



DSPL9 Parent, Carer and Family Newsletter

24th September 2025

Welcome to the 2nd 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 will be published fortnightly during term time. Next edition- 8th October 2025

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 Parent and Carer Coffee Mornings for all parents of children with SEND in October and December.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA

Other services – New this week

- Families feeling safe offer online and in person workshops
- Children's Wellbeing Practitioner Service provides a list of all the emotional wellbeing workshops being delivered by the team from October to December 2025.
- Family lives are delivering Co-parenting with care for parents with children with SEN programme during the Autumn term, funded by Herts County Council
- Super 1s are offering weekly cricket sessions for young people with SEND offering them a chance to be active, learn new skills and make new friends

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

- Online and in person workshops provided by SPACE Herts and covering a huge range of topics
- Support offered this term from Supporting Links
- Potential Kids share their September 2025 calendar of events
- Social Support Group for young people with ASD
- Parenting groups offered by Family Lives this term

DON'T
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Delivering Special
Provision Locally



PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

- **TUESDAY 21ST OCTOBER 2025 10-11.30AM**
- **TUESDAY 2ND DECEMBER 2025 10-11.30AM**

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.

On 21st October DSPL9 are delighted to be hosting alongside professionals from [Space Herts](#). **SPACE** supports families of children and young people who are autistic, have ADHD or other neurodiverse conditions. No diagnosis is necessary.

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

enquiries@dsplarea9.org.uk



Delivering Special
Provision Locally



DSPL 9 Emotionally Based School Anxiety Coffee Morning



DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (emotionally based school anxiety/avoidance).

The event will be run by DSPL 9 with a Family Support Worker and Nessie Therapist available to offer support and guidance.

Dates for 2025-26:

Monday 13th October 2025: Confirmed

Monday 2nd February 2026

Monday 11th May 2026

Time: 10.00am-11.30am

Venue: ASDA Community Room,
St Albans Rd, Watford WD24 7RT

Please contact admin@dsplarea9.org.uk if you would like to attend the session.



Families Feeling Safe have three online and one in-person Supporting Families with Protective Behaviours courses starting soon with places available daytime and evening. Places are fully funded (free) by HCC for parents and carers across Hertfordshire who may need some additional support:

- Online for Dads and male carers: Wednesdays 8 Oct – 3 Dec 7.00pm – 9.00pm [click here for the poster....](#)
- Online for Mums, Dads & Carers: Thursdays 9 Oct – 3 Dec 9.30am – 11.30am [click here for the poster....](#)
- Online for Mums, Dads & Carers: Thursdays 9 Oct – 3 Dec 7.00pm – 9.00pm [click here for poster...](#)
- Hoddesdon for Mums, Dads & Carers: Thursdays - 25 Sept - 27 Nov 9.30am -11.30am [click here for the poster](#)

This is an evidence-based course for parents & carers to help build skills to create a calmer, safer family life and:

- Understand how Feelings, Thoughts and Behaviour link together
- Understand what may be influencing their child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on their own and their child's strengths
- Learn strategies to help them and their child/ren feel safe

For all online enquiries and to make a referral, please email enquiries@familiesfeelingsafe.co.uk or call 07850 518216. For the Hoddesdon course, please call 01992 303331 Opt. 5

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

Children's Wellbeing Practitioner Workshops October – December 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



Workshop	Date & Time
<p>Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>	<p>Tuesday 18th November 6-8pm</p>
<p>Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</p>	<p>Thursday 27th November 6-8pm</p>
<p>Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	<p>Monday 27th October 6-8pm Tuesday 16th December 10am-12pm</p>
<p>Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	<p>Wednesday 15th October 6-8pm Tuesday 2nd December 6-8pm</p>
<p>Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</p>	<p>Tuesday 21st October 10am-12pm Thursday 6th November 6-8pm Wednesday 10th December 10am-12pm</p>
<p>General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	<p>Wednesday 8th October 6-8pm Tuesday 11th November 10am-12pm Thursday 18th December 6-8pm</p>

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>



Co-parenting with Care programme for parents with children with SEN.

This 6-week online programme offers a structured approach to help you navigate your unique challenges, improve your relationship, and create a more supportive environment for your SEN child/ren .



