



DSPL9 Parent, Carer and Family Newsletter

24th April 2024

Welcome to the 14th DSPL9 newsletter for the academic year 2023/24 .

This provides school colleagues and families with recent and current local SEND information with a focus on **Parents and Families**.

This newsletter will be published fortnightly. Next edition : 8th May 2024

Please contact Triage enquiries@dsplarea9.org.uk if your child or young person has complex needs that you require further support with.

New this edition

- DSPL9 Triage would like to hear from you
- DSPL9 are running EBSA support groups for parents and carers
- DSPL9 are hosting a coffee morning for parents/carers of children and young people with SEND. SPACE herts will also be in attendance.
- NESSi are providing free webinars, available to book for parents and carers in Hertfordshire.
- Supporting Links have changed the date of the Talking Anger in Families course – now starting 5th June
- BeeZee Bodies are starting their summer term 12 week programmes
- WithYOUth and Lumi Nova are running Discovery Sessions in May. The sessions are available to both professionals and families in Hertfordshire.
- NESSi are sharing their NHS and Herts CC funded groups for children 7-16 who are Autistic / ADHD.

From previous edition – places may still be available.

- Families Feeling Safe have funded places available on their Protective Behaviours courses held online or in person.
- ADD Vance have a wide range of workshops to support parents and carers of children and teens with ADHD and/or ASD.
- SPACE are offering over 40 workshops and 7 courses during the summer term.
- Supporting Links have lots of workshop to support families
- Family Lives are delivering parenting groups and workshops, funded by Herts County Council, for parents/carers who live in Hertfordshire.
- Families in Focus have opened bookings for their popular 6 week courses.
- NESSi are running webinars





Delivering Special Provision Locally

Have you accessed DSPL9 Triage service?
Have you used our website?
Do you find these newsletters helpful?

We'd really appreciate your feedback on these and other topics by completing this short online questionnaire.

Deadline to complete is 1st May 2024.

[Click here to answer our short questionnaire for parents and carers.](#)



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.

Date	Time	Guest Speaker/Focus	Eventbrite Link
May	Monday 13 th May 2024 1-2.30pm	Family Support Workers	https://www.eventbrite.co.uk/e/718391066017?aff=oddtcreator
June	Monday 17 th June 2024 1-2.30pm	Services for Young People	https://www.eventbrite.co.uk/e/718391707937?aff=oddtcreator

All sessions will be held remotely via Microsoft Teams. Once you have booked you via Eventbrite you will be sent the MT link.

Each meeting will be attended by two Family Support Workers and two Nessie therapists as well as 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 local parents/carers of children with SEND

WEDNESDAY 1ST MAY 10.00AM-11.30AM

ASDA WATFORD COMMUNITY ROOM 3
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.



In addition we will be welcoming Suzi and Layla from **SPACE Herts** who support families of children who are neurodivergent.

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



Upcoming Free Parent/Carer Webinars in Hertfordshire

Tuesday
23rd April -
18th June

**Online Peer Support Group for
Parents/Carers of Children
Avoiding School - 8 Week Course**

9:30am -
11:30am

Thursday
18th April

**Supporting Children/Young People
with Anxiety**

9:30am -
11:30am

Thursday
2nd May

**Supporting Children/Young People
who Struggle to Attend School**

9:30am -
11:30am

Thursday
16th May

**Supporting Children/Young People
who are LGBTQ+ or Gender
Questioning**

9:30am -
11:30am

Thursday
6th June

**Supporting Children/Young People
with Bullying**

9:30am -
11:00am

Please book via this link [Nessie Public Booking Platform
V2.0 \(procfu.com\)](https://procfu.com)

Please note that these webinars are live and may run over.



Helping children and young people thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406



Upcoming Free Parent/Carer Webinars in Hertfordshire

Thursday
6th June

Supporting Children/Young People with Anxiety

9:30am-
11:30am

Thursday
17th June

Supporting Children/Young People who Struggle to Attend School

9:30am -
11:30am

Thursday
20th June

Supporting Children/Young People who are LGBTQ+ or Gender Questioning

9:30am -
11:30am

Tuesday
25th June

Supporting Children/Young People with Bereavement and Loss

9:30am -
11:30am

Wednesday
3rd July

Supporting a Child/Young Person with Self-Harming Behaviours

9:30am -
11:30am

Please book via this link [Nessie Public Booking Platform V2.0 \(procfu.com\)](https://procfu.com)

Please note that these webinars are live and may run over.



