



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

5th March 2025

Welcome to the 11th 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 : 19th March 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

- THRIVE youth CiC are offering boxing sessions for 12 -16 year olds <https://thriveyouthcic.co.uk/>
- Spaces are still 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.

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



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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 17 th March 1pm-2.30pm	SfYP	Booking link for 17.03.25
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

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

