



## Delivering Special Provision Locally

### DSPL9 Parent, Carer and Family Newsletter

29<sup>th</sup> January 2025

Welcome to the 9<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 : 12<sup>th</sup> February 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 will be hosting the 1<sup>st</sup> Spring Term Coffee Morning for parent and carers on 6<sup>th</sup> February.
- Dates for DSPL9 Coffee Mornings.

#### Other services – New this week

- Supporting Links share a variety of face to face and online workshops
- Families Feeling Safe have revised the start date of their fully funded online course ‘Supporting Families with Protective Behaviours’ for Dads and male carers.
- 

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

- SPACE Herts advertise their huge range of workshops and courses running in the Spring Term
- Family Lives are delivering 5 parenting groups, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.
- ADD Vance are holding a wide variety of online HCC funded workshops for parents and carers
- Hertfordshire’s Children and Young People’s Mental Health Services (CYPMHS) would like to hear your thoughts.
- Families Feeling Safe are holding a new funded workshop ‘All Feelings Matter’
- Angels ADHD and Autism support have launched new weekly online workshop and support sessions
- Supporting Links are running a course to support parents of teens.

DON'T  
MISS  
OUT

DON'T  
MISS  
OUT



Delivering Special  
Provision Locally



## 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 <sup>th</sup> March 1pm-2.30pm	WFC Community Trust	<a href="#">Booking link for 17.03.25</a>
Monday 19 <sup>th</sup> May 1pm -2.30pm	SfYP	<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.



Delivering Special  
Provision Locally



## PARENT/CARER COFFEE MORNING

For all parents/carers of children with SEND

---

**THURSDAY 6<sup>TH</sup> FEBRUARY 10.00AM-11.30AM**

ASDA WATFORD COMMUNITY ROOM 2

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 will also be welcoming professionals from [Children and Young People's Mental Health Services \(CYPMHS\)](#). They will be happy to share valuable insights about their services and the support they provide to young people facing mental health challenges.

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



Delivering Special  
Provision Locally



## PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

---

**THURSDAY 6<sup>TH</sup> FEBRUARY 10AM -11.30AM**

**TUESDAY 25<sup>TH</sup> MARCH 10AM -11.30AM**

**WEDNESDAY 7<sup>TH</sup> MAY 10AM -11.30AM**

**THURSDAY 3<sup>RD</sup> 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 will 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](mailto:enquiries@dsplarea9.org.uk)

# 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.



**Tuesdays 9.45 - 11.15am**

**7th Jan - 1st Feb**  
**Online Course ID 703**

**Tuesdays 8.00 - 9.30pm**

**7th Jan - 1st Feb**  
**Online Course ID 704**

**Tuesdays 8.00 - 9.30pm**

**25th Feb - 1st Apr**  
**Online Course ID 702**

# 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.



**Mondays 7.45 - 9.30pm**

**24th Feb - 31 Mar**  
**Online Course ID 706**

# TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children 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.



**Tuesdays 9.45 - 11.15am**

**25th Feb - 1st Apr**

**Course ID 701**

**2-19yrs**

**Wednesdays 7.45 - 9.15pm**

**8th Jan - 1st Feb**

**Online Course ID 709**

**12-19yrs**

## 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

# Parent & Carer Support Spring 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.



**Wednesdays 7pm - 9pm**

**26<sup>th</sup> Feb – 2<sup>nd</sup> Apr**

**Face to Face: ID 707**

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

**Tuesdays 7.45 - 9.15pm**

**7<sup>th</sup> Jan**

**Online Course: ID 708**



## TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, 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.



**Wednesdays 7.45 - 9.30pm**

**8<sup>th</sup> Jan**

**Online Course: ID 705**



## TALKING DADS

6, weekly sessions for dads & male carers, 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.



**Mondays 7.45 - 9.15pm**

**6<sup>th</sup> Jan**

**Online Course: ID 710**

**0-19yrs**

**Thursdays 7.45 - 9.15pm**

**27<sup>th</sup> Feb – 3<sup>rd</sup> Apr**

**Online Course: ID 711**

**0-11yrs**

**Wednesdays 7.45 - 9.15pm**

**26<sup>th</sup> Feb – 2<sup>nd</sup> Apr**

**Online Course: ID 712**

**12-19yrs**

## Parent & Carer Support

# BITESIZE PARENTING

A Supporting Links workshop collection



Practical interactive online workshops FREE to parents and carers living in Hertfordshire



Eventbrite page

HOW DO I GET MY CHILD TO EAT BETTER?

