



Autism | ADHD  
Neurodiverse Conditions

**SUPPORTING FAMILIES IN HERTFORDSHIRE – AUTISM | ADHD | NEURODIVERSE CONDITIONS**

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

# WHO WE ARE

SPACE is a Hertfordshire based charity supporting parent/carers of children and young people on the Autistic Spectrum, with Attention Deficit Hyperactivity Disorder (ADHD) and other neurodiverse conditions. Our Charity is needs led and you do not need a formal diagnosis to access our services

Our key belief is that offering a holistic and therapeutic approach and helping to build bridges between families, professionals and the local community, reduces the feeling of isolation experienced by our families

We believe in instilling a feeling of confidence and empowerment for all



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# HISTORY

- 2007 – 2014 - SPACE started as a single monthly support group held in Cheshunt run by an Autism Advisory Teacher and a parent/carer. They soon expanded to cover the whole of Hertfordshire
- 2015 - SPACE launched the closed Facebook group establishing an online community of support across all of Hertfordshire
- 2017 - SPACE became a registered Charity
- 2018 – SPACE began delivering workshops, courses and training to parent/carers and professionals
- 2019 - SPACE became the only organisation in Hertfordshire licensed to train the ADHD Foundation's parent/carers skill building course and were accredited to deliver the Sleep Tight course by The Sleep Charity. Awarded Charity of the Year by the ADHD Foundation
- 2020 - SPACE became a Short Break Local Offer provider and were commissioned by HCC to run workshops. During the pandemic we successfully moved all support, training and activities online to ensure consistency for our families
- 2021 – SPACE opens the Lending SPACE, offers Therapeutic sessions to children and families, and restarted their face to face events and supports groups

# WHAT WE DO

## **WE SUPPORT FAMILIES TO FEEL CONFIDENT AND EMPOWERED BY:**

- Support Groups and Virtual Support Forums
- Training
- Conferences
- Activities
- SBLO
- Lending SPACE
- Offering support and Guidance
- Collaborating with private and statutory services or organisations
- Offering bespoke therapies and Therapeutic 1:1 and group sessions

# SUPPORT GROUPS AND VIRTUAL SUPPORT FORUMS

- We provide support groups across the county in person and online, during the day and in the evening
- We deliver targeted themes and topics covering all aspects of the SEND World
- Sessions are open to all parents/carers and professionals, from anywhere in the county (or further afield if online)
- This enables professionals to reach numerous parents in one session
- It ensures parents are aware of the services available and how to access them
- Facebook - we have in excess of 5600 members, currently accessing support, information and guidance through this medium
- Messenger – parent/carers and professionals can message the SPACE Team directly using FB Messenger
- Website - providing information regarding SPACE and the services we provide
- Email - allowing families contact with the SPACE Team on a personal and confidential level



# TRAINING FOR PARENT/CARERS AND PROFESSIONALS

- Understanding Autism
- Autistic Girls
- Understanding Autism and ADHD
- Understanding ADHD
- ADHD Parent/Carer Skills Building
- Sleep Tight
- Navigating the SEND World
- EHCPs
- Sensory Signs and Signals
- Sensory Solutions
- Anxiety
- Anger and Conflict
- Executive Functioning
- Emotional Regulation
- Puberty
- Talks by Neurodiverse Adults



# CONFERENCES

- We usually host multiple conferences throughout the year
- Past conferences have focused on:
  - ADHD (with the ADHD Foundation)
  - Behaviour that Challenges
  - Wellbeing
  - Sleep



# SOCIAL EVENTS, BESPOKE ACTIVITIES AND SBLO

- Ice Skating
- Trampoline sessions
- Inclusive Santa Visit
- Yoga and Mindfulness
- Karate
- 1:1 Sport and Therapeutic Sessions
- Pottery painting
- Doughnutting
- Outdoor Pursuits
- Internet Safety
- Driving experiences
- Water Sports activities
- Online Learning
- Cookery
- Lego Club
- Bespoke Art Sessions
- Soft play and Multi Sports
- Sibling Social Group
- Therapeutic Outdoor Experiences
- Ariel Relaxation
- Under 5's sensory play sessions
- Bespoke Social Groups
- Family Quiz Nights
- Animal Experiences
- Pre-recorded Online Activities