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TALKING ANGER in FAMILIES



**NEW
DATES**

Wednesdays 9.45-11.30pm

Online Course: ID 654

5 June - 10 July 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of children aged 0-12, supporting you to:

- Understand why children, young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

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

'Their anger used to scare me. I now feel able to cope with it, and even help.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents 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.

What's on at HENRY this Spring?



Tuesdays

Starting 23rd April, 10am - 12pm
Leavesden Family Centre, WD25 7QZ

Wednesdays

Starting 24th April, 10am - 11:15am
Online

Thursdays

Starting 25th April, 10-12pm - Stevenage Broadwater
Family Centre, SG2 8LT

Thursdays

Starting 25th April, 5:30- 6:45pm - Online.

All programmes start w/c 22nd April and will run for 8 weeks
with free crèche facilities available.

To register or find out
more about our services
contact us on
01707248648 or
info@beezebodies.co.uk



Beezee FAMILIES



We're here to help your family

make healthy habits fun



Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date: Wednesdays from 24 April **Time:** 17:30 til 19:30

Venue: Leavesden Green Community Hub, Watford WD25 0BW

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your
FREE PLACE today

@ BZBinfo@maximusuk.co.uk

☎ 01707 248 648




Hertfordshire

Does your child struggle with worries or anxiety?

Try the new digital therapeutic mobile app for childhood anxiety



Recommended by
NICE

To get instant access visit:

[here](#)



withYouth

BfB
LABS

Please use the following Eventbrite link to sign up!

[Hertfordshire - WithYouth and Lumi Nova Discovery Sessions](#)

UNDERSTANDING MY AUTISM / ADHD

'My World & Me'™
is a confidence building
12 week course for
autistic young people
and those with ADHD

These groups provide your child with the opportunity to meet other young people of similar ages and experiences. Focusing on celebrating your child's strengths, these groups aim to be fun whilst supporting confidence, independence and resilience.

Nessie is proud to be neurodiverse affirmative with the majority of our team having lived experience.

This is part of a wider project funded by the NHS and Herts CC. For more information visit: toolbox.mindler.co.uk



Visit
nessieined.com
to book
Nessie's groups





UNDERSTANDING MY AUTISM / ADHD

'My World & Me'

A confidence building 12 week course for autistic young people and those with ADHD

Wednesday
24th April -
17th June

Understanding My Autism:
Supporting transitions for school
years 4 to 6 - Online

11am-
12pm

Tuesday
21st May-
13th Aug

Understanding My ADHD: 12-16
years. My World and Me Boxing
Group - YMCA Watford

3:30pm-
4:30pm

Thursday
13th June -
29th Aug

Understanding My Autism:
Supporting transitions for school
years 4 to 6 - Online

11am-
12pm

Wednesday
19th June -
4th Sep

Understanding My ADHD / Autism:
Supporting transitions for school
years 6 to 7 - Online

4pm-
5pm

To book please visit <https://procfu.com/nespubbooking>



This is part of a wider project funded by the NHS and Herts CC. For more information visit toolbox.mindler.co.uk



Helping children and young people thrive

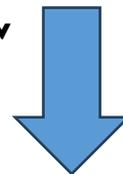
NESSIE IN ED CIC. Company registered in England & Wales number: 11719406



- Families Feeling Safe have funded places available on their Protective Behaviours courses held online or in person.
- ADD Vance have a wide range of workshops to support parents and carers of children and teens with ADHD and/or ASD.
- SPACE are offering over 40 workshops and 7 courses during the summer term.
- Supporting Links have lots of workshop to support families
- Family Lives are delivering parenting groups and workshops, funded by Herts County Council, for parents/carers who live in Hertfordshire.
- Families in Focus have opened bookings for their popular 6 week courses.



Full details can be found for each on the pages below





We have four Protective Behaviours courses for parents and carers including one for dads only in the summer term. Places are fully funded by HCC Targeted Parenting fund for parents who may need some additional support. One of the courses will run in Broxbourne and the others will be online. Below are links to the course posters and our parent registration form

Online courses:

- Tuesdays 7 May – 2 July 7.00pm – 9.00pm for Mums, Dads & carers
- Thursdays 9 May – 4 July 7.00pm – 9.00pm for Dads and male carers
- Tuesdays 4 June – 9 July 9.30am – 11.30am

[Please click here for the poster...](#)

[Please click here for the registration form...](#)

For enquiries and to book a place, please email enquiries@familiesfeelingsafe.co.uk or Tel: 07850 518216

Broxbourne

- Fridays 3 May – 5 July 9.30am – 11.30am

[Please click here for the poster...](#)

For enquiries and to book a place, please Tel: 01992 303331 Option 5



ADD-vance

The ADHD and Autism Trust



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 neurodiversity.