No matter how restrictive your child's diet is, there are things you can do to help



THU 16 Jan 2025 10-11 am

<https://bit.ly/4i0OaSx>



WHAT IS GOING ON IN MY TEENAGER'S HEAD?

How & why adolescent development affects teen behaviour



THU 23 Jan 2025 7-8pm

<https://bit.ly/40VVLvA>



WHY DOES MY CHILD BEHAVE LIKE THAT?

Learn the 7 underlying causes behind all behaviour



MON 27 Jan 2025 1:30-2:30pm

<https://bit.ly/3V6TwBH>



WHY DOES MY CHILD GIVE UP SO EASILY?

Build resilience in your child and encourage them to have a go, or keep trying



WED 5 Feb 2025 12:30-1:30m

<https://bit.ly/4eleoGt>



MORE OVERLEAF →

Follow on:



[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council  
for all parents & carers in Herts



HOW DO I GET MY CHILD TO LISTEN TO ME?

Improve communication by encouraging your child to listen to you and talk to you



**MON 10 Feb 2025 7-8pm**

<https://bit.ly/4eJprPM>



HOW CAN MY CHILD LEARN TO MANAGE THEIR FEELINGS?

Teaching emotional regulation to young people



**WED 26 Feb 2025 12:30-1:30pm**

<https://bit.ly/4g12pFc>



WHY CAN'T MY CHILD MAKE GOOD DECISIONS?

Understand how children learn to make decisions and how to support them when it goes wrong



**THU 6 Mar 2025 7-8pm**

<https://bit.ly/4g1WjUT>



IS IT POSSIBLE TO PRAISE MY CHILD TOO MUCH?

Using praise & criticism to encourage the behaviour you want to see.



**MON 10 Mar 2025 1:30-2:30pm**

<https://bit.ly/4hZAIUh>



HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...?

Having difficult conversations with your son or daughter about sex, drugs & social media



**THU 17 Mar 2025 7-8pm**

<https://bit.ly/4hWM329>



WHY DON'T MY CHILDREN GET ON WITH EACH OTHER BETTER?

Sibling rivalry: understanding & improving communication between parents, children & siblings



**THU 27 Mar 2025 10-11 am**

<https://bit.ly/3ALTzB3>



[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council for all parents & carers in Herts



# Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE**  
**starting**  
**27th February**  
**2025**

**A 6-week course for Dads and  
Male Carers of children  
0 -19yrs**



**Thursday evenings**  
**7.00pm—9.00pm**  
**27 February— 4 April 2025**

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

**This fully funded 6-week course can help you to:**

- ◆ Understand how Feelings, Thoughts and Behaviour link together
- ◆ Understand what may be influencing your child's behaviour
- ◆ Respond to a range of feelings e.g. stress, anger, anxiety and worries
- ◆ 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



**Places are for families within Hertfordshire**

**For eligibility and to book your FREE place please  
contact:**

**E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)**

**Tel: 07850 518216**



Please like us on Facebook for further  
updates @familiesfeelingsafe





- SPACE Herts advertise their huge range of workshops and courses running in the Spring Term
- Family Lives are delivering 5 parenting groups, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.
- ADD Vance are holding a wide variety of online HCC funded workshops for parents and carers
- Hertfordshire's Children and Young People's Mental Health Services (CYPMHS) would like to hear your thoughts.
- Families Feeling Safe are holding a new funded workshop 'All Feelings Matter'
- Angels ADHD and Autism support have launched new weekly online workshop and support sessions
- Supporting Links are running a course to support parents of teens.

New dates released... book now

## UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help young people learn more about neurodiversity and their own experiences.

6 week and 2  
day courses  
starting in Jan  
and Feb



Scan to book 

For more information  
or to make a referral:  
[services@spaceherts.org.uk](mailto:services@spaceherts.org.uk)



### Through interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

### Eligibility

- Diagnosis of Autism or ADHD, or both
- School years 3-6, 7-9 and 10-11
- Hertfordshire resident

This is part of a wider pilot project for neurodivergent children and young people being commissioned by HCC and the NHS.



## Bright Beginnings

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

Scan  
to  
book



### About Bright Beginnings

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions
- Get tailored guidance on local activities, services, workshops, and educational support.
- Access optional family support and benefit from specialised advice for key transitions like starting or changing schools and so much more.

