



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

19th March 2025

Welcome to the 12th 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 : 2nd April 2025

Please contact Triage 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
- Dates for DSPL9 Coffee Mornings. Next date 25th March

Other services – New this week

- [Supporting Links](#) bring you details of **6 online** courses and **1 in-person** group.
- DS Achieve are hosting parent well being sessions
- Family Lives are delivering free parenting workshops, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.
- Easter is fast approaching and potential Kids have a fun packed programme of events, now available to book via their [website](#) .
- Families Feeling Safe are pleased to confirm more courses for Mums, Dads and Carers starting in May.

DON'T
MISS
OUT

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

- THRIVE youth CiC are offering boxing sessions for 12 -16 year olds <https://thriveyouthcic.co.uk/>
- Spaces may be available to attend 3 Family Lives parenting groups, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.
- Families Feeling Safe are looking forward to running their next full funded workshops which are open to all parents and carers across Hertfordshire. There is no cost to attend
- Potential Kids have lots of activities on this month.

DON'T
MISS
OUT



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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 th May 1pm -2.30pm	WFC Community Trust	Booking link for 19.05.25
Monday 16 th June 1pm 2.30pm	Transition	Booking link for 16.06.25

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 MORNING

For all parents/carers of children with SEND



TUESDAY 25TH MARCH 11.15AM-12.45PM



ASDA WATFORD COMMUNITY ROOM 4
ST ALBANS RD, WATFORD WD24 7RT

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.

If you would like to attend or to find out more please email us at:
enquiries@dsplarea9.org.uk



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PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

-
- **TUESDAY 25TH MARCH 11.15AM -12.45PM**
 - **WEDNESDAY 7TH MAY 10AM -11.30AM**
 - **THURSDAY 3RD JULY 10AM -11.30AM**

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

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@dsplarea9.org.uk

Parent & Carer Support Summer Term 2025



FREE to parents and carers living in Hertfordshire

All courses are 6 weeks with a break for half term 26th-30th May

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.



Wednesdays

7.45 - 9.15pm

7th May to 18th Jun

Online Course: ID 759

Tuesdays

7.45 - 9.15pm

3rd Jun to 8th Jul

Online Course: ID 760

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need aged **2-19**
Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict and increase co-operation.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Tuesdays

9.30 - 11.30am

3rd Jun to 8th Jul

Face to Face: ID 755

**Gade Community Room
Oakleaf Primary School,
Hemel Hempstead**

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 756

Summer Term 2025



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

9.45 – 11.15am

8th May to 19th Jun

Online Course ID 757

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 758

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

4th Jun to 9th Jul

Online Course: ID 761

All courses are 6 weeks with a break for half term 26th-30th May

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



We're thrilled to let you know that bookings are now open for the first trial date of our new service to support parent wellbeing. [Click here to book.](#)

Empowering parent-carers
Supporting parent wellbeing

For parents of children with Down Syndrome

Topic: Exploring Stresses

When: Thursday 27th March 10-11:30am
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 first trial session will focus on parents and carers of school age 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.



- Do you sometimes struggle to prioritise your own needs while caring for your family?
- Does balancing everything occasionally feel overwhelming?
- Do thoughts about the future feel daunting?

If any of this resonates with you, we warmly invite you to join us for our first trial session focusing on the topic of 'Exploring Stresses'.

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)

Spring term workshops 2025



Empowering Parents: Tuesday 11 March 9.30am - 11.30am

Workshop designed to equip parents/carers with the knowledge skills and confidence to effectively address the challenges of parenting, including managing challenging behaviours, setting boundaries and implementing consistent consequences.

Reducing Conflict: Tuesday 18 March 7.00pm - 9.00pm

This online workshop will help parents understand what causes conflict within their own families and being able to promote a cooperative and collaborative approach in resolving it.

It's a Dads Life: Thursday 20 March 7.00pm - 9.00pm

This online workshop is for dads to help build strong attachments and relationships with their child. It aims to empower fathers with the knowledge and skills to develop deep connections with their children, enhancing their parenting journey.

