

DSPL9 Parent, Carer and Family Newsletter

12th February 2025

Welcome to the 10th 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 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.



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.





DSPL 9



Parent/carer monthly Emotional Based School Avoidance (EBSA) Support Groups

Does your child's school avoidance affect you as a parent?

Would you like a safe space to share your experiences with others?

DSPL 9 will be holding monthly sessions for parents with children experiencing EBSA to share their experiences and seek support from a range of professionals attending each of the sessions.

Monday 17 th March 1pm-2.30pm	SfYP	Booking link for 17.03.25	
Monday 19 th May 1pm -2.30pm	WFC Community Trust	Booking link for 19.05.25 Booking link for 16.06.25	
Monday 16 th June 1pm 2.30pm	Transition		

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.





PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

- TUESDAY 25TH MARCH 10AM -11.30AM
- WEDNESDAY 7TH MAY 10AM -11.30AM
 - THURSDAY 3RD JULY 10AM -11.30AM

ASDA WATFORD COMMUNITY ROOMS ST ALBANS RD, WATFORD WD24 7RT

Please join the DSPL9 Triage team to find out about the support available locally and to meet other parents and carers of children with SEND. We are delighted to also be welcoming professionals from Children and Young People's Mental Health Services, SPACE Herts and Add Vance.

If you would like to attend or to find out more please email us at-

enquiries@dsplarea9.org.uk

FEBRUARY & HALF TERM 2025 ACTIVITIES

Sessions for Neurodivergent children/young people and Siblings

194(19)	Sat Thu	FREE Family Football - Drop In	16.00- 17.00
100,000	Thu		-
6th	.2022	Bushcraft/Stem Home Ed 4+	10.30- 12.00
	Thu	Trampolining 5 + yrs	17.20- 18.30
7th	Fri	Welcome Space Community Drop-In	10.00- 12.30
7th	Fri	**NEW** Therapeutic Gardening Home Ed Group 8+yrs	
8th	Sat	Soft Archery 7+	16.00- 17.00
13th	Thu	Bushcraft/Stem Home Ed 4+	10.30- 12.00
14th	Fri	Welcome Space Community Drop-In	
14th	Fri	**NEW** Therapeutic Gardening Home Ed Group 8+yrs	12.30- 14.00
15th	Sat	Basketball 7 + yrs	16.00- 17.00
18th	Tue	Half Term Cooking and Seed Planting 4+ yrs	10.30- 12.30
18th	Tue	Roller Skating 8+ yrs	
20th	Thu	Ninja Warrior Watford PK Exclusive 5yrs+	19.00- 20.00
21st	Fri	Youth Group Games and Crafts 10-14yrs	18.00- 19.30
22nd	Sat	FREE Family Football - Drop In	16.00- 17.00
27th	Thu	Bushcraft/Stem Home Ed 4+	10.30- 12.00
27th	Thu	Trampolining 5 + yrs	17.20- 18.30
28th	Fri	Welcome Space Community Drop-In	10.00- 12.00
28th	Fri	For with the information on a Hyrof Sun Activities of Educational Services please email us at	12.30- 14.00

info@potentialkids.org

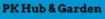




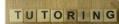














Danecroft Stables



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









AN INDOOR ADVENTURE COURSE INSPIRED BY TV SHOW NINJA WARRIORS.



A SESSION FOR NEURODIVERGENT KIDS & SIBLINGS



Embracing Neurodiversity

Autism-ADHD-DyslexiaDyspraxia-Tourettes
amongst other conditions



HALF-TERM FUN!



Booking: potentialkids.org.uk/events

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

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









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 CONOUER.





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 top tips from our

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



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



Thurs 20 Feb 2025



2:00 PM - 4:00 PM





free spot TODAY



BZBinfo@maximusuk.co.uk





01707 248648





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 top tips from our

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



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



Tues 18 Feb 2025



Time:

2:00 PM - 4:00 PM



free spot TODAY



BZBinfo@maximusuk.co.uk





01707 248648





- 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 Onlin Fully Booked rse ID 703

7th Jar Fully Booked 1pm Onlin

Tuesdays 8.00 - 9.30pm 25th Feb - 1st Apr

Online Course ID 702

TALKING ANXIE

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 vourself 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

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 vour child's resilience.
- Manage different needs in your family.



Tuesdays 9.45 - 11.15am

25th Feb - 1st Apr Course ID 701

2-19yrs

Wednesdays 7.44 **Fully Booked** 8th Jan -4 Online

15pm

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

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 26th Feb - 2nd Apr Face to Face: ID 707 **Gade Community Room** Oakleaf Primary School, Hemel Hempstead

Tuesdavs 7.45 Onlii Fully Booked rse: ID 708

TALKING ANGER in FA

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.

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.



Wednesdays Fully Booked

rse: ID 705



Fully Booked Mondays 7.4 6th Jam

arse: ID 710

0-19yrs

Thursdays 7.45 - 9.15pm

27th Feb - 3rd Apr

0-11yrs

Online Course: ID 711 Wednesdays 7.45 - 9.15pm

Online Course: ID 712

26th Feb - 2nd Apr

12-19yrs

Parent & Carer Support

BITESIZE PARENTING

A Supporting Links workshop collection





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



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 10-11am

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 www.supportinglinks.co.uk

Funded by Hertfordshire County Council



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/4hZAlUh



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 10-11am

https://bit.ly/3ALtzB3









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





ONLINE starting 27th February 2025

Families Feeling Safe

Supporting families with Protective Behaviours

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



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 Tel: 07850 518216



