

Dear Parents/Carers,

Below you will find a quick description of each page with some contact information and some booking links, but for all the important information head to each page.

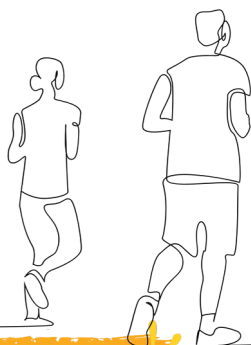
<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
BeeZee Youth	FREE 8-week health and wellbeing programme to help young people to open up and talk about topics that matter most to them. To sign up: Email: bzbinfo@maximusuk.co.uk Phone: 01707 248 648
BeeZee Families	FREE healthy lifestyle support for families in Hertfordshire, it is a 12 week in-person and online programmes starting 19 th January 2026. To sign up: Email: bzbinfo@maximusuk.co.uk Phone: 01707 248 648
Henry: Healthy Start, Brighter future	FREE healthy families programme for Hertfordshire families, in person and online these 8 week programme runs without a break. There are free creche facilities available for the in-person sessions. Find out more: Phone: 01707 842 648 Email: hertforshire@henry.org.uk www.henry.org.uk/hertfordshire
Bounce Forward: Anxiety Unravelling	January course is booking now for a 3 session online course for parents. 60-minute sessions to explore anxiety. The sessions will provide a space to think about parents own responses and provide practical tips and advice that they can use at home to help your children develop their resilience to anxiety. To book a place: Click here!
Potential Kids	There is a timetable of all January events, as well as flyers for their 'Connect@The Zone' Sessions. For more information email: info@potentialkids.org To book any activities: www.potentialkids.org.uk/events
Families in Focus	FIF offer a range of courses and workshops for parents to children with Autism & ADHD, they have new courses starting in January. To book please email: bookings@familiesinfocus.co.uk
Angels Christmas Prize Draw 2025	Enter the prize draw by clicking the link below, list of prizes can be found on page 8: Enter the Prize draw



<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
Assessment for Autism and/or ADHD	A link to a website that will show you the process for all new referrals for children and young people aged 5 - 15 with a GP in Hertfordshire: Assessment for Autism and/or ADHD
Hertfordshire Local Offer	Letting parents and young people know what special educational needs services are available. Go direct to the website below: Hertfordshire Local Offer
Supporting Links	They offer FREE courses and workshop to Parents and Carers in Hertfordshire. On page 10 it shows what is coming up in the new year, for more information: Email: bookings@supportinglinks.co.uk Phone: bookings@supportinglinks.co.uk https://www.supportinglinks.co.uk/whatson.html
SPACE	SPACE are there to support children, families and schools. There have a wide range of services available, please go to page 11 for more details or visit: www.spaceherts.org.uk
My Hertfordshire Healthcare Passport	My Hertfordshire Healthcare Passport is for all your child's needs including; physical health, access requirements, emotional wellbeing, communication and extra support. To find out more and download your own copy click the link below: Hertfordshire Healthcare Passport
CAP Money Coaching Course	From 28th January to 11th February Wednesday evenings @ Liberty Tea Rooms. A FREE course designed to empower you with the knowledge, skills, tools and confidence to better manage your finances. For more information contact Sharon on 07952 510118 or email capmoneycoaching@libertytearooms.co.uk
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. For more information about what each workshop covers and to book a place onto a workshop please click this link: Children's Wellbeing Practitioners



BeeZee Youth

Beezee
YOUTH**Ready to make a change?****The first step starts with you**

Join our **FREE** 8-week health and wellbeing programme. It's made with the help of young people, for young people. This is a chance for you to talk about topics that matter to you.

Achieving
GoalsBody
Image

Communication

Exam
Stress

Motivation

Physical
Activity

Relationships

Self-Love

Our online group sessions start on:

DATE: Wednesday 28th Jan 26 & weekly after**TIME:** Starts at 6pm and ends at 7pm

**Sign up for your
FREE PLACE
today**


hrt.maximusuk.co.uk

 BZBinfo@maximusuk.co.uk

 **01707 248 648**

 Hertfordshire

Our programmes are for 13 to 17-year-olds, see our website for more information. 24-0882



BeeZee Families

**Beezee
FAMILIES**

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

Our **FREE 12 week in-person and online programmes**
start on week commencing 19th January 2026



Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9QD 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:30 - 7:30pm	WALTHAM CROSS St Joseph's Church 204 High Street, EN8 7DP 4:30 - 6:30pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **



Sign up today!



BZBinfo@maximusuk.co.uk



01707 248 648

Hertfordshire

Our programmes are for children above their ideal weight, see our website for more information.



