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## DSPL9 Parent, Carer and Family Newsletter

22<sup>nd</sup> October 2025

Welcome to the 4<sup>th</sup> 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- November 2025

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

### Other services – New this week

- Supporting Links are now taking bookings for their HCC funded courses starting in January.
- Potential Kids advertise their new early years and wellbeing sessions in their new unit The Zone @ The Galleria .

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

- Supporting Links still have spaces on courses starting after half-term. The courses that are fully booked will be running again next term.
- Evidence based online courses from Francine & Lesley @ Families in Focus
- North Hertfordshire College is pleased to announce their November open event at Springboard Watford which will be held on **Thursday 6th November 3pm – 5pm**

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## PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

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- **TUESDAY 2ND DECEMBER 2025 10-11.30AM**

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.

On 2<sup>nd</sup> December DSPL9 are delighted to be hosting alongside professionals from [Children's Wellbeing Practitioner's Team](#).

The Children's Wellbeing Practitioner Service provides early intervention emotional wellbeing and mental health support to children and young people aged 5-19

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



# 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 2<sup>nd</sup> February 2026**

**Monday 11<sup>th</sup> May 2026**

Time: 10.00am-11.30am

Venue: ASDA Community Room 3,  
St Albans Rd, Watford WD24 7RT

Please let us know you will be attending by booking using [this link](#) or contact [admin@dsplarea9.org.uk](mailto:admin@dsplarea9.org.uk) for further information.



## FUNDED Courses for Parents Spring 2026.

We are now taking bookings for our HCC funded courses starting in January.

All of the information and flyers can be found on our website.

<https://www.supportinglinks.co.uk/whatson.html>

These are all funded by Herts County Council so are FREE for parents to attend.

Courses: Phone 07512 709 556 to book

6-Weeks	Location	ID	Dates 2026	Day	Time
Talking Additional Needs	Online	797	6th Jan to 10th Feb	Tue	8.00-9.30pm
Talking Additional Needs	Online	796	3rd Feb to 17th Mar	Tue	9.45-11.15am
Talking Families	Online	799	8th Jan to 12th Feb	Thu	8.00-9.30pm
Talking Families	Online	798	5th Feb to 19th Mar	Thu	9.45-11.15am
Talking Families	Online	800	5th Feb to 19th Mar	Thu	8.00-9.30pm
Talking Anxiety in Families	Online	801	4th Feb to 18th Mar	Wed	9.45-11.30am
Talking Teens	Online	804	5th Jan to 9th Feb	Mon	7.45-9.15pm
Talking Teens	<b>St Albans</b>	802	4th Feb to 18th Mar	Wed	7.00-9.00pm
Talking Teens	Online	803	5th Feb to 19th Mar	Thu	7.45-9.15pm
Talking Anger in Teens	Online	805	6th Jan to 10th Feb	Tue	7.45-9.30pm
Talking Dads	Online	806	7th Jan to 11th Feb	Wed	7.45-9.15pm
Talking Dads	Online	807	2nd Feb to 16th Mar	Mon	7.45-9.15pm

Parents can book by phoning **07512 709556**

Or email [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)

Please include your phone number as we cannot book a place without speaking to you.

# Parent & Carer Support Spring Term 2026



**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.



**Mondays 7.45 - 9.15pm**

**5<sup>th</sup> Jan to 9<sup>th</sup> Feb**

**Online Course: ID 804**

**Wednesdays 7.45 - 9.15pm**

**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**

**F2F Course: ID 802**

**St Albans (venue tbc)**

**Thursdays 7.45 - 9.15pm**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course: ID 803**

## 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**

**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**

**Online Course: ID 805**

## 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.



**Tuesdays 8.00 - 9.30pm**

**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**

**Online Course ID 797**

**Tuesdays 9.45 - 11.15am**

**3<sup>rd</sup> Feb to 17<sup>th</sup> Mar**

**Online Course ID 796**

# 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.



**Thursdays 8.00 - 9.30pm**

**8<sup>th</sup> Jan to 12<sup>th</sup> Feb**

**Online Course ID 799**

**Thursdays 9.45 - 11.15am**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 798**

**Thursdays 8.00 - 9.30pm**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 800**

# TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, 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.



**Wednesdays 9.45 - 11.30am**

**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**

**Online Course ID 801**

# 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**

**7<sup>th</sup> Jan to 11<sup>th</sup> Feb**

**Online Course: ID 806**

**Mondays 7.45 - 9.15pm**

**2<sup>nd</sup> Feb to 16<sup>th</sup> Mar**

**Online Course: ID 807**

**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



- Supporting Links still have spaces on courses starting after half-term. The courses that are fully booked will be running again next term.
- Evidence based online courses from Francine & Lesley @ Families in Focus
- North Hertfordshire College is pleased to announce their November open event at Springboard Watford which will be held on **Thursday 6th November 3pm – 5pm**

