



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

11th February 2026

Welcome to the 10th 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-**following half term break**

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 March 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
- Potential kids share activities available in February.
- Family Lives Spaces have places available on their free online Dads Together group for Hertfordshire parents
- Family lives are delivering fully funded Co-Parenting with Care for parents with children with SEN programme during the Spring term.



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PARENT/CARER COFFEE MORNINGS 2026

For all parents/carers of children with SEND

Tuesday 24th March 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.

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 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





Date		Sessions	Time	Venue
2nd,9th, 23rd	Mon	Dungeons & Dragons (Full)	12.30- 3.30	The Zone@The Galleria
3rd	Tue	Connect Primary age	4.30- 6.00	The Zone@The Galleria
5th,12th 26th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30- 12.00	The Zone @ The Galleria
5th	Thur	Teens Group@The Hub	5.00- 6.30	The Hub@The Galleria
6th,13th 27th	Fri	Parent /Carer Wellbeing	12.30- 2.00	The Zone@The Galleria
7th	Sat	Basketball/Archery	4.00- 5.00	Birchwood Leisure Centre
11th,25th	Wed	Early Years Stay & Play	12.30 2.00	The Zone@The Galleria
12th,26th	Thur	Trampolining Age 5+	5.30 6.30	Gosling Sports Centre
13th	Fri	Youth Group 16 Plus	6.30- 8.00	The Hub@The Galleria
14th,21st	Sat	Family Football	4.00- 5.00	Birchwood Leisure Centre
17th	Tue	Roller Skating	6.00 7.30	Roller City WGC
18th	Wed	Connect under12s	10.30 12.30	The Zone@The Galleria
18th	Wed	Connect 12 Plus	1.00 3.00	The Zone@The Galleria
19th	Thur	Soft Play	6.30 8.00	Birchwood Leisure Centre
TBC	Fri	Skateboarding Age 9+	5.30- 6.30	Pioneer Club St Albans
28th	Sat	Potential Tracks Train Club 10+	12.00- 2.00	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



Dads Together



Sign up to our 6-week online group

Are you a dad and feel like 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 11th February to
25th March 2026

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

Funded by
Hertfordshire
County Council





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

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