



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

10th December 2025

Welcome to the 7th 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- January 2026

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 February 2026.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA

Other services – New this week

- Supporting Links share their courses and workshops for Spring 2026
- Families Feeling Safe are offering fully funded places to attend courses in January.

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

- 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.

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PARENT/CARER COFFEE MORNINGS 2026

For all parents/carers of children with SEND

Wednesday 11th February 2026 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.

Members of the [ADD-vance](#) team will be in attendance at our February coffee morning.

ADD-vance is a Hertfordshire based charity that supports neurodivergent families and the professionals who support them

If you would like to attend or to find out more please email us at
enquiries@dsplarea9.org.uk



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.

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, AL1 2LE

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.

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.

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.



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



Wednesdays 9.45 - 11.30am

4th Feb to 18th Mar

Online Course ID 801



Wednesdays 7.45 - 9.15pm

7th Jan to 11th Feb

Online Course: ID 806

Mondays 7.45 - 9.15pm

2nd Feb to 16th Mar

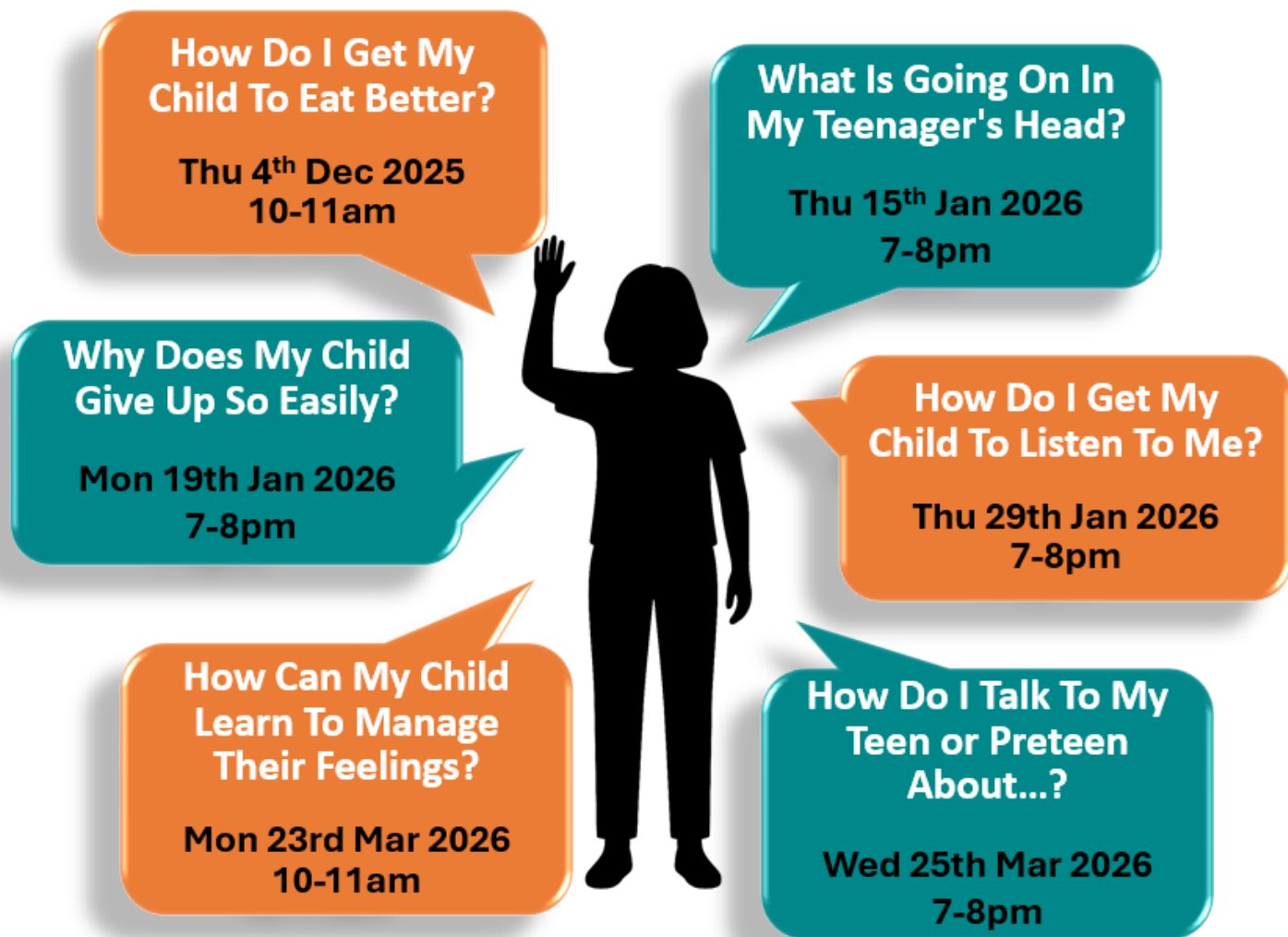
Online Course: ID 807

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



Our Bitesize Workshops answer your common parenting questions.

These are interactive 1 hour sessions on Zoom with an opportunity to ask questions.

Book through Eventbrite

<https://www.eventbrite.co.uk/cc/bitesize-parenting-free-for-parents-in-herts-3853843>

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





- 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
- Potential Kids share their December activities.



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.



Beezee
in Hertfordshire

Find out more:

 01707 248648

 herfordshire@henry.org.uk

 www.henry.org.uk/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.

24-0547

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. ”

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