Navigating the storm: Tuesday 25 March 9.30am - 11.30am

This workshop is designed to support parents of pre-teens and teenagers facing challenging behaviours. It aims to equip parents with effective strategies and tools to manage the complexities of raising adolescents, fostering a positive parent-teen relationship

For more information, you can scan our QR code to make a referral or call Louise on 0204 522 8700/8701 or email services@familylives.org.uk.



We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



EASTER FUN

 **TUE 8 APRIL: EASTER EGG HUNT, COOKING & CRAFTS**
AT COMMUNITY & LEARNING GARDEN
(AGES 4+) - £6
TIME: 10.00-11.00AM & 11.30-12:30PM

 **THU 10 APRIL: GO WILD FOREST SESSION AT**
HUDNELL PARK (AGES 10-14) - £10
TIME: 13:00-15.00PM

 **FRI 10 APRIL: TRAMPOLINING AT GOSLING**
(AGES 5+) - £6
TIME: 18:30-19:30PM

 **MON 14 APRIL: PONY DAY AT DANECROFT STABLES**
(AGES 6-11) - £25
TIME: 10:00-12:00PM & 13:00-15:00PM

 **TUE 8 & 15 APRIL: DONUTS AT GOSLING**
(AGES 8+ OR 6 IF ACCOMPANIED ON SLOPES) - £6
TIME: 14:00-15:00PM

 **WED 16 APRIL: NINJA WARRIOR WATFORD**
(AGES 8+) - £13.50 TIME: 19:00-20:00

 **THU 17 APRIL: INFLATABLE ZONE AT HATFIELD**
LEISURE CENTRE (AGES 8+) - £8.95
TIME: 17:00-18:00PM

POTENTIAL KIDS

BOOKINGS:
potentialkids.org/events
Further event details can be
found on our website



Promoting social inclusion, new
friendships, physical activity, life
skills, learning and social skills

the galleria

EMBRACING NEURODIVERSITY

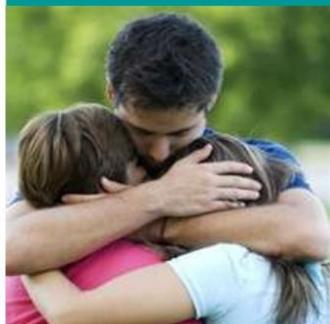
Autism-ADHD-Dyslexia-Dyspraxia-Tourettes
www.potentialkids.org.uk



Supporting Dads with Protective Behaviours

For Dads & Male Carers

Online course
starting
May 2025



Tuesday evenings

6 May—1 July
7.00pm—9.00pm
(excluding half term)

Course code L4/eve

Are you looking for strategies and new ideas to help improve family life?

This fully funded 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

Build on your own and your child's strengths

Learn strategies to help you and your family feel safe

For eligibility and to book your fully funded place please contact:

enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216

***Please quote the course code and your mobile number**

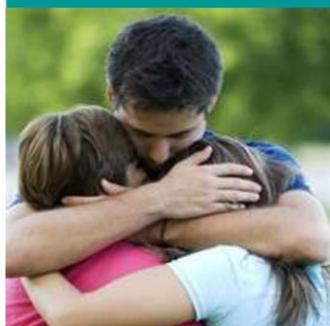


Please like us on Facebook for further updates @familiesfeelingsafe

Supporting Families with Protective Behaviours

For Mums, Dads & Carers

Online courses
starting
May 2025



Are you looking for strategies and new ideas to help improve family life?

This fully funded 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

Build on your own and your child's strengths

Learn strategies to help you and your family feel safe

Tuesday mornings

6 May—1 July

9.30am—11.30am

Course code L5/am

or

Thursday evenings

8 May—3 July

7.00pm—9.00pm

Course code L5/eve

For eligibility and to book your fully funded place please contact:

enquiries@familiesfeelingsafe.co.uk or Tel: 07850 518216

***Please quote the course code and your mobile number**



Please like us on Facebook for further updates @familiesfeelingsafe





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- Spaces may be available to attend 3 Family Lives parenting groups, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.
- Families Feeling Safe are looking forward to running their next full funded workshops which are open to all parents and carers across Hertfordshire. There is no cost to attend
- Potential Kids have lots of activities on this month.

