



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

8th July 2026

Welcome to the final DSPL9 newsletter for the academic year 2025/26 .

This provides families and school colleagues with current local SEND information with a focus on

Parents and Families.

This newsletter is published fortnightly during term time. Next edition- **September 2026**

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](#) are happy to share our dates for SEND coffee mornings for next academic year.

Other services offering support or training

- [Add Vance](#) would like to remind about their support line
- [Supporting Links](#) have a number of funded courses available in the Autumn term
- [Coram Family Lives](#) share their newsletter.
- [Potential Kids](#) share their July programme
- [ADD Vance](#) have a huge range of courses running in Autumn Term
- [Watford Actually](#) let you know about their Summer fun events
- [Families Feeling Safe](#) are running , fully funded, New Protective Behaviours courses in the Autumn term.



Delivering Special Provision Locally



PARENT/CARER COFFEE MORNINGS 2026/27

The aim of these relaxed meetings

- To provide a safe space where you can talk freely about your child/young person and your family, and the challenges you are facing
- To help signpost parents/carers to the correct services/information
- To enable parents/carers to meet other local parents and connect with like-minded people in their community that may be going through similar challenges
- To be a listening and understanding ear, without judgement
- To help parents/carers feel that they are being supported and are not alone

Parents are welcome to bring along toddlers and children - including those that may be struggling to attend school for whatever reason. And of course, refreshments will be provided!

Please join us to find out about the support available locally and to meet other parents and carers of children with SEND.

DSPL9 are delighted to welcome professionals from [SPACE Herts](#) (1.10.26) [OneYMCA](#) (9.2.27) and [ADD-Vance](#) (17.6.27)

- 1st October 11am-12.30pm @ASDA Community Centre [SPACE Herts](#)
- 9th February 10.00-11.30am@ Westfield Family Centre [OneYMCA](#)
- 17th June 10-11.30am @The Green Room, Bournehall Primary [ADD-Vance](#)

If you would like to attend or to find out more please email us at enquiries@dsplare9.org.uk



Neurodiversity Support Hub

For Parents, Carers and
Professionals across Hertfordshire



01727 833 963



supporthub@add-vance.org

Whether you need practical advice, emotional support
or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm

Tues & Thurs: 9am - 3pm

Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am - 1pm

**All our helpline team are parents/carers
of neurodivergent children.**



Parent & Carer Support

Autumn Term 2026



FREE to parents and carers living in Hertfordshire

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, 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 8.00 – 9.30pm

15th Sep to 20th Oct ages **10-19**
Online Course ID 864

Tuesdays 9.45 - 11.15am

3rd Nov to 8th Dec ages **2-19**
Online Course ID 859

Wednesdays 7.00 - 9.00pm

4th Nov to 9th Dec ages **2-19**
F2F Course: ID 858
Longdean School
Hemel Hempstead

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing 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 8.00 - 9.30pm

17th Sep to 22nd Oct
Online Course ID 861

Wednesdays 9.45 - 11.15am

4th Nov to 9th Dec
Online Course ID 860

TALKING ANXIETY

6, weekly sessions for parents and carers of children **3-19**, 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.



Wednesdays 7.45 - 9.30pm

4th Nov to 9th Dec
Online Course ID 862

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.



Supporting Links
Promoting Strong Family Relationships

Wednesdays 7.45 - 9.15pm

16th Sep to 21st Oct

Online Course: ID 867

Tuesdays 7.45 - 9.15pm

3rd Nov to 8th Dec

Online Course: ID 868

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & 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.