TIME AND PLACE

General Primary Aged Support Group

Tue 16/4 - 1.30-2.30 pm

General Secondary Aged Children Support Group

Tue 23/4 - 1.30-2.30 pm

Parents/Carers of 16 to 24 yrs Support Group

Wed 1/5 - 7.30-8.30 pm

PDA Support Group

Tue 7/5 - 1.30-2.30 pm

General Primary Aged Children Support Group

Tues 14/5 - 1.30-2.30 pm

General Secondary Aged Children Support Group

Tue 21/5 - 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



ADD-vance

The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM (TEEN YEARS)

**FREE INTRODUCTORY 6-WEEK COURSES
FOR PARENT/CARERS OF TEENS**

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Thursdays

18th Apr to 23rd May 2024

10 am to 12 pm

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



ADD-vance
The ADHD and Autism Trust



**UNDERSTANDING ADHD & AUTISM
IN THE EARLY YEARS**
**FREE INTRODUCTORY 6-WEEK
COURSE FOR PARENT/CARERS**

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

TIME AND PLACE

Tuesdays

16th Apr to 21st May 2024
9.30 to 11.30 am

**Park Street Village Hall
Park Street
St Albans
AL2 2PX**

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



ADD-vance
The ADHD and Autism Trust



**UNDERSTANDING ADHD &
AUTISM FOR DADS**
**FREE INTRODUCTORY 6-WEEK
COURSES FOR PARENTS/CARERS**

ABOUT THE COURSE

These interactive courses are designed for dads /male carers of children aged 5 to 14 with a diagnosis or suspected diagnosis of ADHD and/or Autism.

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE

Wednesdays

17th Apr - 22nd May 2024

7 to 9 pm

ONLINE VIA ZOOM

Wednesdays

5th Jun - 10th July 2024

7 to 9 pm

ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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visit our website <http://www.add-vance.org/>**

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ADD-vance
The ADHD and Autism Trust



**UNDERSTANDING ADHD &
AUTISM IN GIRLS**
**FREE INTRODUCTORY 6-WEEK
COURSE FOR PARENTS/CARERS**

ABOUT THE COURSE

This interactive course is designed for parents & carers of girls aged 5 to 14 yrs with a diagnosis, or suspected diagnosis, of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE

Tuesdays
4th Jun to 9th Jul 2024
10 am - 12 pm

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



ADD-vance
The ADHD and Autism Trust



**UNDERSTANDING
ADHD & AUTISM IN THE
PRIMARY YEARS
FREE INTRODUCTORY 6-WEEK
COURSES FOR PARENTS/CARERS**

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE

Thursdays
6th Jun - 11th Jul 2024
7 to 9 pm

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



FREE ONLINE SUMMER 2024 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	15.4.24	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	17.4.24	19:00 - 20:30	Online
Supporting the Transition to Primary School	Parents/carers	Mon	22.4.24	10:00 - 11:30	Online
Supporting the Transition to Secondary School	Parents/carers	Wed	24.4.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	29.4.24	19:00 - 20:30	Online
Understanding Autism in Girls	Parents/carers	Wed	1.5.24	10:00 - 11:30	Online
Understanding ADHD in Girls	Parents/carers	Tue	7.5.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	8.5.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Thu	9.5.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	13.5.24	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	15.5.24	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Thu	16.5.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Mon	20.5.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Wed	22.5.24	19:00 - 20:30	Online
Half Term					
Understanding ADHD and Autism in the Early Years	Parents/carers	Tue	4.6.24	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Wed	5.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Tue	11.6.24	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Wed	12.6.24	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/carers	Mon	17.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes (Transitions)	Parents/carers	Wed	19.6.24	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Mon	24.6.24	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	26.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	27.6.24	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/carers	Mon	1.7.24	19:00 - 20:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Wed	3.7.24	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	8.7.24	19:00 - 20:30	Online
Supporting Siblings	Parents/carers	Wed	10.7.24	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.

NAVIGATING THE SEND WORLD

4 week online course

● ● ● Taking place on (Thursday) April 18th, 25th, May 2nd and 9th

Course outcomes

- Feel less isolated and more empowered to seek support
- Increase awareness of what services are available for families
- Learn the acronyms and language
- Better understand referral systems and processes
- 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 their child
- Feel confident about what to do next and how to access the support and services you and your family need.



