



## DSPL9 Parent, Carer and Family Newsletter

21<sup>st</sup> May 2025

Welcome to the 15<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 : June, following half term

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 Parent and Carer Coffee Mornings for all parents of children with SEND are available to book.

### Other services – New this week

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

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

- Angels support group have launched their summer programme.
- Potential Kids share their May activity timetable and May Half Term activities.
- Supporting Links have added new dates to their Talking Families course.
- Herts Young Homeless share information about their mediation services.

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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)

**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)

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





- Potential Kids share their May activity timetable and May Half Term activities.
- Supporting Links have added new dates to their Talking Families course.
- Herts Young Homeless share information about their mediation services.

# MAY 2025 ACTIVITIES

## SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
1st Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
2nd Fri	Welcome Space Community Drop-In	10.00-12.30
2nd Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-2.00
3rd Sat	Free Family Football Drop-In Birchwood	16.00-17.00
8th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
9th Fri	Welcome Space Community Drop-In	10.00-12.30
9th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
9th Fri	Youth Group 16 + yrs	18.30-20.30
10th Sat	Soft Archery 8+ Birchwood leisure centre	16.00-17.00
15th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
15th Thur	Trampolining 5 + yrs	17.20-18.30
16th Fri	Welcome Space Community Drop-In	10.00-12.30
16th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
16th Fri	Youth Group 10-15yrs	18.00-19.30
17th Sat	Basketball 8+ Birchwood Leisre Centre	16.00-17.00
20th Tue	Roller Skating Roller City WGC	18.00-19.00
22nd Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
23rd Fri	Welcome Space Community Drop-In	10.00-12.30
23rd Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
24th Sat	Free Family Football Drop-In Birchwood	16.00-17.00

# POTENTIAL KIDS

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



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](mailto:info@potentialkids.org)



# HALF-TERM Activities

> **BOOK NOW**

[POTENTIALKIDS.ORG.UK/EVENTS](https://POTENTIALKIDS.ORG.UK/EVENTS)

## Saturday

### FAMILY FOOTBALL

24TH @  
16:00-17:00  
AGE 6+ / FREE



BIRCHWOOD  
LEISURE

## Tuesday

### COOKING IN THE GARDEN

27TH @  
10:30 - 12:00  
13:00 - 14:30  
AGE 4+ £8



POTENTIAL KIDS  
GARDEN

## Wednesday

### FUN RINGS

28TH @  
14:00-15:00  
AGE 6+ £6



(UNDER 8S MUST BE ACCOMPANIED BY AN  
ADULT ON SLOPES)

GOSLING  
SPORTS CENTRE

## Thursday

### TRAMPOLINING

29TH @  
17:20-18:30  
AGE 5+ £6.50



GOSLING  
SPORTS CENTRE

## Friday

### PONY MORNING

30TH @  
10:00-12:00  
AGE 6-11 £25



DANESCROFT  
STABLES WELWYN

## Friday

### INFLATABLES

30TH @  
17:00-18:00  
AGE 8+ £8.95



HATFIELD  
LEISURE CENTRE

# TALKING FAMILIES



**NEW DATES ADDED**

**Thursdays 9.45 - 11.15am** Online Course: ID 757  
5th, 12th, 19th, 26th June, 3rd & 10th July 2025

**6, weekly sessions for parents and carers of children under 12, sharing tips on how to:**

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**
- **Develop a strong parent/child relationship now and for the future**

**Our online support sessions are delivered weekly via Zoom.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

**'Every parent should do this course! It has taught me so much about how to deal with family life.'**

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



These courses are provided free to participants 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.

# Family Lives Summer Term Programme 2025

## Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

**Thursday 15 May to 26 June 9.30am - 11.30am**

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

## 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

**Date TBC**

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

## Reducing Conflict Online Workshop

**Date TBC**

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.



<https://www.hyh.org.uk/>

We know that a lot of young people and their families can be hesitant about engaging with services, particularly mediation as they have prebuilt ideas of what it will be like.

Our mediation service has recently created a short film that depicts a typical, mediation session to provide an insight into what a mediation session can look like and to help manage expectations of what our service can offer.

Below is the link to our “Mediation in Action” film.

<https://youtu.be/lazTKRoQICc?si=SzEXactK1IQ-yUcH>

Just a reminder that mediation is not a therapeutic service, rather we focus on improving communication and managing conflict in a more effective way by allowing each party to have an opportunity to share their views to find practical ways of moving forward.

**What is Mediation?**

Mediation is where a trained, professional mediator tries to help you resolve arguments following 5 basic steps:

- Gathering Information
- Identifying Key Issues
- Exploring Issues
- Generating Options
- Making Agreements

**Mediators...**

- Do not judge or take sides
- Aim for a fair outcome for all
- Support difficult conversations
- Do not give advice
- Are not therapeutic
- Help you find solutions

We offer up to 6 sessions, lasting approx. 1 hour a week

Sessions are conducted in a neutral venue or virtually

Mediators will ensure you feel safe and comfortable within the sessions

**hyh**  
Herts Young Homeless