Tuesdays 7.45 - 9.30pm

15th Sep to 20th Oct

Online Course: ID 863

TALKING TEENS

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

- The Teen Brain: the 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

16th Sep to 21st Oct

Online Course: ID 865

Wednesdays 7.45 - 9.15pm

4th Nov to 9th Dec

Online Course: ID 866

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

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2026



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← [Eventbrite Page](#)

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Monday 21st September, 7.30-9.15pm

Workshop SL-871 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-871-for-parentscarers-in-herts-registration-1989106887245>

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Wednesday 30th September, 7.30-9.15pm

Workshop SL-869 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-869-for-parentscarers-in-herts-registration-1988978053901>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance or Non-Attendance & what is your child's experience.
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Wednesday 21st November, 7.30-9.15pm

Workshop SL-872 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance872-for-parentscarers-in-herts-registration-1989109348607>

TECH USE



- Understand your child's use of Social Media, Gaming & the Internet.
- The effect of banning, strict time limits or using devices as a reward or consequence.
- Teach children how to manage their tech use, stay safe online and switch off.
- Improve communication and reduce conflict.
- Dopamine and other hormones.

Thursday 19th November, 9.30-11.15am

Workshop SL-870 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-870-for-parentscarers-in-herts-registration-1989100977569>

Parent newsletter: <https://supportinglinks.eo.page/png1q>



info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by
Hertfordshire
County Council





BITESIZE WORKSHOPS

Short, practical, interactive **online** workshops
FREE to parents and carers living in Hertfordshire



Eventbrite: <https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843>



Worries

Ages 2-19

Helping children deal with worries & anxious thoughts

Does your child seek constant reassurance? Do their worries stop them from trying? Practical strategies to support children who worry.



Tuesday, 29th September 2026, 10-11am

<https://tinyurl.com/43ajnwf6>

Thursday, 19th November 2026, 7-8pm

<https://tinyurl.com/3z4p4fk6>



Eating

Ages 2-19



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.

Tuesday, 13th October 2026, 10-11am

<https://tinyurl.com/mr2hw6ph>



Behaviour

Ages 2-19

The 7 underlying causes of behaviour

Understand why your child behaves the way they do, and how you can respond as a parent.



Tuesday, 20th October 2026, 10-11am

<https://tinyurl.com/58r5es9r>

You will get the most from attending live, however, recordings will be available if you are unable to make it.

Parent newsletter: <https://supportinglinks.co.uk/page/png1q>



info@supportinglinks.co.uk
www.supportinglinks.co.uk



Anger

Ages 2-19

Helping children manage their anger

Practical tools to help your child cope with their angry feelings and behaviours.



Thursday, 5th November 2026, 10-11am

<https://tinyurl.com/32y6ayhd>

Tuesday, 1st December 2026, 7-8pm

<https://tinyurl.com/6k2t2mwk>



Teenage Brain

Ages 11-19



What's going on in my teenager's head?

How & why adolescent development affects teenage behaviour.

Monday, 9th November 2026, 7-8pm

<https://tinyurl.com/ytdnpysu>



Difficult Conversations

Ages 9-19

How do I talk to my child about...?

Talking to our young people about tricky issues like sex, drugs, going out & social media.



Thursday, 26th November 2026, 7-8pm

<https://tinyurl.com/2vyz5wuf>



Parenting Styles

Ages 2-19



What kind of parent do you want to be?

Strict, soft, gentle, friendly, how do you want to parent? What effect does it have? What if your co-parent has a completely different approach?

Thursday, 3rd December 2026, 7-8pm

<https://tinyurl.com/35pbj3df>

If you need support or advice, call our helpline on 0808 800 2222, message us via WhatsApp on 07441 444125, email us at askus@coramfamilylives.org.uk or you can chat to us online via our [live chat service](#). You can also visit our [online forum community](#) to share dilemmas, experiences and issues with others who understand the ups and downs of family life.



Sibling arguments free online course

As the summer holidays approach, you might be worrying about your children constantly arguing, and finding ways to manage it can feel like an uphill battle. Our free online parenting course is here to help. In this course, we explore strategies for handling these conflicts, negotiation, how to intervene and more. The course takes approximately 2 hours in total and you have 60 days from registering to complete the course and it is mobile friendly. Once completed, a certificate will be issued.