Henry: Healthy Start, Brighter future

Winter Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

Mondays

In Person (Morning)

Starting 26th January

10am - 12noon

High Trees Family Centre,
Broxbourne, EN10 6AE
(c/o Hertford Regional
College, Broxbourne
Centre)

Tuesdays

Online (Morning)

Starting 27th January

10am - 11.15am

Online

Wednesdays

Online (Morning)

Starting 28th January

10am - 11.15am

Online

Wednesdays

Online (Evening)

Starting 28th January

5.30pm - 6.45pm

Online

All programmes run for 8 weeks with a break.
Free crèche facilities available for in-person sessions.



Beezee
in Hertfordshire

Find out more:

01707 248648

herfordshire@henry.org.uk

www.henry.org.uk/hertfordshire



Bounce Forward: Anxiety Unravelled



Anxiety Unravelled

Supporting my child with Anxiety

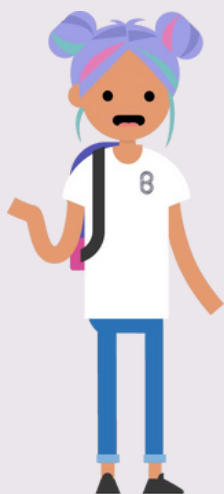
Highlights

- ✓ 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 →](#)

Potential Kids

POTENTIAL KIDS For Neurodivergent Children, Young People
Their Siblings and Parents/Carers

JANUARY 2026 ACTIVITIES



Date	Sessions	Time	Venue
6th Tue	Connect Primary age	4.30-6.00	The Zone@The Galleria
8th, 15th, 22nd, 29th Thu	Bushcraft/Stem Home Ed Age 4+	10.30-12.00	The Zone @ The Galleria
9th, 16th, 23rd, 30th Fri	Early Years Stay & Play	10.30-12.00	The Zone@The Galleria
9th, 16th, 23rd, 30th Fri	Parent /Carer Wellbeing	12.30-2.00	The Zone@The Galleria
10th, 31st Sat	Family Football	4.00-5.00	Birchwood Leisure Centre
12th Mon	Dungeons & Dragons (Full)	12.30-3.30	The Zone@The Galleria
TBC Tue	Roller Skating	TBC	Roller City WGC
15th Thur	Trampolining Age 5+	5.30-6.30	Gosling Sports Centre
16th Fri	Youth Group 16 Plus	6.30-8.00	The Hub@The Galleria
22nd Thur	Connect Secondary Age	5.00-6.30	The Zone@The Galleria
24th Sat	Basketball/Archery	4.00-5.00	Birchwood Leisure Centre
29th Thur	Trampolining Age 5+	5.30-6.30	Gosling Sports Centre
TBC Fri	Skateboarding Age 9+	5.30-6.30	Pioneer Club St Albans
31st Sat	Potential Tracks Train Club 10+	12.00-2.00	The Hub@The Galleria

To book visit : potentialkids.org.uk/events

For further information email: info@potentialkids.org

the galleria
Retail Shopping



For Neurodivergent Children, Young People
Their Siblings and Parents/Carers

CONNECT @THE ZONE

An opportunity to connect with others, build confidence, make friends in an inclusive, safe, environment.

Cost - Free

Monthly - Tuesday Age 5+

Monthly - Thursday Age 11+

Time - 4.30 - 6pm



Unit 55 The Galleria
Comet Way
Hatfield, AL10 0XR

Booking Via our website- potentialkids.org.uk/events

For further information email: info@potentialkids.org

Potential Kids Limited Registered in England and Wales Company No. 10912345.
Registered Charity No. 1182917



CONNECT

Come and Explore our new wellbeing space for neurodivergent young people, their families and the community!

Wellbeing Session:

Self-Care ideas, Mindful Moments, Relaxation, Coffee and Chat, Creative & Quiet areas, Professional Support and more...!



THE ZONE POTENTIAL KIDS

Fraturdays
Early Years Session @ 10:30-11:30
Wellbeing Session @ 12:00-14:00

Early Years Session:

AGE: 3yrs+
Free play, exploration and social time. Parents and carers can also access professional guidance and support.



Join Us!

Fully Funded Free sessions

UNIT 55 (Next to JD Sports)
The Galleria, Ground Floor
Comet Way, Hatfield
AL10 0XR

potentialkids.org.uk



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/

Families in Focus



Families In Focus CIC
LOOKING FORWARD TOGETHER

A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)
Our free evidence-based, online, interactive courses
for Hertfordshire parents of children aged 2 to 11
years will:

Increase understanding of Autism, ADHD, Sensory
needs 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.

