



## DSPL9 Parent, Carer and Family Newsletter

11<sup>th</sup> June 2025

Welcome to the 16<sup>th</sup> 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 : 25<sup>th</sup> June

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

### DSPL9 support

- DSPL9 are hosting a face-to-face group for parents and carers of children experiencing EBSA
- DSPL9 Parent and Carer Coffee Mornings for all parents of children with SEND are available to book.

### Other services – New this week

- Rebal Therapies are offering a face to face workshop on combating screen addiction
  - 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.

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

- DS Achieve are offering parent support
- Angels support group have launched their summer programme.
- Herts constabulary share their Pegasus support scheme

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# DSPL 9

## Emotionally Based School Anxiety Coffee Morning



DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (emotionally based school anxiety/avoidance).

The event will be run by DSPL 9 with a Family Support Worker and Nessie Therapist available to offer support and guidance.

**Date: Monday 23<sup>rd</sup> June**

**Time: 11.00am-12.30pm**

**Venue: ASDA Community Room,**

**St Albans Rd, Watford WD24 7RT**

Please contact [admin@dsplarea9.org.uk](mailto:admin@dsplarea9.org.uk) if you would like to attend the session.



Delivering Special  
Provision Locally



## PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

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- **THURSDAY 3<sup>RD</sup> JULY 10AM -11.30AM**

ASDA WATFORD COMMUNITY ROOMS  
ST ALBANS RD, WATFORD WD24 7RT

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Please join the DSPL9 Triage team to find out about the support available locally and to meet other parents and carers of children with SEND. We are delighted to also be welcoming professionals from Children and Young People's Mental Health Services, SPACE Herts and Add Vance.

If you would like to attend or to find out more please email us at-

[enquiries@dsplare9.org.uk](mailto:enquiries@dsplare9.org.uk)

# COMBAT SCREEN ADDICTION

INTERACTIVE WORKSHOP FOR PARENTS



Delivered by  
Munur Shah,  
Founder of  
Rebel Therapies  
& Author of  
'Screen Addict'.



20 June , 10am–12.30pm  
Bushey Heath, Herts

To book & more info:  
Click on link in caption



During the workshop Munur will:

- share some shocking and worrying statistics about dangers of screen usage amongst youngsters
- empower parents on how to help their child to develop a better relationship with screens, with practical tips and strategies to put in place in the home
- introduce a new, 'smart' phone coming to UK in July, which is designed for 10-15 year olds and has all the features and apps but no access to social media platforms or browser

Due to high demand and interest, spaces will be strictly limited, so please book early to avoid disappointment.

To book your place, or register interest for future workshops, click on the link:

<https://rebeltherapies.com/2-5-hour-workshop-20-06-25/>

# JUNE 2025 ACTIVITIES

## SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

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

# POTENTIAL KIDS

**BOOKINGS at**  
[potentialkids.org.uk/events](https://potentialkids.org.uk/events)

### PK Hub & Garden



Therapeutic Gardening  
1:1 & Group Sessions.  
Volunteers Needed



### Danecroft Stables



Pony Days



Visit us here



### OUR OFFER

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

**Communication,  
Learning & Social  
Support for All**



**For further information on any of our Activities or Educational Services please email us at [info@potentialkids.org](mailto:info@potentialkids.org)**

the galleria

OCN Accredited Training  
Provider of OCN London  
Qualifications



COMMUNITY  
FUND

Hertfordshire  
Community  
Foundation  
Funding Local Causes

# 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**  
**16<sup>th</sup> Sep – 21<sup>st</sup> Oct**  
**Online Course: ID 778**

**Thursdays 7.45 - 9.15pm**  
**6<sup>th</sup> Nov – 11<sup>th</sup> 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**  
**4<sup>th</sup> Nov – 9<sup>th</sup> 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**  
**5<sup>th</sup> Nov – 10<sup>th</sup> Dec**  
**Course ID 771**  
**Watford, venue TBA**

**Wednesdays 9.45 - 11.15am**  
**17<sup>th</sup> Sep – 22<sup>nd</sup> 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**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course ID 774**

**Thursdays 9.45 - 11.15am**

**18<sup>th</sup> Sep – 23<sup>rd</sup> Oct**

**Online Course ID 772**

**Tuesdays 8.00 - 9.30pm**

**4<sup>th</sup> Nov – 9<sup>th</sup> 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**

**16<sup>th</sup> Sep – 21<sup>st</sup> 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**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course: ID 779**

**Wednesdays 7.45 - 9.15pm**

**5<sup>th</sup> Nov – 10<sup>th</sup> 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](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



- DS Achieve are offering parent support
- Angels support group have launched their summer programme.
- Herts constabulary share their Pegasus support scheme

**Empowering parent-carers**  
**Supporting parent wellbeing**

For parents of children with Down Syndrome

**Topic: Exploring Life As A Parent-Carer**

When: Wednesday 18th June 7:30-9pm  
Location: The Kentish Room, St Stephens Church Hall, AL1 2PT

Led by Rachel Angus, qualified Counsellor and parent of a child with Down Syndrome this second trial session will focus on parents and carers of early years children.



Sessions will provide a supportive, confidential space where participants can be heard and reflect on their experiences as a parent-carer for a child with Down Syndrome.

**In return for your participation and feedback, these trial sessions are offered FREE OF CHARGE.**



We're delighted to let you know that bookings are now open for the second trial date of our new service to support parent wellbeing.

