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DSPL9 Parent, Carer and Family Newsletter

12th November 2025

Welcome to the 5th 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- 26th November 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 December.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA

Other services – New this week

- Potential kids share their November timetable and information about new sessions
- Family Lives are delivering online workshops (via MS Teams), funded by Herts County Council in the Autumn SPACES STILL AVAILABLE.

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

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PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

- **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 2nd 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 2nd February 2026

Monday 11th 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 for further information.

NOVEMBER ACTIVITIES

Date		Sessions	Time	Venue
6th,13th,20th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30-12.00	Potential to Grow Garden
6th	Thur	Connect Secondary Age	16.30-18.00	The Zone@The Galleria
7th,14th,21st, 28th	Fri	Early Years Stay & Play	10.30-12.00	The Zone@The Galleria
7th,14th,21st, 28th	Fri	Parent /Carer Wellbeing	12.30-14.00	The Zone@The Galleria
8th	Sat	Basketball Age 7+	16.00-17.00	Birchwood Leisure Centre
13th,27th	Thur	Trampolining Age 5+	17.30-18.30	Gosling Sports Centre
14th	Fri	Youth Group 16 Plus	18.30-20.30	The Hub@The Galleria
15th,29th	Sat	Free family Football	16.00-17.00	Birchwood Leisure Centre
17th	Mon	Dungeons & Dragons (Full)	12.30-15.30	The Zone@The Galleria
18th	Tue	Roller Skating Age 8+	18.00-19.30	Roller City WGC
21st	Fri	Skateboarding Age 9+	17.30-18.30	Pioneer Club St Albans
22nd	Sat	Archery Age 7+	16.00-17.00	Birchwood Leisure Centre
25th	Tue	Connect Primary Age	16.30-18.00	The Zone@The Galleria
29th	Sat	Tracks Train Club Age 12+	12.00-14.00	The Hub@The Galleria

For futher information email: info@potentialkids.org

SCAN FOR ALL OF OUR IMPORTANT LINKS



CONNECT



Come and Explore our new wellbeing space for neurodivergent young people, their families and the community!

Wellbeing Session:

Self-Care ideas, Mindful Moments, Relaxation, Coffee and Chat, Creative & Quiet areas, Professional Support and more..!

Fridays
Early Years Session @
10:30-11:30
Wellbeing Session @
12:00-14:00

Early Years Session:

AGE: 3yrs+
Free play, exploration and social time. Parents and carers can also access professional guidance and support.



Fully Funded Free sessions

**Join
US!**

UNIT 55 (Next to JD Sports)
The Galleria, Ground Floor
Commet Way, Hatfield
AL10 0XR

potentialkids.org.uk

For Neurodivergent Children, Young People
Their Siblings and Parents/Carers

THE ZONE

POTENTIAL KIDS

CONNECT @THE ZONE

An opportunity to connect with others, build confidence, make friends in an inclusive, safe, environment.

Cost - Free

Monthly - Tuesday Age 5+

Monthly - Thursday Age 11+

Time - 4.30 - 6pm

Welcome To...



Games



Lego



Create



Game Zone!



Relax & Connect..

Unit 55 The Galleria
Comet Way
Hatfield, AL10 0XR

Booking Via our website- potentialkids.org.uk/events

For further information email: info@potentialkids.org

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SCAN FOR ALL OF OUR
IMPORTANT LINKS





Dads Together

Sign up to our free 6-week online group

Do you feel you are constantly nagging at your child to get what you need?

Join our free dads together 6-week online group to help increase your confidence in parenting and improve communication and listening skills



- Wednesday 12th, 19th, 26th November & 3rd, 10th, 17th December 2025
- 7.00pm to 9.00pm
- Online via MS Teams

To book your place, call **Louise** on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



Scan Me!

We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds



Autumn term workshops 2025



Reducing Conflict: Tuesday 11 November, 9.30am to 11.30am

This workshop explores different types of conflict. It will provide support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

Anxiety around ADHD: Wednesday 26 November, 7pm to 9pm

A workshop to help parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD and strategies to help support you and your child

Its a Dad's Life: Tuesday 2 December, 7pm to 9pm

This workshop aims to empower dads with the knowledge and skills to develop deeper connections with their children

Sibling Rivalry: Wednesday 3 December, 7pm to 9pm

This workshop aims to provide parents with strategies and tools to effectively foster positive relationships, promote co-operation and manage conflict between children

Navigating the Storm (for parents of teens): Tuesday 9 December, 7pm to 9pm

A workshop designed to provide effective strategies for parents in managing challenging teenage behaviour

To book your place:

- Call **Louise** on **0204 522 8700**
- Scan our QR code to use our online referral form



We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



- Supporting Links are now taking bookings for their HCC funded courses starting in January.



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	St Albans	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

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

5th Jan to 9th Feb

Online Course: ID 804

Wednesdays 7.45 - 9.15pm

4th Feb to 18th Mar

F2F Course: ID 802

St Albans (venue tbc)

Thursdays 7.45 - 9.15pm

5th Feb to 19th 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

6th Jan to 10th 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

6th Jan to 10th Feb

Online Course ID 797

Tuesdays 9.45 - 11.15am

3rd Feb to 17th 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

8th Jan to 12th Feb

Online Course ID 799

Thursdays 9.45 - 11.15am

5th Feb to 19th Mar

Online Course ID 798

Thursdays 8.00 - 9.30pm

5th Feb to 19th 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

4th Feb to 18th 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

7th Jan to 11th Feb

Online Course: ID 806

Mondays 7.45 - 9.15pm

2nd Feb to 16th 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

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