Wednesdays

9.30am to 11.30am or 6.30pm to 8.30pm

January 7th 14th 21st 28th &

February 4th 11th 25th &

March 4th 11th

**Email Francine & Lesley:
bookings@familiesinfocus.co.uk**



Families In Focus CIC
LOOKING FORWARD TOGETHER

**Families in Focus award winning online,
interactive courses are free for parents living
in Hertfordshire**

Handling anger in your family an online course for parents of primary aged children with no SEN needs

Increase understanding of why children react
with anger and learn tried and tested
techniques to support children to de-
escalate and change reactions to trigger
situations to bring harmony and calm for the
whole family.

Monday evenings from 7pm to 8.30pm

January 5th 12th 19th 26th & February 2nd 9th

**Email Francine & Lesley:
bookings@familiesinfocus.co.uk**



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of children with Autism & ADHD

(and those on assessment pathways)

Our free evidence based online, interactive course for
Hertfordshire parents of children aged 4 to 11
helps parents to increase understanding of Autism,
ADHD, Sensory needs and increasing children's
emotional regulation.

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

Tuesday

9.30-11.30 or

12.30pm to 2pm or

6.30pm to 8.30pm

January 6th 13th 20th 27th & February 3rd 10th

**Email Francine and Lesley today:
bookings@familiesinfocus.co.uk**



Angels Christmas Prize Draw 2025



angels
AUTISM & ADHD SUPPORT

Registered with
FUNDRAISING
REGULATOR
Charity no:1117059
www.angelssupportgroup.org.uk

Our Christmas Prize Draw is back...

Our amazing online prize draw is BACK! Enter now for your chance to win one of over 15 fantastic prizes, including a luxurious hamper and M&S vouchers. Every ticket helps us raise essential funds so we can continue to support families in need. Don't miss out!

£1 per ticket

Draw will take place on 12th Dec

QR code, ticket, and prize hamper illustration.

Enter the Prize draw

The amazing prizes this year are:

- Anglian Country Inns £100 Voucher
- A helping hoof - 1 hour session
- Sensory Magic - 2 x Sensory Bags
- Emotional Support Plushie
- The Cove Spa, Hitchin - 30 min treatment
- The Cock Hitchin - 3 course meal for 2
- Ardeley Church Farm - Family Day Pass
- Teamworks Karting, Letchworth - 4 laser tag vouchers
- Knebworth House - entry for four
- M&S Indulge Hamper worth £75
- Angel by Mugler Perfume 50ml
- The Secret Truffletier
- £50 Voucher for Balloon Stack
- Sainsbury's £150 Gift Voucher
- M&S £100 Voucher
- Tesco £100 Voucher



Assessment for Autism and/or ADHD

If you want to request an assessment for autism and/or ADHD for your child, this must be done by your GP or other health professional.

The link below is to a website that will show you the process for all new referrals for children and young people aged 5 - 15 with a GP in Hertfordshire.

[Getting a referral for a child or young person's autism and/ or ADHD assessment](#)

Hertfordshire Local Offer

The poster features a dark blue background with white and light blue text. On the left, there is an illustration of a woman with short black hair and glasses, wearing an orange shirt, sitting at a desk and working on a laptop. To her right, the text reads: 'Letting parents and young people know what special educational needs services are available in Hertfordshire'. Below this, there is an illustration of a man with short black hair, wearing a green shirt, sitting at a desk and working on a laptop. At the bottom left, there is a logo consisting of three stylized human figures in white, with the text '... and who can access them.' above it. At the bottom, the website address 'www.hertfordshire.gov.uk/localoffer' is displayed in white.

The Hertfordshire Local Offer

Letting parents and young people know what special educational needs services are available in Hertfordshire

... and who can access them.

www.hertfordshire.gov.uk/localoffer

Supporting Links

Parent & Carer Support

Spring Term 2026

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.



Mondays 7.45 - 9.15pm

5th Jan to 9th Feb

Online Course: ID 804

Wednesdays 7.45 - 9.15pm

4th Feb to 18th Mar

F2F Course: ID 802

St Albans, AL1 2LE

Thursdays 7.45 - 9.15pm

5th Feb to 19th Mar

Online Course: ID 803

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 11-19, supporting you to:

- Understand why children & 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.



Tuesdays 7.45 - 9.30pm

6th Jan to 10th Feb

Online Course: ID 805

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children 2-19, 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 8.00 - 9.30pm

6th Jan to 10th Feb

Online Course: ID 797

Tuesdays 9.45 - 11.15am

3rd Feb to 17th Mar

Online Course: ID 796

Page 1 of 2

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.