### Criteria for Participation:

- Children aged 0-5 years
- On the pathway or diagnosed with autism / communication difficulties

### Location:

- In person in Stanstead Abbots, Ware

### Course dates



Weds, 29th January: 1:15 - 2:15pm  
Weds, 5th February: 1:15 - 2:15pm  
Weds, 12th February: 1:15 - 2:15pm  
Weds, 26th February: 1:15 - 2:15pm  
Weds, 5th March: 1:15 - 2:15pm  
Weds, 12th March: 1:15 - 2:15pm



•  
•

## FIRST STEPS in person in Hoddesdon

### Free 5-week Courses for Parents and Carers of Autistic Children in the Early Years.

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

#### Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

**No diagnosis necessary**

#### Hoddesdon Library

10am-12pm, Friday Mornings 28th February and 7th, 14th, 21st and 28th March



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



## NEURODIVERSITY IN GIRLS AND WOMEN

### 4 weeks online course

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

#### Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

Thursdays 23rd, 30th January and 6th, 13th February

10:00am-12:00pm online



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



•  
•

## PRIMARY STEPS

in person in Stevenage

### Free 6-week Course for Parents and Carers of Autistic Children in the Primary Years.

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

#### Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

**No diagnosis necessary**

#### The Oval, Stevenage

10am-12pm, Friday Mornings January 10th, 17th, 24th, 31st and February 7th, 14th



Book via Eventbrite: [SPACE Hertfordshire](#)  
This course is commissioned by Hertfordshire County Council



## STARTING SPACE

### 2 week courses

Thursday, 16th and 23rd January or Thursday, 20th and 27th March  
10am-12pm  
The Maltings Business Centre  
Roydon Road, Stanstead Abbots SG12 8HG

#### Do you have a child aged 0-6 with additional needs?

Join us for an opportunity to meet other families in a similar situation to you and see a brief overview of how SPACE can offer guidance & support to you and your family



Book via Eventbrite: [SPACE Hertfordshire](#)  
This course is commissioned by Hertfordshire County Council



# TALKING SENSORY

## 3 Week Online Courses



### Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

**Mondays 27th January and 3rd, 10th February: 19:00-21:00**  
or  
**Wednesdays 12th, 19th, 26th March: 10:00-12:00**

# NAVIGATING THE SEND WORLD

## 4 weeks online course

● ● ● ● Thursdays 6th, 13th, 20th, 27th March, 10am-12pm

### Course outcomes

- Feel more empowered to seek support
- Increase your awareness of what services are available for your family
- Learn the acronyms and language you will need to be familiar with
- Understand the referral systems
- Be able to navigate the Herts SEND Local Offer and gain knowledge of services and support across health, education and social care
- Improve your understanding of the diagnosis pathway and what it means for your child
- Feel confident about what to do next and how to access the support and services you need