The programme covers themes including:

- Understanding SEN and its impact on children and family dynamics
- Effective Communication Skills
- Managing Emotions & Stress
- Collaborative Problem Solving
- Building a Supportive Network
- Creating a Unified Parenting Approach

These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates/times:

Date: Wednesday 15, 22 October and 5, 12, 19 & 26 November

Time: 9.30am to 11.30am

Date: Thursday 16, 23 October and 6, 13, 20 & 27 November

Time: 7.00pm to 9.00pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds



**Super
1s**

**ALL DISABILITIES
WELCOME**

AGES 12 - 25

**FREE INCLUSIVE
CRICKET SESSIONS**

**GET ACTIVE AND
MAKE NEW FRIENDS!**



**HARPENDEN HUB
THURSDAYS 5-6PM
KATHERINE
WARRINGTON
SCHOOL
HARPENDEN
AL5 5FH**

**WATFORD HUB
SATURDAYS
9AM-10AM
PARMITERS
SCHOOL
WATFORD
WD25 0UU**

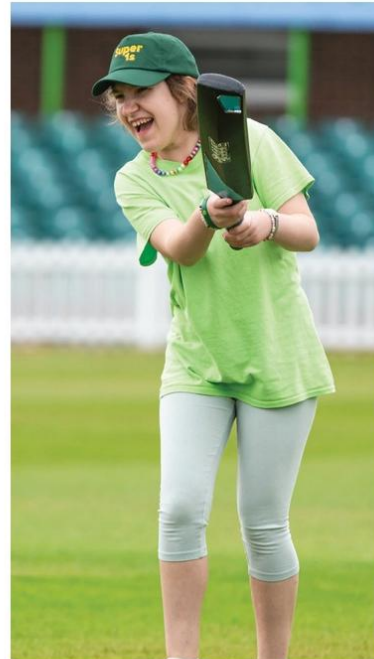
**HATFIELD HUB
SUNDAYS 10-
11.30AM
CHANCELLORS
SCHOOL
BROOKMANS PARK
AL97BN**

**HITCHIN HUB
SATURDAYS 9-
10AM
WESTMILL
COMMUNITY
CENTRE
HITCHIN
SG5 2PG**

**HITCHIN HUB IS
OPEN TO 8-16
YEAR OLDS
ALL OTHER HUBS
12-25 YEAR
OLDS**

CONTACT:

 **#LUKE HESKETT**
 **07894318756**
 **LUKE.HESKETT@HERTSCRICKET.ORG**



LORD'S TAVERNERS
Empowering young people through cricket

www.lordstaverners.org/super1s

Registered Charity No. 306054 | OSCR No. SCO46238



- Online and in person workshops provided by SPACE Herts and covering a huge range of topics
- Support offered this term from Supporting Links
- Potential Kids share their September 2025 calendar of events
- Social Support Group for young people with ASD
- Parenting groups offered by Family Lives this term

BRIGHT BEGINNINGS

in person in Stanstead Abbots

Free 6-week play-based course for Parents and Carers and their children in the early years

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

No diagnosis necessary

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions
 - Get tailored guidance on local activities, services, workshops, and educational support.
- Access optional family support and benefit from specialised advice for key transitions like starting or changing schools and so much more.

Stanstead Abbots

1:15-2:15pm Wednesdays 8, 15, 22 October and 5, 12, 19 November



Book via Eventbrite: SPACE Hertfordshire



NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online courses

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

6:30pm-8:30pm Tuesdays 9th, 16th, 23rd and 30th September



Book via Eventbrite: SPACE Hertfordshire



PRIMARY STEPS

in person in Sawbridgeworth

Free 6-week Course for Parents and Carers of Autistic Children in the Primary 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
- Understanding and supporting behaviour
- Supporting and promoting independence skills

No diagnosis necessary

Great St Mary's, Sawbridgeworth

10am-12pm, Friday Mornings 12, 19, 26 September and 3, 10, 17 October



Book via Eventbrite: [SPACE Hertfordshire](#)