This course is commissioned by Hertfordshire County Council



NEURODIVERSITY IN GIRLS AND WOMEN

4 week 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

(Tuesday) April 23rd, 30th, May 7th and 14th: 10am - 12pm



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



PARENTING ADHD SKILLS

3 week online course

● ● ● (Monday) 6th, 13th and 20th May, 19:00 - 21:00

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



TALKING SENSORY: SIGNS, SIGNALS AND SOLUTIONS

2 Week Online Course



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

(Tuesday) 4th and 11th June: 10am - 12pm



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



STARTING SPACE

2 week courses

Thursday, April 18th and 25th or Thursday, May 16th and 23rd 10am-12pm
Lending SPACE, 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



FIRST STEPS

Free 6-week in-person course 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

St Nicholas and Martins Wood Family Centre, Stevenage, SG1 5RD

10am-12pm, Friday Mornings June 7th, 14th, 21st, 28th and July 5th, 12th



Book via Eventbrite: SPACE Hertfordshire





SLEEP TIGHT

3 weeks online course

● ● ● (Tuesday) June 25th, July 2nd and 9th: 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



Monday 15th April	19:00-20:00	Understanding Autism
Tuesday 16th April	10:00-12:00	ADHD in Girls and Women
Wednesday 17th April	10:00-12:00	Navigating the SEND World
Friday 19th April	10:00-12:00	Anxiety and SEND
Monday 22nd April	19:00-20:30	EHCP: Annual Reviews
Wednesday 24th April	10:00-12:00	Understanding Behaviour as Communication
Wednesday 24th April	19:00-20:00	Questions and Answers with... Karen Spencer
Friday 26th April	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 29th April	18:30-20:00	Autistic Girls
Wednesday 1st May	10:00-12:00	Puberty and SEND
Thursday 2nd May	10:00-12:00	Navigating the SEND World Post 16
Friday 3rd May	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Tuesday 7th May	18:30-20:00	Access Arrangements
Thursday 9th May	10:00-11:30	Understanding and Supporting Executive Functioning
Friday 10th May	10:00-12:00	Sleep Workshop
Monday 13th May	10:00-11:30	Understanding Specific Literacy Difficulties Including Dyslexia
Tuesday 14th May	18:30-20:00	Anger and Conflict
Wednesday 15th May	10:00-12:00	EHCP: New Applications
Thursday 16th May	10:00-12:00	Sensory Workshop
Friday 17th May	10:00-12:00	No Two Brains are The Same: What is Neurodiversity
Tuesday 21st May	10:00-11:00	Understanding ADHD
Wednesday 22nd May	10:00-11:30	Tourettes
Thursday 23rd May	18:30-20:00	Understanding and Supporting Emotional Regulation
HALF TERM		
Monday 3rd June	10:00-12:00	Anxiety and SEND
Tuesday 4th June	18:30-20:30	Navigating the SEND World
Wednesday 5th June	10:00-11:00	Understanding Autism
Thursday 6th June	19:00-21:00	Sleep Workshop
Monday 10th June	18:30-20:30	Navigating the SEND World Post 16
Wednesday 12th June	10:00-12:00	Understanding Behaviour as Communication
Friday 14th June	10:00-12:00	Understanding Dual Diagnosis: Autism & ADHD
Monday 17th June	18:30-20:00	Understanding Specific Literacy Difficulties Including Dyslexia
Tuesday 18th June	18:30-20:30	ADHD in Girls and Women
Wednesday 19th June	10:00-11:30	Autistic Girls
Friday 21st June	10:00-12:00	Puberty and SEND
Thursday 27th June	19:00-21:00	Sensory Workshop
Friday 28th June	10:00-12:00	No Two Brains are The Same: What is Neurodiversity
Monday 1st July	18:30-20:00	Understand and Supporting Executive Functioning
Wednesday 3rd July	10:00-12:00	EHCP: Submission to Finalisation
Thursday 4th July	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 5th July	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Monday 8th July	18:30-20:00	Tourettes
Wednesday 10th July	10:00-11:00	Understanding ADHD
Tuesday 16th July	10:00-11:30	Anger and Conflict



spaceherts.eventbrite.co.uk



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



Autism | ADHD
Neurodiverse Conditions



TALKING FAMILIES



Tuesdays 8.00-9.30pm Online Course: ID 656
16th April - 21st May 2024

Tuesdays 8.00-9.30pm Online Course: ID 653
4th June - 9th July 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of children aged 0-12 sharing

- **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.**

Groups are open to parents, carers, grandparents and guardians living, or

'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

www.supportinglinks.co.uk



These courses are provided free to parents 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.