# 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**

**16<sup>th</sup> Sep – 21<sup>st</sup> Oct**

**Online Course: ID 778**

**Thursdays 7.45 - 9.15pm**

**6<sup>th</sup> Nov – 11<sup>th</sup> 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**

**4<sup>th</sup> Nov – 9<sup>th</sup> 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**

**5<sup>th</sup> Nov – 10<sup>th</sup> Dec**

**Course ID 771**

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

**Wednesdays 9.45 - 11.15am**

**17<sup>th</sup> Sep – 22<sup>nd</sup> 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**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course ID 774**

**Tuesdays 9.45 - 11.15am**

**4<sup>th</sup> Nov – 9<sup>th</sup> Dec**

**Online Course ID 772**

**Tuesdays 8.00 - 9.30pm**

**4<sup>th</sup> Nov – 9<sup>th</sup> 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**

**16<sup>th</sup> Sep – 21<sup>st</sup> 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**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course: ID 779**

**Wednesdays 7.45 - 9.15pm**

**5<sup>th</sup> Nov – 10<sup>th</sup> 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](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 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 23<sup>rd</sup> 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=odtdtcreator>

## 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 13<sup>th</sup> 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=odtdtcreator>

## 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 10<sup>th</sup> 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=odtdtcreator>

## 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 24<sup>th</sup> 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=odtdtcreator>

Follow us on:



Contact via:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council's Targeted Parenting Fund





Families In Focus CIC  
LOOKING FORWARD TOGETHER

## **A complete guide to parenting children with Autism & ADHD**

(inclusive of those on assessment pathways)  
**Our free evidence-based, online, interactive courses  
for Hertfordshire parents of children aged 2 to 11  
years will:**

**Increase understanding of Autism, ADHD, Sensory  
needs and children's behaviours.**

**Also included, how to understand and support  
siblings, understanding EHCP's, and up to date  
information on local service's and how to access  
them.**

**We provide tried and tested strategies to increase  
understanding for a calmer and happier family life.**

**Wednesdays**

**9.30am to 11.30am or 6.30pm to 8.30pm**

**January 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> &**

**February 4<sup>th</sup> 11<sup>th</sup> 25<sup>th</sup> &**

**March 4<sup>th</sup> 11<sup>th</sup>**

**Email Francine & Lesley:**

**[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**



Funded by Hertfordshire Targeted Parenting Fund



**Families In Focus CIC**  
LOOKING FORWARD TOGETHER

**Families in Focus award winning online,  
interactive courses are free for parents living  
in Hertfordshire**

## **Handling anger in your family**

**for parents of children with no SEN needs**

**Increase understanding of why children react  
with anger and learn tried and tested  
techniques to support children to de-  
escalate and change reactions to trigger  
situations to bring harmony and calm for the  
whole family.**

**Monday evenings from 7pm to 8.30pm**

**November 3rd 10th 17th 24th &**

**December 1st 8th**

**Email Francine & Lesley:  
[bookings@familiesinfoocus.co.uk](mailto:bookings@familiesinfoocus.co.uk)**



Funded by Hertfordshire Targeted Parenting Fund



North Hertfordshire College is pleased to announce our November open event at Springboard Watford which will be held on **Thursday 6th November 3pm – 5pm** at our prestigious premises. This is an opportunity for professionals, parents, and prospective students to meet the team and find out more about the Springboard programme.

If you are not already aware of Springboard, it is a full-time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress into mainstream college and work. The course is delivered in self-contained teaching centre in Watford.

Springboard course is for school leavers - young people aged 16 and over who require additional support before progressing to a cross college vocational course or employment. Many of our students have a diagnosis or traits of autism. Many have associated emotional and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood. We do also consider 15-year-olds but only if they have an EHCP – subject to funding being approved by the county.

Our students study Employability, Functional Skills Maths and English from Entry 3 to Level 2, Creative Arts (Drama) Therapy, Life Skills, Personal Development and Wellbeing, Vocational tasters in Art, Cooking and First Aid, Enrichment, and complete 34 hours of work experience in their vocational area of interest. We support our students to transition into cross college vocational courses, supported internships or apprenticeships or employment by helping them to discover what they want to do after Springboard, arranging taster sessions and supporting them at interviews.

Students need to meet our assessment criteria in order to access the provision although individual needs are always considered, and decisions are made on a case by case basis and subject to funding being approved by the Local Authority.

### **Springboard, Unit 8 Wilmington Close, Watford, WD18 0FQ**

The nearest car park is local Sainsbury's where you can park for free for two hours, or Gade car park in Rosslyn Road and Wilmington Close is off Upton Road:

<https://citipark.co.uk/car-parks/watford/gade-car-park>

If you would like to attend, please RSVP to Mark Kucper: [mkucper@nhc.ac.uk](mailto:mkucper@nhc.ac.uk) or text / call us on: 07961522708.

To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend.

If you are unable to attend but would like to find out more about our provision, we would be happy to arrange a visit on an individual basis. Please email Mark at the above email