THRIVE YOUTH CIC

IN
COLLABORATION
WITH WATFORD
AMATEUR
BOXING

Providing
FREE BOXING
SESSIONS
FOR BOTH
BOYS AND
GIRLS AGED
12 TO 16
YEARS

WHAT TIME?
10 AM TO 11 AM
EVERY SUNDAY

WHERE?
BEHIND WOODSIDE
LEISURE CENTER
WOODSIDE DEPOT,
HORSESHOE LANE,
GARSTON, WATFORD
WD257HH

START DATE:
16/02/2025



TO BOOK
PLEASE
CONTACT
CAROLINE
ON

 **07570703097**

admin@thriveyouthcic.co.uk
director@thriveyouthcic.co.uk



Dads Together

Sign up to our 6-week online group

Do you feel you are constantly nagging at your child to get what you need?

Are you tired of losing your cool and want a calmer house?

Join our free dads together 6-week online group to help you feel more effective at getting your child to cooperate and listen to you.

Date, time and venue

- Wednesday 26th February to 2nd April 2025
- 7.00pm to 9.00pm
- This course will be delivered online via MS Teams

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



Scan Me!

We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds



Getting on with your pre-teen or teen

Sign up to our 6-week online group

Is your teen feeling anxious or isolated?

Are you concerned about their mental health and struggling to know how best to support them?

Learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Date, time and venue

- Thursday 27th February to 3rd April 2025
- 9.30am to 11.30am
- This course will be delivered online via MS Teams

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



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Is your children's arguing getting you down?

Sign up to our **Sorting Out Family Arguments** online group

Join our 6-week online group that will help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Date, time and venue

- Wednesday 26th February to 2nd April 2025
- 9.30am - 11.30am
- This course will be delivered online via MS Teams

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



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New 2 hour Workshop - Communication

Online
March/April
2025



For Dads & Male Carers
When:
Monday 31 March
7.00pm—9.00pm

This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Learn more about:

- Why communication matters for everyone
- Communication to build and support healthy relationships
- The stress response system and the effects on communication
- The Language of Safety Model
- Skills and strategies - from learning to practice
- The importance of communication and the Protective Behaviours Process

For Mums, Dads &
Carers
When:
Tuesday 1 April
9.30am—11.30
or
7.00pm—9.00pm

To book your place please use this link or the QR code

[Booking Link](#)



Please like us on Facebook for further updates @familiesfeeling safe



<https://potentialkids.org.uk/>

MARCH 2025 ACTIVITIES

Sessions for Neurodivergent children/young people and Siblings

BOOKINGS potentialkids.org.uk/events

POTENTIAL
KIDS

Date	Sessions	Time
1st Sat	FREE Family Football - Drop In	16.00-17.00
6th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
7th Fri	Welcome Space Community Drop-In	10.00-12.30
7th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
8th Sat	Soft Archery 7+	16.00-17.00
13th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
13th Thu	Trampolining 5+	17.20-18.30
14th Fri	Welcome Space Community Drop-In	10.00-12.30
14th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
14th Fri	Youth Group 16+	18.30-20.30
15th Sat	Basketball 7 + yrs	16.00-17.00
18th Tue	Roller Skating 8+ yrs	18.00 - 19.30
20th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
21st Fri	Welcome Space Community Drop-In	10.00-12.30
21st Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
21st Fri	Youth Group Games and Crafts 10-14yrs	18.00-19.30
22nd Sat	FREE Family Football - Drop In	16.00-17.00
27th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
27th Thu	Trampolining 5 + yrs	17.20-18.30
28th Fri	Welcome Space Community Drop-In	10.00-12.00
28th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
29th sat	FREE Family Football - Drop In	16.00-17.00

CCN Accredited Training
London Provider of DCH London Qualifications



PK Hub & Garden



TUTORING



Danecroft Stables



Pony Days

Visit us here



Communication,
Learning & Social
Support for everyone
through our inclusive
programmes



Therapeutic
Gardening 1:1 &
Group Sessions.
Volunteers Needed



Contact us for
details of our PK
offer:

Tutoring
Teaching
Mentoring
Therapies
1:1 & Group Work
Alternative
provision
EOTAS
DoE

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

the gallery

