



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

26th November 2025

Welcome to the 6th 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 is published fortnightly during term time. Next edition- 10th December 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

- NHS Hertfordshire share their Beezee Families, Beezee Youth and HENRY programmes
- ADD Vance have opened applications for 2 courses offering support to children and teens with ADHD/ ASD
- Families Feeling Safe are offering fully funded places to attend courses in December and January.
- Potential Kids share their December activities.

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

- 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.



DON'T
MISS
OUT



DON'T
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Provision Locally



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.



FOR PARENTS & CARERS

HEALTHY FAMILIES: RIGHT FROM THE START

FREE 8-SESSION PROGRAMME

SIGN UP
TODAY!

Helping families give their little ones the best start in life.

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special - together.

Programme details:

Upcoming programmes start
the week commencing 26 January 2026:

- **Mondays** (in person): 10am–12 noon, Broxbourne
- **Tuesdays** (online): 10am–11.15am
- **Wednesdays** (online): 10am–11.15am or 5.30pm–6.45pm

Find more details and book your free place at www.henry.org.uk/hertfordshire.



You'll also receive a **FREE toolkit** packed with resources to help you along the way.

Find out more:

- ☎ 01707 248648
- ✉ hertfordshire@henry.org.uk
- 🌐 www.henry.org.uk/hertfordshire



Beezee
in Hertfordshire




In partnership with:


Winter Timetable


Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

Mondays

In Person (Morning)


 Starting 26th January

 10am - 12noon

 High Trees Family Centre,
Broxbourne, EN10 6AE
(c/o Hertford Regional
College, Broxbourne
Centre)

Tuesdays

Online (Morning)


 Starting 27th January

 10am - 11.15am

 Online

Wednesdays

Online (Morning)

 Starting 28th January

 10am - 11.15am

 Online

Wednesdays

Online (Evening)


 Starting 28th January

 5.30pm - 6.45pm

 Online

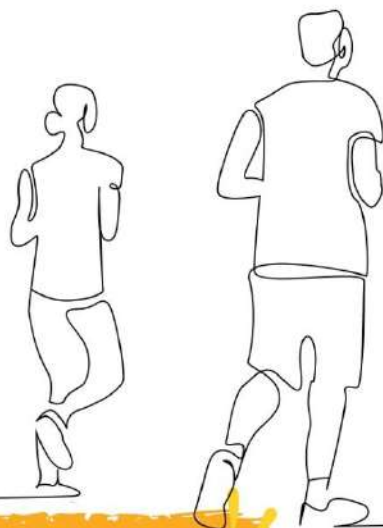
All programmes run for 8 weeks with a break.
Free crèche facilities available for in-person sessions.

Find out more:

-  01707 248648
-  herfordshire@henry.org.uk
-  www.henry.org.uk/hertfordshire



Beezee
in Hertfordshire



Our online group sessions start on:

Date: Wednesday 28th Jan 26 & weekly after

Time: Starts at 6pm and ends at 7pm

Ready to make a change?

The first step starts with you

Join our FREE 8-week health and wellbeing programme. It's made with the help of young people, for young people. This is a chance for you to talk about topics that matter to you.

Achieving Goals

Body Image

Communication

Exam Stress

Motivation

Physical Activity

Relationships

Self-Love



Sign up for your

FREE PLACE

today



hrt.maximusuk.co.uk

@ BZBinfo@maximusuk.co.uk

01707 248 648



Our programmes are for 13 to 17-year-olds, see our website for more information.

24-0882



FREE Healthy Lifestyle support for families in Hertfordshire



Our FREE 12 week in-person and online programmes start on week commencing 19th January 2026

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9QD 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:30 - 7:30pm	WALTHAM CROSS St Joseph's Church 204 High Street, EN8 7DP 4:30 - 6:30pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **



Sign up today!

@ BZBinfo@maximusuk.co.uk

01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.

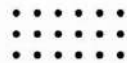


UNDERSTANDING MY ADHD/AUTISM

Empowerment Courses for Children and Young Teens in Hertfordshire



Join us for an online transformative 6-week group course designed to empower Autistic & ADHD children and young teens. Through interactive sessions, participants will explore what being ADHD/Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



COURSE DETAILS

ADHD PRIMARY Tues 06/01 - 10/02 (Years 4-6)
ADHD SECONDARY Thu 08/01 - 12/02 (Years 7-8)
AUTISM SECONDARY Wed 11/02 - 25/03 (Years 7-8)

 add-vance.org/children-young-people

[Book here for Understanding my Autism](#)

[Book here for Understanding my ADHD](#)

UNDERSTANDING MY ADHD/AUTISM FEEDBACK FROM CHILDREN/YOUNG PEOPLE



“ I have much better self-esteem ”

“ I would give this course 5 stars ”

“ The best bit was talking to someone about ADHD and feeling heard ”

“ I would recommend this course because it helped me realise that I am not alone in this world ”

“ I know more strategies to deal with feelings ”

“ Felt more positive about my autism after week one ”

UNDERSTANDING MY ADHD/AUTISM FEEDBACK FROM PARENTS/CARERS



“ Brilliant course! Wish this was around earlier but so glad my child had the opportunity to do this course, we both feel so pleased to have had the opportunity. Thank you ”

“ The course helped her to understand herself, establish tools to deal with issues at home, in school and in the community, as well as realise others face similar challenges. ”

“ It helped us at home to open up conversations about autism, which was difficult before due to my daughter feeling negative about her diagnosis. ”

“ My daughter so looked forward to the sessions and I really feel they helped her to feel valued and listened to. Thank you. ”

All Feelings Matter workshop

(including the strong and uncomfortable ones)

For Mums, Dads & Carers

**Online
December 2025
&
January 2026**



This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Learn more about:

- Why all feelings matter for everyone.
- How feelings, thoughts, and behaviour link together.
- Recognising physical and emotional feelings, including anxiety and anger.
- Ways to support healthy emotional development.
- The stress response system and '3-Part Brain' concept.
- Feelings and the Protective Behaviours process.