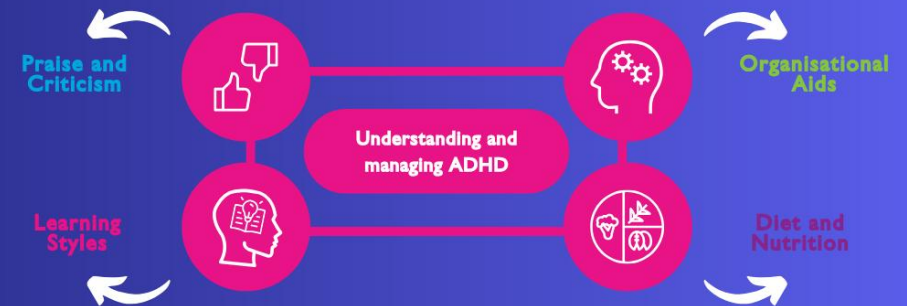


PARENTING ADHD

3 week online course

10:00am-12:00pm Tuesdays 2, 9, 16 December

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



Book via Eventbrite: [SPACE Hertfordshire](#)



SLEEP TIGHT

3 weeks online course

10am-12pm Tuesdays 11, 18, 25 November

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



Book via Eventbrite: SPACE Hertfordshire



Autism | ADHD
Neurodiverse Conditions

TALKING SENSORY

3 Week Online Courses



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

18:30-20:30 Mondays 6, 13, 20 October



Book via Eventbrite: SPACE Hertfordshire



Autism | ADHD
Neurodiverse Conditions

AUTUMN TERM 2025 FREE ONLINE WORKSHOPS

4th September	18:30-20:00	Understanding Tics and Tourettes
8th September	18:30-20:00	Access Arrangements
10 th September	18:30-20:30	Sensory Signs, Signals and Solutions
11th September	10:00-12:00	ADHD in Girls and Women
12th September	10:00-12:00	Understanding Behaviour as Communication
15th September	18:30-20:30	Navigating the SEND World
17th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
25th September	10:00-11:30	Understanding and Supporting Executive Functioning
25th September	18:30-20:30	EHCPs: New Applications
26th September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
30th September	10:00-12:00	Sleep Workshop
1st October	10:00-12:00	Therapeutic Thinking for Parent/Carers
2nd October	18:30-20:30	Puberty and Neurodiversity
8th October	10:00-12:00	Anxiety and SEND
9th October	10:00-12:00	Navigating the SEND world Post-16
10th October	10:00-12:00	PDA, ODD and ADHD
13th October	10:00-11:30	Understanding Dyslexia
14th October	10:00-11:00	Understanding Autism
15th October	10:00-12:00	Sensory Signs, Signals and Solutions
16th October	10:00-11:00	Understanding ADHD
21st October	10:00-11:30	Autistic Girls
22nd October	10:00-12:00	Understanding Behaviour as Communication
HALF TERM		
3rd November	18:30-20:30	ADHD in girls and Women
4th November	10:00-11:30	Encouraging Neurodiversity in Neurodiverse Young People (ages 8-18)
6th November	10:00-11:30	Understanding Tics and Tourettes
7th November	10:00-12:00	Understanding Behaviour as Communication
10th November	18:30-20:00	Understanding and Supporting Executive Function
12th November	10:00-12:00	PDA, ODD and ADHD
13th November	10:00-12:00	Navigating the SEND World
14th November	10:00-12:00	EHCPs: Submission to Finalisation
18th November	18:30-20:00	Understanding OCD
19th November	10:00-12:00	Anxiety and SEND
25th November	18:30-19:30	Understanding Autism
27th November	18:30-20:30	Sleep Workshop
1st December	18:30-20:30	Navigating the SEND World Post-16
3rd December	10:00-12:00	Understanding Emotionally Based School Avoidance (EBSA)
4th December	10:00-11:30	Understanding and Supporting Emotional Regulation
4th December	18:30-19:30	Understanding ADHD
5th December	10:00-12:00	Sensory Signs, Signals and Solutions
8th December	18:30-20:00	Understanding Dyslexia
10th December	10:00-12:00	ADHD in girls and Women
10th December	18:30-20:00	EHCPs: Annual Reviews
11th December	18:30-20:00	Autistic Girls
12th December	10:00-12:00	Puberty and Neurodiversity
15th December	10:00-12:00	Anxiety and SEND



spaceherts.eventbrite.co.uk



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



Autism | ADHD
Neurodiverse Conditions

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2025



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.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- 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.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

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

Funded 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.

