



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

25th June 2025

Welcome to the 17th DSPL9 newsletter for the academic year 2024/25 .

This provides families and school colleagues with current local SEND information with a focus on **Parents and Families**.

This newsletter will be published fortnightly. Next edition : 9th July

Please contact Triage enquiries@dsplarea9.org.uk if your child or young person has complex needs that you require further support with.

DSPL9 support

- **This months coffee morning has been cancelled**
- DSPL9 Parent and Carer Coffee Mornings for all parents of children with SEND will resume next academic year.

Other services – New this week

- Family Lives are delivering online workshops (via MS Teams), funded by Herts County Council in the Summer term for parents/carers who live in Hertfordshire or who have a child attending a Hertfordshire school.
- Herts Mind Network host a NEW webinar for all parents/carers across Hertfordshire around Youth Suicide Prevention.
- Potential Kids share their July activities
- Supporting links are running workshops open to parents and carers of children with **diagnosed or suspected ASD and/or ADHD**

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DON'T
MISS
OUT

Other services – From previous news but places may still be available.

- Potential Kids share their June activities
- Family Lives have a few places remaining to attend their Summer workshops
- Supporting Links have opened bookings for their Autumn 2025 courses.

DON'T
MISS
OUT



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PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

EVENT CANCELLED

WEDNESDAY 3RD JULY 10AM -11.30AM

COMMUNITY ROOMS

WATFORD WD24 7RT

Please join the DSPL9 Triage team to discuss the support available locally and to meet other parents and carers of children with SEND. We are delighted to also be welcoming professional staff from Young People’s Mental Health Services, SPACE.

If you would like to attend or to find out more please

enquiries@dsplare9.org.uk



Reducing Conflict Workshop

This 2-hour workshop explores different types of conflict within family life and provides support in understanding the causes and impact of parental and family conflict on children.



Monday 14 July
7.00pm to 9.00pm
Online via MS Teams



Scan Me!

To book your place, call **Louise** on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form

We build better family lives together

www.familylives.org.uk  @familyLivesHertsandBeds



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



SPOT THE SIGNS, YOUTH SUICIDE PREVENTION WEBINAR

15TH SEPTEMBER
2025

FREE FOR ALL
HERTS PARENTS

7PM - 9PM
ONLINE



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

JULY 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

POTENTIAL KIDS

BOOKINGS at
potentialkids.org.uk/events

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

PK Hub & Garden



Therapeutic Gardening
1:1 & Group Sessions.
Volunteers Needed



Danecroft Stables



Pony Days

OUR OFFER

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

Communication,
Learning & Social Support for All



Visit us here



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



Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 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

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.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

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 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

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

Funded by Hertfordshire County Council's Targeted Parenting Fund





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- Family Lives have a few places remaining to attend their Summer workshops
- Supporting Links have opened bookings for their Autumn 2025 courses.

JUNE 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

POTENTIAL KIDS

BOOKINGS at
potentialkids.org.uk/events

Date		Sessions	Time
5th	Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
6th	Fri	Welcome Space Community Drop-In	10.00-12.30
6th	Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-2.00
7th	Sat	Free Family Football Drop-In Birchwood	16.00-17.00
12th	Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
13th	Fri	Welcome Space Community Drop-In	10.00-12.30
13th	Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
13th	Fri	Youth Group 16 + yrs	18.30-20.30
14th	Sat	Basketball 8+ Birchwood Leisre Centre	16.00-17.00
17th	Tue	Roller Skating Roller City WGC	18.00-19.30
19th	Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
19th	Thur	Trampoline 5 + yrs	17.20-18.30
20th	Fri	Welcome Space Community Drop-In	10.00-12.30
20th	Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
20th	Fri	Youth Group 10-15yrs	18.00-19.30
20th	Fri	Skateboarding Pioneer Club Age 9+yrs	17.30-18.30
21st	Sat	Free Family Football Drop-In Birchwood	16.00-17.00
26th	Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
27th	Fri	Welcome Space Community Drop-In	10.00-12.30
27th	Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
28th	Sat	Potential Tracks Train Train Club 12 + yrs	12.00-14.00
28th	Sat	Soft Archery 8+ Birchwood leisure centre	16.00-17.00

PK Hub & Garden



Therapeutic Gardening
1:1 & Group Sessions.
Volunteers Needed



Danecroft Stables



Pony Days



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Communication,
Learning & Social
Support for All



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

the galleria

OCN Accredited Training
Provider of OCN London
Qualifications



COMMUNITY FUND

Hertfordshire
Community
Foundation
Funding Local Change

Family Lives Summer Term Programme 2025

Getting on with Your Pre Teen/Teenager (6 weeks) Online group

Wednesday 4 June to 9 July 7.00 pm - 9.00 pm

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Less Shouting, More Cooperation (6 weeks) Online group

Friday 6 June to 11 July, 9.30 am - 11.30 am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Sorting Out Family Arguments (6 weeks) Online group

Tuesday 10 June to 15 July 7.00pm - 9.00pm

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Anxiety around ADHD Online Workshop

Tuesday 24 June 9.30am - 11.30am

A workshop that helps parents understand ADHD and provides strategies to help support you and your child.

Reducing Conflict Online Workshop

Monday 14 July 7.00pm - 9.00pm

A workshop that explores different types of conflict between couples and families.

For more information, please contact Louise or Lesley on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.



Scan Me!

Parent & Carer Support Autumn 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.



Tuesdays 7.45 - 9.15pm
16th Sep – 21st Oct
Online Course: ID 778

Thursdays 7.45 - 9.15pm
6th Nov – 11th Dec
Online Course: ID 777

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, 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.



Tuesdays 7.45 - 9.30pm
4th Nov – 9th Dec
Online Course: ID 775

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.



Wednesdays 7pm - 9pm
5th Nov – 10th Dec
Course ID 771
Watford, venue TBA

Wednesdays 9.45 - 11.15am
17th Sep – 22nd Oct
Course ID 770

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