Led by Rachel Angus, a qualified counsellor and parent of a child with Down Syndrome, the group is designed to provide a safe, supportive space to reflect, share experiences, and feel heard in your journey as a parent carer.

- Are you currently navigating your new life as a parent-carer?
- Do your emotions sometimes feel overwhelming or hard to manage?
- Have your relationships shifted now you are a parent-carer?

If any of this resonates with you, we warmly invite you to join us for our second trial session focusing on the topic of 'Exploring Life as a Parent-Carer'.

**Date: Wednesday 18th June**

**Time: 7:30-9pm**

**Location: Kentish Room, St Stephen's Church Hall, Watling Street, St Albans, AL1 2PT** (please note that you do not need to enter the church to access the meeting room, there is a separate entrance)

Spaces are limited and bookings are on a first-come, first-served basis. As this is a trial session, it is being offered free of charge in exchange for your participation and feedback.

If you have any questions before making a booking, please don't hesitate to get in touch at [info@dsachieve.org](mailto:info@dsachieve.org).

[Parent Wellbeing Group Booking Link](#)

**Weekly online Workshop and Support:  
Every Tuesday 10am-12pm during term time.**



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.



Our podcasts series “Neurodiversity Chats” cover a wide range of topics, search “Neurodiversity Chats” on Spotify or Apple Podcasts or listen on our website: <https://angelsupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



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

<b>Zoom every Tuesday</b> 10am-12noon	<b>Letchworth</b> 10am-12noon	<b>Stevenage</b> 10am-12noon	<b>Zoom Thursday eve</b> 7.30pm- 8.30pm
<b>22<sup>nd</sup> April</b> Autism and Anxiety	<b>Thu 24th April</b> Meet Up and Chat		
<b>29th April</b> What is an EP and what is their role with Sarah Lewis-Hayes		<b>Thu 1st May</b> Meet Up and Chat	<b>1st May</b> Evening Parent/Carer Support Group
<b>6th May</b> Understanding and supporting ADHD	<b>Thu 8th May</b> Meet Up and Chat		
<b>13th May</b> Understanding PDA		<b>Thu 15th May</b> Meet Up and Chat	
<b>20th May</b> Managing Meltdowns			<b>22<sup>nd</sup> May</b> Evening Parent/Carer Support Group

**HALF TERM 26th May-1st June**

For support during this period please contact **The Neurodiversity Support Hub:**

**Tel:01727 833963**

Lines are open from 9am-1pm weekdays

[www.add-vance.org/parents/neurodiversity-support-hub/](http://www.add-vance.org/parents/neurodiversity-support-hub/)

<b>Zoom every Tuesday</b> 10am-12noon	<b>Letchworth</b> 10am-12noon	<b>Stevenage</b> 10am-12noon	<b>Zoom Thursday eve</b> 7.30pm- 8.30pm
<b>3<sup>rd</sup> June</b> Emotionally Based School Absence	<b>Thu 5th June</b> Meet Up and Chat		
<b>10th June</b> Q&A with EP Sarah Lewis-Hayes		<b>Thu 12th June</b> Meet Up and Chat	
<b>17th June</b> Charley Crowe - Specialist Advisors Support Service - Transitions			<b>19th June</b> Evening Parent/Carer Support Group
<b>24th June</b> Tribunals	<b>Thu 26th June</b> Meet Up and Chat		
<b>1st July</b> Supporting your child's sensory needs		<b>3rd July</b> Meet Up and Chat	
<b>8th July</b> Nice2Meet Ya - Rejection Sensitive Dysphoria			<b>10th July</b> Evening Parent/Carer Support Group
<b>15<sup>th</sup> July</b> Surviving the summer holidays	<b>Thu 17th July</b> Meet Up and Chat		

## SUMMER HOLIDAYS 23<sup>rd</sup> July - 1<sup>st</sup> Sept

For support during this period please contact **The Neurodiversity Support Hub:**

**Tel: 01727 833963**

lines are open from 9am-1pm weekdays

[www.add-vance.org/parents/neurodiversity-support-hub/](http://www.add-vance.org/parents/neurodiversity-support-hub/)

Our Pegasus scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details.

### Who can register?

- Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation.
- Anyone who lives in the local area. Please make sure that you contact your local police force.

*Please note registration is free.*

### How it works

- You'll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we'll access your details right away, which will save you time.
- You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support.
- You can change or update your details at any time.
- If you agree, we'll share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities.

### Pegasus terms and conditions

- Your information will be stored on a secure database owned by the police.
- Access to the database is controlled, but we may share your details with our partners, such as other emergency services, so they can help you.
- If you're under 18 you must have your parent or guardian's consent.
- Once a year we'll write to you to check the information



**Do you find it hard to make yourself understood?**

**Pegasus** is a scheme for people who may have difficulty in communicating their details when making contact with the emergency services.

**Prevention First**

**It's free of charge to join the scheme...**

You won't have to waste time providing personal details, and can tell us why you might need our help right away. Register online at [herts.police.uk/Pegasus](https://herts.police.uk/Pegasus). Your PIN card will be posted directly to you, or a trusted person, or both.

**You can show your PIN card to a police officer, or other emergency services staff if you need help.**

**If you need us...**

1. Dial 999/Text Relay 18000 or chat to us live through our webchat service
2. Say/type "Police"
3. Wait for the operator
4. Say/type "Pegasus"
5. Give your PIN or name
6. Tell us how we can help you



Visit [herts.police.uk/Pegasus](https://herts.police.uk/Pegasus) or email [pegasus@herts.police.uk](mailto:pegasus@herts.police.uk) for more information.