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council

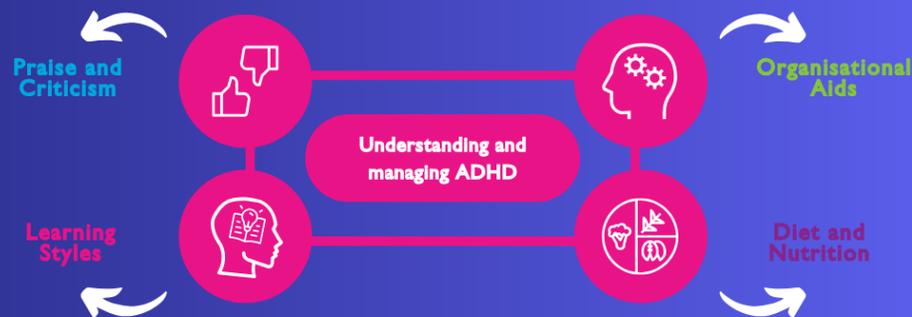


# PARENTING ADHD

## 3 week online course

● ● ● Mondays 25th February and 3rd, 10th March, 10am-12pm

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



# SLEEP TIGHT

## 3 weeks online course

● ● ● Tuesdays 7th, 14th and 21st January, 10am-12pm

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



# SPRING TERM 2025 FREE ONLINE WORKSHOPS

Monday 6th January	18:30-20:30	ADHD in Girls and Women
Tuesday 7th January	18:30-20:00	Access Arrangements
Wednesday 8th January	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 9th January	10:00-12:00	Navigating the SEND World
Friday 10th January	10:00-12:00	Understanding Behaviour as Communication
Monday 13th January	18:30-20:30	Navigating the SEND World Post 16
Tuesday 14th January	18:30-20:00	Understanding and Supporting Executive Functioning
Wednesday 15th January	10:00-11:30	Understanding Dyslexia
Thursday 16th January	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 17th January	10:00-12:00	Anxiety and SEND
Monday 20th January	10:00-12:00	Therapeutic Thinking for Parent Carers
Monday 20th January	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 22nd January	10:00-12:00	EHCP: New Applications
Friday 24th January	10:00-11:00	Understanding Autism
Tuesday 28th January	10:00-12:00	Sleep Workshop
Wednesday 29th January	10:00-11:30	Autistic Girls
Friday 31st January	10:00-12:00	PDA, ODD and ADHD
Tuesday 4th February	10:00-11:30	EHCP: Annual Reviews
Wednesday 5th February	10:00-11:30	Planning For Your Child's Future
Monday 10th February	10:00-11:00	Understanding ADHD
Tuesday 11th February	10:00-12:00	Puberty and SEND
Tuesday 11th February	18:30-20:00	Understanding Tics and Tourette's
Friday 14th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
<b>HALF TERM</b>		
Monday 24th February	10:00-12:00	ADHD in Girls and Women
Monday 24th February	18:30-19:30	Understanding Autism
Wednesday 26th February	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 27th February	18:30-20:30	Puberty and SEND
Monday 3rd March	18:30-19:30	Understanding ADHD
Wednesday 5th March	10:00-12:00	Navigating the SEND World Post 16
Thursday 6th March	18:30-20:00	Autistic Girls
Friday 7th March	18:30-20:00	Understanding Behaviour as Communication
Monday 10th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 13th March	10:00-11:30	Understanding Dyslexia
Friday 14th March	10:00-12:00	PDA, ODD and ADHD
Monday 17th March	18:30-20:30	Navigating the SEND World
Tuesday 18th March	10:00-12:00	Anxiety and SEND
Friday 21st March	10:00-11:30	Understanding Tics and Tourette's
Monday 24th March	19:00-21:00	Sleep Workshop
Tuesday 25th March	10:00-11:30	Understanding and Supporting Executive Functioning
Thursday 27th March	19:00-21:00	EHCP: Submission to Finalisation
Friday 28th March	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD



spaceherts.eventbrite.co.uk



The majority of these workshops are funded by  
The Targeted Parenting Fund



Autism | ADHD  
Neurodiverse Conditions

Family Lives are delivering 5 parenting groups, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.

All our programmes provide support, information and resources to parents/carers and adult family members so they can help their child reach their full potential as well as access to the wraparound support provided by our helpline, live chat and website.



## Family Lives Spring Term Programme 2025

**Less Shouting, More Cooperation (6 weeks) Online group**  
**Wednesday 22 January to 5 March 7.00pm to 9.00pm**  
A programme to help parents be more effective at getting their children to cooperate and listen to them

**Bringing Up Confident SEN Children (6 weeks) Online group**  
**Monday 3 February to 17 March 9.30am to 11.30am**  
A programme to help parents gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school

**Sorting Out Arguments in your Family (6 weeks) Online group**  
**Wednesday 5 February to 19 March 9.30am to 11.30am**  
A programme aimed at helping sort out arguments between parents and their children and between brothers and sisters

**Getting on with Your Pre Teen/Teenager (6 weeks) Online group**  
**Thursday 27 February to 3 April 9.30am to 11.30am**  
A programme to help parents understand and get on better with their teenage children. Maybe there is an FFA/CIN/CP in place and need more support

**Dads Together (6 weeks) Online group**  
**Wednesday 26 February to 2 April 7.00pm to 9.00pm**  
A programme to support dads in learning how to change the way you communicate with your child, respond better and feel more in control

For more information, please contact Louise on  
**0204 522 8700** or email [services@familylives.org.uk](mailto:services@familylives.org.uk).  
Please scan our QR code for our referral form.



Scan Me!



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

To book a place please click here [Referral Form for Family Lives Herts Parenting Groups and Workshops](#) for our online referral form