Parent & Carer Support Autumn 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.



Tuesdays 7.45 - 9.15pm

16th Sep – 21st Oct

Online Course: ID 778

Thursdays 7.45 - 9.15pm

6th Nov – 11th Dec

Online Course: ID 777

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

4th Nov – 9th Dec

Online Course: ID 775

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.



Wednesdays 7pm - 9pm

5th Nov – 10th Dec

Course ID 771

**Reddings Family Centre,
Bushey, WD23 3PE**

Wednesdays 9.45 - 11.15am

17th Sep – 22nd Oct

Course ID 770

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.



Wednesdays 8.00 - 9.30pm

17th Sep – 22nd Oct

Online Course ID 774

Thursdays 9.45 - 11.15am

18th Sep – 23rd Oct

Online Course ID 772

Tuesdays 8.00 - 9.30pm

4th Nov – 9th Dec

Online Course ID 773

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **11-19**, 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.



Tuesdays 7.45 - 9.30pm

16th Sep – 21st Oct

Online Course ID 776

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.



Wednesdays 7.45 - 9.15pm

17th Sep – 22nd Oct

Online Course: ID 779

Wednesdays 7.45 - 9.15pm

5th Nov – 10th Dec

Online Course: ID 780

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



SEPTEMBER 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
4th Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
4th Thu	Trampolining -Gosling sports centre 5+	17.30-18.30
5th Fri	Welcome Space Community Drop-In	11.00-12.30
11th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
12th Fri	Welcome Space Community Drop-In	10.00-12.30
13th Sat	Free Family Football Drop-In Birchwood	16.00-17.00
16th Tue	Roller skating Campus West	18.00-19.00
18th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
18th Thur	Trampolining -Gosling sports centre 5+	17.30-18.30
19th Fri	Welcome Space Community Drop-In	11.00-12.30
19th Fri	Youth Group 16 +	18.30-20.30
20th Sat	Basketball 8+ Birchwood	16.00-17.00
25th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
26th Fri	Welcome Space Community Drop-In	11.00-12.30
26th Fri	Skateboarding Pioneer Club Age 9+yrs	17.30-18.30
27th Sat	Train Club PK Hub Age 12+	12.00-14.00
27th Sat	Soft Archery 8+ Birchwood	16.00-17.00

For further information on any of our Activities or Educational Services please email us at info@potentialkids.org

POTENTIAL KIDS

BOOKINGS at potentialkids.org.uk/events



PK Hub & Garden

Therapeutic Gardening 1:1 & Group Sessions. Volunteers Needed



Danecroft Stables



Pony Days



Visit us here



OUR OFFER

Sports & Social Activities
Tutoring
Mentoring
Therapies
1:1 & Group Work
Alternative Provision Provider
EOTAS

Communication, Learning & Social Support for All





SOCIAL SUPPORT GROUP



for young people with autism
aged 14-25



We meet monthly on a
Thursday evening 6- 8pm
in **Abbots Langley**



**A safe space
to make friends**

For
more info...
call Dawn
on **01923 549093**
or email:

**Be Yourself
&
Have Fun**

aaagroup@little-grove.org



with Parents & Carers Group running next door
for anyone interested!

Family Lives Free Autumn Term Parenting Groups

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Friday 26th September to 7 November 9.45am to 11.45am OR

Tuesday 14 October to 25 November 7.00pm to 9.00pm

If your child has ADHD/ASD, or you think they might, join our free online group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group
Thursday 2 October to 13 November 9.30am to 11.30am

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 group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group

Wednesday 5 November to 10 December 7.00pm to 9.00pm

Calling all Dads - join our free online group, come along and receive support from other dads and learn how to change the way you communicate with your child, respond better and feel more in control.

Anxiety around ADHD Online Workshop
Autumn term dates to be confirmed

Reducing Conflict Online Workshop
Autumn term dates to be confirmed

Sibling Rivalry Online Workshop
Autumn term dates to be confirmed



SCAN ME!

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.