TALKING ANXIETY in TEENS



Tuesdays 7.45-9.30pm Online Course: ID 655

4th June - 9th July 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of 12-19 year olds, 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 and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

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

'This course has helped us all to cope day to day.'

Booking essential

Please quote the course ID

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TALKING ADDITIONAL NEEDS



Thursdays 9.45-11.15am Course: ID 651

18th April - 23rd May 2024

Tuesdays 8.00 - 9.30pm Course: ID 652

4th June - 9th July 2024

Our online support sessions are delivered weekly via Zoom.

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict, anger and arguments.
- Improve Emotional Regulation
- Explore sensory needs.
- Motivate, encourage and support your child.
- Increase your child's resilience.
- Manage the different needs within your family.

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

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

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TALKING DADS



Thursdays 7.45-9.15pm Online Course: ID 659
18th April - 23rd May 2024

Wednesdays 7.45-9.15pm Online Course: ID 660
5th June - 10th July 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for dads & male carers of all ages, sharing information on:

- **Increasing confidence in your parenting.**
- **Developing a healthy dad/child relationship now and for the future.**
- **Improved listening and communication skills.**
- **Effective strategies for dealing with anger and conflict.**
- **How to enforce boundaries.**
- **Being the dad you want to be.**

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

'I can break out of the cycle and make things different for my child.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



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Bringing Up Confident ADHD/ASD Children

Thursday Evening (6 weeks)

21 March - 9 May 7pm-9pm

OR

Tuesday Daytime (6 weeks)

26 March 14 May 9.30am - 11.30pm

Online Via MS Teams

Join our 6 week online course if you are a parent of a child with suspected or undiagnosed ASD, ADHD or any other additional needs. We will help you to understand your child's behaviour, learn to break negative parent-child interaction cycles while promoting their social and emotional development.

For more information, contact Louise on 0204 522 8700 or 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: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



Less Shouting more Cooperation Online 6 week group

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.

Tuesday 26 March and 16, 23, 30 April &

7, 14 May 2024

7.00pm to 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

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Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of primary aged children with Autism or ADHD

Our award-winning six-week course is funded by Hertfordshire County Council and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire.

This course for parents provides practical, evidence based support to understand why children with Autism or ADHD react with anger and provides proven techniques to increase emotional and sensory regulation in your family.



**Wednesday mornings
9.30am to 11.30am
April 17th 24th &
May 1st 8th 15th 22nd**

**Email Francine & Lesley:
bookings@familiesinfocus.co.uk**



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Families In Focus CIC
LOOKING FORWARD TOGETHER



Hertfordshire
Funded by HCC
Targeted Parenting Fund



"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well paced, inclusive and knowledgeable."

A complete guide to parenting children with Autism & ADHD and associated conditions

FREE, award winning 10 - week course is for those parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged two to 11 years.

Facilitated by founders, Lesley and Francine, our course aims to help parents:

- Gain a greater understanding and answer the question, 'Why does my child do that?'
- Learn a range of strategies and solutions, to better manage behaviours that challenge
 - Understand sensory needs of children
 - Increase understanding of children's common sleep issues
 - Learn how to support siblings living with a neurodiverse sister/brother
- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

Tuesday mornings from 9.30am to 11.30am

April 16, 23, 30 &

May 7,14,21 &

June 4,11,18,25



Email Francine & Lesley to secure your free place: bookings@familiesinfocus.co.uk or visit our website to see all course information: www.familiesinfocus.co.uk

"I enjoyed talking with other parents who were also struggling to understand their children and Lesley and Francine gave us all great tips to practice and then listened to us after we tried them, I felt safe and confident in the group and would recommend this course to all parents."

**Monday evenings from
6.30pm to 8.30pm**

**April 15th 22nd 29th
&
May 13th 20th**



Families In Focus CIC
LOOKING FORWARD TOGETHER



Handling anger of primary aged children

Our award-winning online course is funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Facilitated by founders Lesley and Francine, our transformational course will enable you to:

- Understand more about what triggers children's anger**
- Learn techniques to increase children's emotional regulation and decrease angry meltdowns**
- Increase understanding of how to support children who feel anxious**
- Meet other parents and share experiences**
- Learn techniques to manage parental stress**

**Email Francine & Lesley to secure your free place:
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