## FREE ONLINE SPRING 2025 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	6.1.25	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	8.1.25	19:00 - 20:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/carers	Fri	10.1.25	10:00 - 11:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/carers	Mon	13.1.25	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Wed	15.1.25	19:00 - 20:30	Online
Understanding PDA	Parents/carers	Fri	17.1.25	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	20.1.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Fri	24.1.25	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	27.1.25	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	29.1.25	19:00 - 20:30	Online
Applying for an EHCP	Parents/carers	Mon	3.2.25	10:00 - 11:30	Online
Preparing for an EHCP Review	Parents/carers	Wed	5.2.25	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Mon	10.2.25	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	12.2.25	10:00 - 11:30	Online
<b>Half Term</b>					
Understanding ADHD and Autism in the Early Years	Parents/carers	Mon	24.2.25	10:00 - 11:30	Online
Supporting Siblings	Parents/Carers	Wed	26.2.25	10:00 - 11:30	Online
Support for Dads and Other Male Carers	Parents/Carers	Mon	3.3.25	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	5.3.25	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Fri	7.3.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/carers	Mon	10.3.25	19:00 - 20:30	Online
Supporting the Transition to Secondary School	Parents/carers	Wed	12.3.25	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	17.3.25	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Wed	19.3.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Mon	24.3.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/carers	Wed	26.3.25	10:00 - 11:30	Online
Tips & Tools for Positive Behaviour	Parents/carers	Mon	31.3.25	19:00 - 20:30	Online
Tips & Tools to Manage School Absence	Parents/carers	Wed	2.4.25	10:00 - 11:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

**Hertfordshire County Council funded workshops** - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

01727 833963

herts@add-vance.org

<http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

Survey:  
Helping parents and carers to  
support their children's mental health



Hertfordshire parents!

Hertfordshire's Children and Young People's Mental Health Services (CYPMHS) system wants to understand what parents and carers need when they are faced with supporting their child or young person's poor emotional wellbeing.

It can be difficult to understand why they might be experiencing low moods, anxiety or self-harming behaviours, how to cope as a family, or knowing the strategies that could help at home. In preparation for commissioning a new service, we want to make sure parents and carers feel supported, have professionals and peers to speak to and share experiences with, all while knowing they are far from alone.

[Complete the survey here](#)

The survey will be open until Sunday 26 January 2025

# New 2 hour Workshop - All Feelings Matter

(including the strong and uncomfortable ones)

Online  
January 2025



For Mums, Dads &  
Carers

When:

Tuesday 21 January  
9.30am—11.30am  
or  
7.00pm—9.00pm

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

- Why all feelings matter for everyone.
- How feelings, thoughts, and behaviour link together.
- Recognising physical and emotional feelings, including anxiety and anger.
- Ways to support healthy emotional development.
- The stress response system and '3-Part Brain' concept.
- The importance of feelings and the Protective Behaviours process.

Or

For Dads & Male Carers

When:

Thursday 23 January  
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 @familiesfeelingsafe



## 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://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



[www.angelssupportgroup.org.uk](http://www.angelssupportgroup.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>7th Jan</b> Supporting your child in Mainstream School without an EHCP.	<b>Thu 9th Jan</b> Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
<b>14th Jan</b> Making the most of meetings with professionals.		<b>Thu 16th Jan</b> Meet Up and Chat	
<b>21st Jan</b> Girls and Women			<b>23rd Jan</b> Evening Parent/Carer Support Group
<b>28th Jan</b> Understanding PDA	<b>Thu 30th Jan</b> Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
<b>4th Feb</b> Why Autism and ADHD affect sleep		<b>Thu 6th Feb</b> Meet Up and Chat	
<b>11th Feb</b> Reducing conflict			<b>13th Feb</b> Evening Parent/Carer Support Group

**HALF TERM 17th-21st February**

For support during this period please contact **The Neurodiversity Support Hub:**  
Tel:01727 833963 lines are open from 9am-1pm weekdays  
URL: <https://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>25th Feb</b> Emotionally Based School Absence	<b>Thu 27th Feb</b> Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
<b>4th March</b> Managing Meltdowns and Rages		<b>Thu 6th March</b> Meet Up and Chat	
<b>11th March</b> Resistant Eaters			<b>13th March</b> Evening Parent/Carer Support Group
<b>18th March</b> Supporting your child's sensory needs	<b>Thu 20th March</b> Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
<b>25th March</b> Executive Function Dysfunction		<b>Thu 27th March</b> Meet Up and Chat	
<b>1st April</b> Understanding and Responding to your child's behaviour			<b>3rd April</b> Evening Parent/Carer Support Group

**EASTER 7th-21st April**

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

Tel: 01727 833963 lines are open from 9am-1pm weekdays

URL: <https://www.add-vance.org/parents/neurodiversity-support-hub/>

# TALKING TEENS



**Wednesdays 7.00 - 9.00pm** Face to Face: ID 707  
**26th February - 2nd April 2025**  
**Gade Community Room, Oakleaf Primary School,**  
**Hemel Hempstead, HP1 2JU**

**6, weekly sessions for parents and carers of children aged 12-19, covering:**

- **The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.**
- **The link between behaviour and difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate during a conflict situation.**

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

**"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"**

**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.