[Sign up to this FREE online parenting course](#)

Understanding masking in neurodivergent children and teens

Many neurodivergent children and young people, such as those with autism or ADHD mask their struggles or anxiety by copying the behaviours of those around them. This may be peers, siblings, teachers, or family members. Masking can be a coping mechanism they use to get through a school day, a family outing, or a social situation where expectations may put them under pressure.

[Read our advice on masking](#)

Anxiety around ADHD free online workshop

This free online two-hour workshop is designed for parents of children with ADHD, whether they have a formal diagnosis or not. Together, we'll explore practical strategies to support both you and your child, and deepen your understanding of ADHD. The workshop takes place on Monday 13 July 2026, 7pm to 9pm.



[Sign up to this free workshop](#)

How to avoid arguments with your teenager

Teenage years bring many challenges and changes, from exams and friendships to increasing independence. As a result, it is natural for parents and teenagers to experience disagreements from time to time. Parents may feel that their teen is not listening, while teenagers may feel that their thoughts and feelings are not being understood. These misunderstandings can lead to frustration and conflict. Developing healthier communication skills and learning ways to manage disagreements constructively can help strengthen relationships and reduce unnecessary arguments.

[Find out more about how to avoid arguing with your teen](#)



FREE online parenting courses

Our [free online parenting courses](#) offer a supportive way to navigate parenting and family life from the comfort of your own home. Whether you're raising a baby, navigating the teen years, parenting neurodivergent children or co-parenting, we have a wide range of free courses tailored to all ages and stages. Our new baby course is also in Arabic and Pashtu.

JULY 2026 ACTIVITIES

Date		Sessions	Time	Venue
2nd	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
3rd,10th 17th	Fri	Gardening for Wellbeing	10.30 12.00	Potential to Grow Garden
3rd,10th 17th	Fri	Parent /Carer Wellbeing	12.30 2.00	Potential to Grow Garden
3rd	Fri	Skateboarding	5.30 6.30	The Pioneer Club St Albans
4th	Sat	Tech support	10.00 1.00	The Zone@The Galleria
6th,20th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.30	The Zone@The Galleria
7th,14th 21st	Tue	Coding and Game Design Home Ed session	1.00 2.30	The Zone@The Galleria
9th,16th 23rd	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
9th,16th	Thur	Fun Rings	5.00 6.00	The Snow Centre Gosling
11th,25th	Sat	Intro to Dungeons & Dragons	1.00 4.00	The Zone@The Galleria
11th,25th	Sat	Learn to play Magic the Gathering	1.00 4.00	The Zone@The Galleria
11th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre Astro Turf
13th,27th	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.30	The Zone@The Galleria
18th	Sat	Water Wipeout	11.15 12.30	Lea Valley White water centre

To book visit : potentialkids.org.uk/events
For further information email: info@potentialkids.org





Summer

booking is open.

3D Printing

Ages 7-12

Water Play

Ages 4+

Neon Splatter Room

Ages 12-15

Fun Rings

Ages 8+

Arts & Crafts

Ages 5+

Jewellery Making

Ages 8+

Cooking

Ages 5+

Splatter Room

Ages 5-12

Water Wipeout

Ages 8+

Pony Mornings

Ages 5-11

Book early to avoid disappointment.

Booking via

potentialkids.org.uk/events

SCAN FOR ALL OF OUR
IMPORTANT LINKS



All of our activities are subsidised, which is only possible from your donations and grants. We receive no statutory funding.