Thursdays 8.00 - 9.30pm

8th Jan to 12th Feb

Online Course ID 799

Thursdays 9.45 - 11.15am

5th Feb to 19th Mar

Online Course ID 798

Thursdays 8.00 - 9.30pm

5th Feb to 19th Mar

Online Course ID 800

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children 5-12, 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.



Wednesdays 9.45 - 11.30am

4th Feb to 18th Mar

Online Course ID 801

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

7th Jan to 11th Feb

Online Course: ID 806

Mondays 7.45 - 9.15pm

2nd Feb to 16th Mar

Online Course: ID 807

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.



Page 2 of 2



BITESIZE WORKSHOPS

Answering common parenting questions in short, practical, interactive online workshops
FREE to parents and carers living in Hertfordshire



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 4th Dec 2025, 10-11am

<https://tinyurl.com/mhjdme8>

What Is Going On In My Teenager's Head?

How & why adolescent development affects teen behaviour

Thu 15th Jan 2026, 7-8pm

<https://tinyurl.com/27b2m35>

Why Does My Child Give Up So Easily?

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

Mon 19th Jan 2026, 7-8pm

<https://tinyurl.com/44r7xuea>

How Do I Get My Child To Listen To Me?

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

Thu 29th Jan 2026, 7-8pm

<https://tinyurl.com/2b7y2jw2>

How Can My Child Learn To Manage Their Feelings?

Teaching emotional regulation to young people

Mon 23rd Mar 2026, 10-11am

<https://tinyurl.com/2wafktd>

How Do I Talk To My Teen/Preteen About...?

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

Wed 25th Mar 2026, 7-8pm

<https://tinyurl.com/2wafktd>

Eventbrite: <https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843>



info@supportinglinks.co.uk
www.supportinglinks.co.uk

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



Parent & Carer Support

TALKING ASD & ADHD Workshops Spring 2026



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

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-for-parents-carers-in-herts-1046969>

RESPONDING TO ANGER

- Healthy & unhealthy anger.
- How to spot the 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.

Thursday 22nd January, 7.30-9.15pm

Workshop SL809 book via Eventbrite:

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-responding-to-anger-809-for-parents-carers-in-herts-registration-1814636258899>

SIBLING STRUGGLES

- What to do when your children fight or argue.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- 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.

Tuesday 24th February, 7.30-9.15pm

Workshop SL811 book via Eventbrite:

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-sibling-struggles-811-for-parents-carers-in-herts-registration-1814783268609>

Tuesday 24th March, 9.30-11.15am

Workshop SL810 book via Eventbrite:

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-tech-use-810-for-parents-carers-in-herts-registration-1814951070509>

THE TEENAGE YEARS

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 26th January, 7.30-9.15pm

Workshop SL808 book via Eventbrite:

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-teenage-years-808-for-parents-carers-in-herts-registration-1813912474039>

TECH USE

- Understand your child's use of Social Media, Gaming & the Internet.
- The effect of strategies such as banning, strict time limits or using devices as a reward or consequence.
- Teach children how to manage their tech use, stay safe online and switch off.
- Improve communication and reduce conflict.

Tuesday 24th March, 9.30-11.15am

Workshop SL810 book via Eventbrite:

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-tech-use-810-for-parents-carers-in-herts-registration-1814951070509>

Follow us on:



Newsletter: <https://supportinglinks.co.uk/page/pnq1q>

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County Council's Targeted Parenting Fund



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



SPACE

Services at SPACE

Supporting children, families and schools

Every child deserves to be understood and supported so they can thrive. Our services are designed to help families and schools gain a clear picture of a child's needs and to put the right support in place. We work with young people across a wide range of strengths and difficulties, offering a warm, professional and approachable service.

What we offer

Assessments and consultations for Families

We provide a comprehensive range of assessments and consultation sessions to help identify a child's learning, developmental or emotional needs. Our services include:

- Educational Psychologist consultations
- Dyslexia screenings
- Dyslexia assessments
- Occupational Therapy assessments
- QbChecks for ADHD
- Counselling and therapeutic support for young people and families

All of our practitioners are fully qualified, highly experienced and committed to delivering child-centred, evidence-based support. We aim to give families clear guidance, practical next steps and reassurance during what can often feel like an overwhelming process.

Services for Schools

We provide a comprehensive range of assessments and consultation sessions to help identify a child's learning, developmental or emotional needs. Our services include:

- Staff consultations and problem-solving meetings
- Classroom and playground observations
- Pupil education assessments
- SEN audits and reviews of provision
- Detailed SEN/Inclusion policy reports
- Bespoke training for teachers, LSAs, leaders and wider school teams

All school packages are tailored to your setting's needs, ensuring you receive practical, relevant and sustainable support.



