



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

28th January 2026

Welcome to the 9th 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-**11th February 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 offering support or training

- Add Vance would like to remind about their support line
- To meet demand for their courses [Supporting Links](#) have added more dates for a number of their workshops.
- Family lives are delivering fully funded Co-Parenting with Care for parents with children with SEN programme during the Spring term.
- Your feedback is requested with surveys for parents and young people.



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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.



Neurodiversity Support Hub

For Parents, Carers and Professionals across Hertfordshire

 **01727 833 963**

 **supporthub@add-vance.org**

Whether you need practical advice, emotional support or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm

Tues & Thurs: 9am - 3pm

Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am - 1pm

All our helpline team are parents/carers of neurodivergent children.

No
diagnosis
required



Parent & Carer Support Spring Term 2026



FREE to parents and carers 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 19th Feb
Online Course: ID 804

Thursdays 7.45 - 9.15pm
5th Feb to 19th Mar Not half term
Online Course: ID 803

Wednesdays 7.45 - 9.15pm
11th Mar to 29th Apr Not Easter
Online Course: ID 802

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 - 9.15pm
6th Jan to 20th Feb
Online Course: ID 805

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 22nd Feb
Online Course ID 799

Thursdays 9.45 - 11.15am
5th Feb to 19th Mar Not half term
Online Course ID 798

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 13th Feb
Online Course: ID 806

FULLY BOOKED

Mondays 7.45 - 9.15pm
 2nd Feb to 16th Mar Not half term
Online Course: ID 807

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 Not half term
Online Course ID 801

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 13th Feb
Online Course ID 797

FULLY BOOKED

Tuesdays 9.45 - 11.30am
 3rd Feb to 10th Mar
Online Course ID 796

FULLY BOOKED

Thursdays 8.00 - 9.30pm
 5th Feb to 19th Mar Not half term
Online Course ID 800

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.



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

This 6-week online programme funded by Hertfordshire County Council, 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 4, 11, 25 February & 4, 11, 18 March 2026

Time: 9.30am to 11.30am

Date: Thursday 5, 12, 26 February & 5, 12, 19 March 2026

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

SCAN ME



We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds

Funded by
Hertfordshire
County Council



HAVE A MINUTE?

Are You a Young Person With an Asian Background?

We want to hear about your experiences accessing mental health support

1

Scan the QR Code on this Poster



2

Fill Out a Quick 5 Minute Survey



3

Have Your Voice Heard



Any Questions?
Reach out to us on:
sandbox@mindler.co.uk

Delivered by

The Sandbox

Free online mental health support
for young people



HAVE A MINUTE?

Are You a Parent or Carer of a Child from an Asian Background?

We want to hear about your experiences accessing mental health support for your child

1

Scan the QR Code on this Poster



2

Fill Out a Quick 5 Minute Survey



3

Have Your Voice Heard



Any Questions?
Reach out to us on:
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