To book your place please use this link or the QR code

<https://forms.office.com/e/dTwhKe8yaM>



Please like us on Facebook for further updates @familiesfeelingsafe

**Wednesday
10 December
9.30am—11.30am
or
7.00pm—9.00pm
or
Monday
26 January
7.00pm—9.00pm**



Funded by
Hertfordshire
County Council



Communication workshop For Mums, Dads & Carers

Online
December 2025
&
January 2026



Thursday
11 December 2025
9.30am—11.30am
or
Monday
19 January 2026
7.00pm—9.00pm

This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Join us to learn more about:

- Why communication matters for everyone
- Communication to build and support healthy relationships
- The stress response system and the effects on communication
- The Language of Safety
- Skills and strategies - from learning to practice
- Communication and the Protective Behaviours Process



To book your place please use this link or the QR code

<https://forms.office.com/e/dTwHKe8yaM>



Please like us on Facebook for further updates @familiesfeelingsafe

Funded by
Hertfordshire
County Council



DECEMBER ACTIVITIES

Date		Sessions	Time	Venue
1st,15th	Mon	Dungeons & Dragons (Full)	12.30-15.30	The Zone@The Galleria
4th	Thur	Trampolining Age 5+	17.30-18.30	Gosling Sports Centre
2nd/4th/5th	Tue Thur Fri	Christmas Big Give Sustainable Christmas Crafts Bring clothing to decorate and make festive, plus crafting. Competitions and Quizes .	11.00-2.00 All Welcome 4.30-6 SEN Session	The Zone@The Galleria
6th	Sat	Gift Wrapping	11-4	The Zone@The Galleria
6th	Sat	Christmas Canal boat Trip	10.30-2.45	Waterways Experiences Hemel Hempstead
11th,18th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30-12.00	Potential to Grow Garden
11th	Thur	Connect Secondary Age	16.30-18.00	The Zone@The Galleria
12th	Fri	Early Years Stay & Play	10.30-12.00	The Zone@The Galleria
12th	Fri	Parent /Carer Wellbeing	12.30-14.00	The Zone@The Galleria
12th	Fri	Youth Group 16 Plus	18.30-20.30	The Hub@The Galleria
16th	Tue	Connect Primary age	16.30-18.00	The Zone@The Galleria
19th	Fri	Skateboarding Age 9+	17.30-18.30	Pioneer Club St Albans
20th	Sat	PK Christmas party 4-11 years	1-2.30	The Hub@The Galleria
20th	Sat	Pk Christmas party 11-15 years	3-4.30	The Hub@The Galleria

To book visit : potentialkids.org.uk/events

For futher information email: info@potentialkids.org



SCAN FOR ALL OF OUR IMPORTANT LINKS



BIG GIVE WEEK!!



DONATE ❤️



DOUBLE !!
your donations

2-4-5 December
ALL welcome 11:00 - 14:00
SEND session 16:30 - 18:00



FUN
FOR ALL THE
FAMILY!

Get creative at **THE ZONE** and enjoy
a sustainable Christmas! ♻️

FESTIVE COMPETITIONS 🏆 **FUN EVERY DAY!**

Bring your pre-loved clothes (JUMPER, HAT, PJs..) and we'll transform them into something fun to wear over the holiday .



- CHRISTMAS TREASURE HUNT AROUND THE GALLERIA
- CHRISTMAS QUIZ
- COMPETITIONS
- CHRISTMAS CRAFTS



THE ZONE, Unit 55 (Next to JD Sports) The Galleria, Comet Way, Hatfield, AL10 0XR



potentialkids.org.uk



BIG GIVE WEEK!!

POTENTIAL
KIDS

Match funding
Double your
Donations!



Donate between
2nd and 9th
December 2025

Christmas
Challenge

BigGive

**DOUBLE
your donations** !

DONATE



SATURDAY 6th 11:00 am – 16:00 pm

**FUN FOR ALL THE
FAMILY!**

Get creative at THE ZONE and enjoy
a sustainable Christmas!



FESTIVE COMPETITIONS & GIFT WRAPPING

**GIFT WRAPPING!!
BRING YOUR
PRESENTS ALONG
AND WE'LL WRAP
THEM BEAUTIFULLY!**



- CHRISTMAS TREASURE HUNT AROUND THE GALLERIA
- CHRISTMAS QUIZ
- COMPETITIONS



THE ZONE, Unit 55 (Next to JD Sports) The Galleria, Comet Way, Hatfield, AL10 0XR



potentialkids.org.uk





- 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.

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 further 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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Registered Charity No. 1182917

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