.uk

Saneline: Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness – including family, friends and carers www.sane.org.uk Tel 0300 304 7000. Open from 4pm to 10pm.

The Mix: Under 25s Free information and support for mental health issues 0808 808 4994 www.themix.org.uk

Anxiety UK: Help and support for anxiety www.anxietyuk.org.uk

COUNSELLING

Contact your GP who can assess your needs and make a referral if appropriate.

NHS – Hertfordshire Partnership NHS Foundation

Trust – SPA (Single Point of Access) can put you in touch with NHS mental health services. If you call them, they will help, get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322 www.hgft.nhs.uk

Mind in Mid Herts: Over 16's counselling and group work 03303 208100 www.mindinmidherts.org.uk – covers Hertford, St Albans, Stevenage, and Hatfield

Talk in Herts – Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to maximum of £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

The Counselling Foundation – St Albans Centre: 18-25 years self-referral, sliding scale charge between £5-£50. GP referral for 16-17 years for free sessions 01727 856693 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690 www.counsellingfoundation.org

School Counselling – please speak to your individual school, college & University.

Safe Space Counselling in Schools: The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5-19-year-olds. 01992 588796 Professional to make referral.



OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

YCT – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in locations across East, North & West Hertfordshire including Waltham Abbey, Stansted, Hoddesdon, Ware, Bishops Cleeve, Stevenage, Letchworth 01279 414 090. <https://yctsupport.com/>

Signpost Counselling offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495. <https://oneymca.org/signpost>

Raphael House 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144. <https://www.reaphaelhouse.org.uk>

Finding private counsellors: ACP: Association of Child Psychotherapists www.childpsychotherapy.org.uk

BACP: British Association of Counselling & Psychotherapy www.itsgoodtotalk.org.uk/therapists

UKCP: UK Council for Psychotherapy www.psychotherapy.org.uk

Counselling Directory: www.counselling-directory.org.uk



SPECIFIC HELP

The Ollie Foundation – suicide prevention (information and training) www.theolliefoundation.org

Grief Encounter: Support with bereavement of a sibling/ parent 0808 802 0111 www.griefencounter.org.uk

CRUSE Support with bereavement 0808 808 1677 <https://www.cruse.org.uk/>

Winston's Wish – support with bereavement, children, and young people up to age of 35. 0808 020 021. <https://www.winstonswish.org>

The WISH Centre (Harrow) 020 3137 9044, free service for young people for self-harm. www.thewishcentre.org.uk

Young Carers In Hertfordshire – practical and emotional support to young people with caring responsibilities. www.ycgh.org 01992 58 69 69

Herts Young Homeless – advice and practical support for 16-24-year-olds who are homeless or worried they might become homeless. Tel: 18-24 years call 08000 355 775. For 16-17-year-olds call 03003 230130 www.hyh.org.uk

FRANK Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300

123 6600

A-Dash: Help with drug/alcohol issues for under 18s <https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire/>

Spectrum: Help with drug/alcohol issues/recovery for over 18's in Hertfordshire <https://www.changegrowthlive.org/spectrum-hertfordshire-drug-alcohol-services>

The Living Room: Daytime group therapy sessions for any addiction, 18+. 0300 365 0304 <https://www.livingroomherts.org/st-albans-hub>

Night Light Crisis Service: Over 18s, Fridays – Monday between 7pm – 2am – Out of hours mental health service 01923 256391 <https://www.stayalive.app/find-help-now/resources-by-area/en-gb/hertfordshire>

Eating disorders: Support for anyone suffering from an eating disorder. www.heateatingdisorders.org.uk

First steps ED – 5-17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+) www.firststepsed.co.uk

ADD-vance – support for ADHD and autism 01727 833963 <http://www.add-vance.org/>

Palms Hertfordshire – Positive behaviours, autism, learning disability and Mental health service. 01727 582122 <https://www.hct.nhs.uk/our-services/palms/>

Herts SARC – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net www.hertsarc.org

Herts Domestic Abuse Helpline: 0808 808 8088 9am-9pm Mon-Fri and 9am-4pm weekends

National Domestic Abuse Helpline 0808 2000 247



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

Twitter @CarersinHerts and LinkedIn

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

Visit: 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

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



SUPPORT



ADD-vance Helpdesk is open from 9am to 1pm every weekday via [01727 833963](tel:01727833963)

or email: herts@add-vance.org

Website: www.add-vance.org

Facebook: 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



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



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/sendias/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 or 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

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



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



Family Lives: Parenting and Family support Helpline [0800 800 2222](tel:0800800222)



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

