



## Delivering Special Provision Locally

### DSPL9 Parent, Carer and Family Newsletter

12<sup>th</sup> February 2025

Welcome to the 10<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 : after half term break

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
- Dates for DSPL9 Coffee Mornings.

#### Other services – New this week

- Potential Kids share their February flyer with extra activities added and information about a PK exclusive session at Ninja Warrior Watford.
- Sign up now to join ONE of the FREE workshops Beezee Families, are running during the February half term holidays. You and your child(ren) aged 6 – 12 can enjoy a cook-along with nutritionists, followed by a fun physical activity session led by a sports coach from Watford FC.



DON'T  
MISS  
OUT

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

- 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.



DON'T  
MISS  
OUT



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



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Provision Locally



## PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

- 
- **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

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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](mailto:enquiries@dsplarea9.org.uk)

# FEBRUARY & HALF TERM 2025 ACTIVITIES

Sessions for Neurodivergent children/young people and Siblings

POTENTIAL  
KIDS

OCN Accredited Training  
London Provider of OCN London  
Qualifications



Date	Sessions	Time
1st Sat	<b>FREE Family Football - Drop In</b>	16.00-17.00
6th Thu	<b>Bushcraft/Stem Home Ed 4+</b>	10.30-12.00
6th Thu	<b>Trampolining 5 + yrs</b>	17.20-18.30
7th Fri	<b>Welcome Space Community Drop-In</b>	10.00-12.30
7th Fri	<b>**NEW** Therapeutic Gardening Home Ed Group 8 + yrs</b>	12.30-14.00
8th Sat	<b>Soft Archery 7+</b>	16.00-17.00
13th Thu	<b>Bushcraft/Stem Home Ed 4+</b>	10.30-12.00
14th Fri	<b>Welcome Space Community Drop-In</b>	10.00-12.30
14th Fri	<b>**NEW** Therapeutic Gardening Home Ed Group 8 + yrs</b>	12.30-14.00
15th Sat	<b>Basketball 7 + yrs</b>	16.00-17.00
18th Tue	<b>Half Term Cooking and Seed Planting 4+ yrs</b>	10.30-12.30
18th Tue	<b>Roller Skating 8+ yrs</b>	18.00 - 19.30
20th Thu	<b>Ninja Warrior Watford PK Exclusive 5yrs+</b>	19.00-20.00
21st Fri	<b>Youth Group Games and Crafts 10-14yrs</b>	18.00-19.30
22nd Sat	<b>FREE Family Football - Drop In</b>	16.00-17.00
27th Thu	<b>Bushcraft/Stem Home Ed 4+</b>	10.30-12.00
27th Thu	<b>Trampolining 5 + yrs</b>	17.20-18.30
28th Fri	<b>Welcome Space Community Drop-In</b>	10.00-12.00
28th Fri	<b>For further information on any of our Activities or Educational Services please email us at</b>	12.30-14.00

**PK Hub & Garden**



TUTORING



**Danecroft Stables**



**1:1 Horseriding  
Returning in  
Spring**

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**

the galleria



**AN INDOOR  
ADVENTURE COURSE  
INSPIRED BY  
TV SHOW  
NINJA WARRIORS.**



**A SESSION FOR  
NEURODIVERGENT  
KIDS & SIBLINGS**



*Embracing Neurodiversity*  
Autism-ADHD-Dyslexia-  
Dyspraxia-Tourettes  
amongst other conditions



**HALF-TERM FUN!**



**Booking:**  
[potentialkids.org.uk/events](https://potentialkids.org.uk/events)

**AGE 5 YRS+  
THUR 20TH FEBRUARY  
19:00-20:00  
£13.50 PER CHILD**

**SOCKS NOT  
INCLUDED!**

**WOODSIDE LEISURE PARK,  
NINJA WARRIOR UK ADVENTURE  
KINGSWAY NORTH ORBITAL RD,  
WATFORD WD25 7JZ**

**POTENTIAL  
KIDS**



**TEST YOUR NINJA SKILLS WHILE CLIMBING, BALANCING AND SWINGING ACROSS OBSTACLES OR BOUNCING ACROSS OUR INFLATABLE - PLUS, WE HAVE THE FAMOUS WARPED WALL FOR YOU TO CONQUER.**



# Beezee FAMILIES



## Ready to start making healthy habits over half term?

We offer free healthy lifestyle programmes across Hertfordshire. Find out more by joining us for a free two hour session, which covers:

Cooking a meal together, plus top tips from our nutritionists.

A fun activity session to get you moving as a family.

Support and resources that are right for your family.



**Where:** Meriden Community Centre, Garsmouth Way, Watford WD25 9ET



**When:** Thurs 20 Feb 2025



**Time:** 2:00 PM - 4:00 PM



[hrt.maximusuk.co.uk/  
events](http://hrt.maximusuk.co.uk/events)

Secure your  
free spot TODAY



[BZBinfo@maximusuk.co.uk](mailto:BZBinfo@maximusuk.co.uk)



01707 248648



Hertfordshire



**WATFORD  
BOROUGH  
COUNCIL**

25-3658

**Beezee**  
**FAMILIES**



## Ready to start making healthy habits over half term?

We offer free healthy lifestyle programmes across Hertfordshire.  
Find out more by joining us for a free two hour session, which covers:

Cooking a meal together, plus top tips from our nutritionists.

A fun activity session to get you moving as a family.

Support and resources that are right for your family.



**Where:** Holywell Community Centre, Chaffinch Lane, Watford WD18 9QD



**When:** Tues 18 Feb 2025



**Time:** 2:00 PM - 4:00 PM



[hrt.maximusuk.co.uk/  
events](https://hrt.maximusuk.co.uk/events)

Secure your  
free spot TODAY



[BZBinfo@maximusuk.co.uk](mailto:BZBinfo@maximusuk.co.uk)



01707 248648



Hertfordshire



**WATFORD**  
BOROUGH  
COUNCIL

25-3658



- 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.



## 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 - 11th Feb**

**Online Course ID 703**

**Tuesdays 8.00 - 9.30pm**

**7th Jan - 11th 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 - 11th 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 - 5<sup>th</sup> Feb**

**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 - 6<sup>th</sup> Feb**

**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 - 4<sup>th</sup> Feb**

**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**



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updates @familiesfeelingsafe



