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## DSPL9 Parent, Carer and Family Newsletter

7<sup>th</sup> May 2025

Welcome to the 13<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 : 21<sup>st</sup> May 2025

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 EBSA Support Groups for Parents and Carers are available to book
- DSPL9 Parent and Carer Coffee Mornings for all parents of children with SEND are available to book.

### Other services – New this week

- 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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## DSPL 9



### Parent/carer monthly Emotional Based School Avoidance (EBSA) Support Groups

**Does your child's school avoidance affect you as a parent?**

**Would you like a safe space to share your experiences with others?**

DSPL 9 will be holding monthly sessions for parents with children experiencing EBSA to share their experiences and seek support from a range of professionals attending each of the sessions.

Monday 19 <sup>th</sup> May 1pm -2.30pm	WFC Community Trust	<a href="#">Booking link for 19.05.25</a>
Monday 16 <sup>th</sup> June 1pm 2.30pm	Transition	<a href="#">Booking link for 16.06.25</a>

Please use the links above to book.

All sessions will be held remotely via Microsoft Teams.

Please note you will receive the Microsoft Teams link within your booking confirmation.

Each meeting will be attended by two Family Support Workers, Nessie therapists and facilitated by the DSPL 9 Manager and SEND Lead.

Each session will start with all parents in one group, followed by the use of breakout rooms to enable age specific conversations and discussions to take place. The session will then end with all parents coming together



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## 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)



**AUTISM & ADHD SUPPORT**

for parents/carers of children with  
ADHD and/or on the Autistic Spectrum

**Angels supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis). All Angels staff are parents of neurodivergent children.**

**The summer term programme is now confirmed and has some new topic workshops and support sessions. You can find all the details in the attached programme.**

**<https://angelssupportgroup.org.uk/wp-content/uploads/Angels-2025-Programme-Summer-Term-April-July-2025-1.pdf>**

**<https://angelssupportgroup.org.uk/>**

# 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 Leisure 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

**Additional Mediator Information:**

- 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