Why choose us?

Our team brings together experienced specialists who care deeply about making a difference. We combine professional expertise with a compassionate, family-centred approach. Whether you are a parent looking for guidance or a school seeking to strengthen your SEND provision, we are here to help you every step of the way.

Get in touch

For enquiries or to book a service, please contact:

services@spaceherts.org.uk

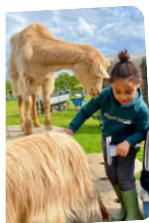
SPACE HERTFORDSHIRE Alternative Provision

Children and young people are at the heart of everything we do, every decision made - is made with you.



Putting your pupils at the centre of all decisions

At SPACE Hertfordshire we aim to provide a bespoke package of support tailored to each child or young person's individual needs. Our Specialist Alternative Provision team collaborates closely with schools and families to understand their needs and strengths. We adopt a flexible approach to designing a child centred plan with the aim that they achieve the best and consistent outcomes for them.



What to expect

If your child or young person is currently not attending school or facing challenges in their current environment, SPACE Hertfordshire is here to help. You will have the opportunity to speak with a member of our specialist Alternative Provision team so they can get to know the young person better and discuss the most suitable way forward - ensuring your pupil is involved at every step of the process.

Alternative Provision Services

- Tutoring for children with SEND
- Speech and Language Therapy
- 1-1 Therapeutic and Therapy sessions
- 1-1 activities
- Individual Support (mentoring)

Other SPACE Services

- Family Support
- Training
- Lending SPACE
- Community Events and Activities

For more information, please email: alternativeprovision@spaceherts.org.uk

[f](#) [i](#) [in](#) @SPACEHertfordshire

spaceherts.org.uk/events



My Hertfordshire Healthcare Passport

Does your child have a
complex health need,
additional needs and/or a
disability?

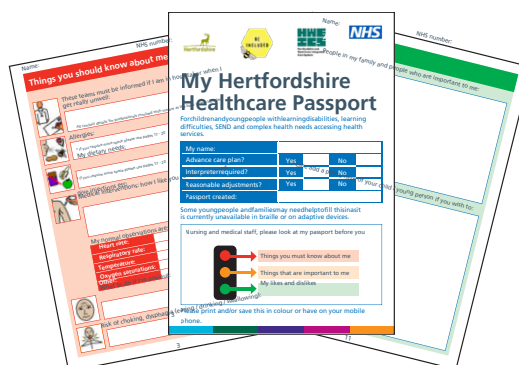


Is there anything we can
do to make your visit or
appointment easier?

My Hertfordshire Healthcare Passport

My Hertfordshire Healthcare Passport is
for all your child's needs including:

- Physical health
- Access requirements
- Emotional wellbeing
- Communication
- Extra support



To find out more and to download a copy of My Healthcare Passport for your child, scan the QR code to the left or visit:

www.enherts-tr.nhs.uk/resources/my-healthcare-passport-children/

Hard copies available at request. This record belongs to your family. Please keep it safe and bring it with you when needed. All patients in Hertfordshire and West Essex can use this Healthcare Passport. Whilst the trust logo shows who was responsible for created the passport, access to the passport is for everyone within the region.

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CAP Money Coaching Course

Join us for



CAP Money Coaching Course

Liberty Tea Rooms
Wednesdays, 6.30-9.30pm
28th January to 11th February 2026



A free course designed to empower you with the knowledge, skills, tools and confidence to better manage your finances.

To book a place contact Sharon on 07952 510118 or email capmoneycoaching@libertytearooms.co.uk

christians
against
poverty

CAP



Children's Wellbeing Practitioner Workshops



Children's Wellbeing Practitioner Workshops January – March 2026

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 22nd January 6-8 pm Thursday 12th March 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 27th January 6-8 pm Tuesday 3rd March 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.	Tuesday 24 th February 10-12 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 3 rd February 6-8 pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Thursday 8th January 6-8 pm Tuesday 10th February 10-12 pm Tuesday 24th March 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.	Tuesday 13th January 10-12 pm Thursday 19th February 6-8 pm Wednesday 18th March 10-12 am

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



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SAVE THE DATEThursday 5th March 2026*For Parent and Carers of Children
with SEN or Disabilities*

At the Bennetts End Community Centre

Gatecroft, Bennetts End

Hemel Hempstead

HP3 9LZ

Any questions email: dspl@kls.herts.sch.uk