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FREE ONLINE AUTUMN 2026 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Day	Date	Time
Identifying ADHD and/or Autism	Mon	7.9.26	19:00 - 20:30
Understanding Autism	Wed	9.9.26	10:00 - 11:30
Understanding Autism for Parents/Carers of Girls	Mon	14.9.26	19:00 - 20:30
Understanding ADHD and Autism in the Early Years	Wed	16.9.26	10:00 - 11:30
Understanding PDA	Mon	21.9.26	19:00 - 20:30
Understanding ADHD	Wed	23.9.26	10:00 - 11:30
Understanding Neurodivergent Teens	Mon	28.9.26	19:00 - 20:30
Supporting Siblings	Wed	30.9.26	10:00 - 11:30
Understanding Challenging Behaviour	Mon	5.10.26	10:00 - 11:30
Tips & Tools to Manage Anger	Wed	7.10.26	10:00 - 11:30
Understanding Sensory Differences	Mon	12.10.26	19:00 - 20:30
Tips & Tools to Manage Sensory Differences	Wed	14.10.26	10:00 - 11:30
Preparing for Adulthood (14+)	Mon	19.10.26	19:00 - 20:30
Understanding Self-Harm	Wed	21.10.26	10:00 - 11:30
Half Term			
Support for Dads and Other Male Carers	Mon	2.11.26	19:00 - 20:30
Applying for an EHCP	Wed	4.11.26	10:00 - 11:30
Understanding Anxiety	Mon	9.11.26	19:00 - 20:30
Tips & Tools to Manage Anxiety	Wed	11.11.26	10:00 - 11:30
Tips & Tools to Manage School Absence	Fri	13.11.26	10:00 - 11:30
Working in Partnership with School	Mon	16.11.26	10:00 - 11:30
Tips & Tools for Toileting	Wed	18.11.26	10:00 - 11:30
Tips & Tools to Support Communication	Mon	23.11.26	19:00 - 20:30
Tips & Tools to Support Social Skills	Wed	25.11.26	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Mon	30.11.26	10:00 - 11:30
Tips & Tools to Support Emotional Development	Wed	2.12.26	10:00 - 11:30
Tips & Tools for Positive Behaviour	Mon	7.12.26	19:00 - 20:30
Tips & Tools to Manage Everyday Changes	Wed	9.12.26	10:00 - 11:30

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

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



SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodivergence.

TIME AND PLACE

General Primary Aged Children

Tue 8th September 2026 - 1.30-2.30 pm

General Secondary Aged Children

Tue 15th September 2026 - 7.30-8.30 pm

Parents/Carers of 16 to 25 yr olds

Tue 22nd September 2026 - 1.30-2.30 pm

PDA Support

Tue 29th September 2026 - 1.30-2.30 pm

General Primary Aged Children

Tue 6th October 2026 - 1.30-2.30 pm

Grandparents Group (Children 13yrs & under)

Tue 13th October 2026 - 1.30-2.30 pm

ALL ONLINE VIA ZOOM

☎ 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 <http://www.add-vance.org/>**

These groups are open to residents of Hertfordshire only



We once again have [Colourscape coming to Cassiobury Park](#) (22 to 31 August).

You may already be aware of this and how special needs groups [particularly benefit from the intense light, colour and music in the Colourscape structures](#).

Please also note for those particularly sensitive to sound, on most days, the earlier and later slots have no music (please check booking pages for separate days in advance). For the whole of 22 August, it is currently 'Non performance, quiet day' as well.

Tickets can be purchased here: ticketsource.co.uk/colourscape-music-festival. There are concession tickets available at £4.

We also have plenty more events at watfordactually.com/annual-events-lineup



New Protective Behaviours courses for parents & carers
We are pleased to provide five Supporting Families with Protective Behaviours courses for mums, dads and carers in the Autumn term. The courses run in term time and are fully funded by HCC for parents and carers who may need some additional support.

Online:

For Mums, Dads & carers

- Thursday mornings 1 Oct – 26 Nov 9.30am - 11.30am
- Wednesday evenings 30 Sept – 25 Nov 7.00pm – 9.00pm

For Dads & Male carers:

- Thursday evenings 1 Oct – 26 Nov 7.00pm – 9.00pm

Face to Face

- Broxbourne – Friday mornings 18 Sept – 20 Nov 9.30am – 11.30am
- Hertford - Thursday mornings 24 Sept – 19 Nov 9.30am – 11.30am

Please note that parents and/or their children need to live in Hertfordshire

To book a place for any of our courses please use this link: <https://forms.office.com/e/xx8X4pUcj4> or use the QR code