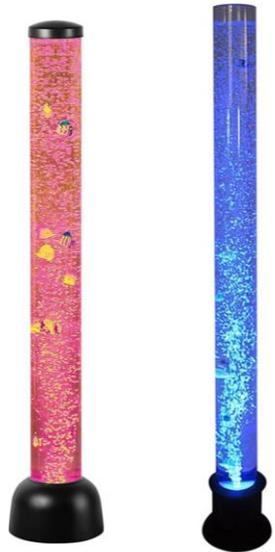
# SBLO PROVISION

- SPACE are a Short Break Local Offer provider
- 40 hours of 'respite' for children who meet the criteria
  - Live in Hertfordshire
  - Aged between 5-19
  - Have an identified additional need (receive a middle or higher rate disability living allowance (DLA) or any personal independence payment (PIP), or have a letter from your GP, your school's special educational needs co-coordinator (SENCO) or another professional, confirming that your need means you require access to targeted services for disabled children and young people. Evidence of a formal diagnosis won't be needed, just evidence that their needs are of the level to be in receipt of the above benefits, or that a professional feels Short Breaks is appropriate.)
- Parents apply online: <https://www.hertfordshire.gov.uk/microsites/local-offer/support/short-breaks/short-breaks.aspx>
- Several of our existing SPACE exclusive activities are available as SBLO, however, not all SPACE Activities will be available on SBLO
- All Sessions follow COVID secure measures. Places are limited
- If someone chooses SPACE as one of their SBLO providers and is subsequently accepted, they will receive emails from us inviting them to book SBLO places on activities

# LENDING SPACE

SPACE Equipment Lending Library will be open in April.  
We will be lending out sensory, practical and educational resources to families who live in Hertfordshire with children and young people with additional needs

For enquires please email: [lendingSPACE.herts@gmail.com](mailto:lendingSPACE.herts@gmail.com)



#lendingSPACE



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# BESPOKE THERAPIES AND THERAPEUTIC SESSIONS

- Therapy Services
  - Speech, Language and Communication Sessions
  - Social Skills Sessions
  - Sensory Sessions
  - Drama Therapy
- Therapeutic Sessions
  - Art
  - Cooking
  - Sensory
  - Activities
  - Outdoor and Nature activities

# SPACE AND THE ADHD FOUNDATION

**SPACE are the only organisation in Hertfordshire licensed to deliver the ADHD Parenting programme which is approved by the ADHD Foundation.**

The course aims to give parents/carers a greater understanding of the condition and take a look at how we can help support our children with ADHD. The modules will cover a variety of topics such as understanding ADHD and organisational strategies and will arm parent/carers with tried and tested tools to take away and introduce at home.

We will also do some myth busting and separate the facts from fiction surrounding ADHD.



# SPACE AND THE SLEEP CHARITY

**SPACE are trained to deliver the accredited Sleep Tight course from The Sleep Charity**

This programme has been developed over a number of years and is well established in many parts of the country. Parent/Carers will gain further understanding and knowledge of their young person/s sleep challenges and build a toolbox of strategies to help support family life.



*Working to ensure that children get a good nights sleep  
.... and so do their parents*



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# HOW SPACE HELPS FAMILIES

## WHAT WE COVER?

- ADHD
- Autism
- Sensory
- Tourettes
- Dyslexia
- Anxiety
- Behaviour
- Transitions
- Mental Health
- Holistic Approach
- Sleep
- And so much more

### BUILDING CONFIDENCE

- Training
- Conferences
- Support Groups
- Virtual Support

### SOCIAL OPPORTUNITIES

- Teen Events
- Sibling Events
- Early and Primary Years
- Bespoke Social Groups

### REDUCING ISOLATION

- Parent/Carer Events
- Family Events
- Building Communities
- Promoting Inclusion

# SPACE AND THE COMMUNITY

**SPACE** build relationships with local statutory services, local and national charities and private businesses to help further support our families and the community around us. Here are just a few examples:



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