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DSPL9 Parent, Carer and Family Newsletter

18th March 2026

Welcome to the 12th 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-**April 2026** (following Easter 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
- DSPL9 would like to hear from you! Please take a few moments to complete our [Parent Feedback](#) form (deadline 27th March)

Other services offering support or training

- [Add Vance](#) would like to remind about their support line
- Potential Kids Easter Holidays Programme is now available to book
- Family lives shares Spring Term workshops
- *The Bridge* will be starting a new 12-week programme after the Easter break.
- DS Achieve are launching Play & Learn Hub, a weekly Stay & Play group for primary-aged children with Down Syndrome and their parents/carers
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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.



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We would love to hear your thoughts on
DSPL9.

Please take a few moments to complete our
[feedback form.](#)

The deadline for this is 27th March



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



EASTER FUN

POTENTIAL KIDS

Tue 31st March
6.00-7.30pm
Roller Skating
Roller City
Campus West
Age 8 Yrs +

Wed 1st April
Wed 8th April
1.00-2.00pm
Fun Rings
Snow Centre
Gosling
Age 8 yrs +

Sessions for neurodivergent children, young people and their siblings

BOOKINGS:

potentialkids.org.uk/events

Further event details can be found on our website



Promoting social inclusion, new friendships, physical activity, life skills, learning and social skills

Thur 2nd April
Thur 9th April
10.00-12pm
Pony Morning
Danecroft Stables
Age 5-11 yrs

Thur 2nd April
6.30-8.00pm
Soft Play
Funzone
Birchwood
Age 4-12 yrs

Tue 7th April
10.30-12.30
1.30-3.30
Cooking&Gardening
Potential Kids
Garden
Age 4 yrs +

Thur 9th April
6.00-7.00pm
Trampolining
Gosling Sports
Centre
Age 5 yrs +

the galleria

EMBRACING NEURODIVERSITY

Autism-ADHD-Dyslexia-Dyspraxia-Tourettes

www.potentialkids.org.uk



Spring Term Online Workshops 2026 for parents in Hertfordshire



Sibling Rivalry - Online via MS Teams

This parenting workshop promotes cooperation and manages conflict between siblings.

Friday 13 March 9.30 to 11.30

Anxiety around ADHD - Online via MS Teams

This workshop helps parent/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD and provides strategies to help support you and your child.

**Wednesday 18 March 7pm to 9pm or
Thursday 26 March 9.30am to 11.30am**

Empowering Parenting - Online via MS Teams

A workshop to equip parents with practical tools, resources and strategies to enhance parenting skills and navigate parenting challenges effectively

Friday 20 March 9.30am to 11.30am

Its a Dads Life - Online via MS Teams

A workshop for dads to help build strong attachment and relationships with their child.

Tuesday 24 March 7pm to 9pm

For more information, you can scan our QR code to make a referral or call Louise and Lesley on **0204 522 8700/8701** or email **services@familylives.org.uk**.



We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds

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What is The Bridge?

The Bridge is a support group designed for parents, carers and young people in school years 6,7 and 8 who are struggling with school attendance. This includes those who are not attending school at all or on a significantly reduced timetable.

Purpose of The Bridge?

The group aims to provide a safe and supportive environment where families can:

- Share experiences
- Receive emotional and practical support
- Build confidence and resilience

Topics Covered

- Anxiety and worries related to school.
- Friendships and social dynamics
- Health and wellbeing
- Neurodiversity
- The Future

Who is running the group?

The sessions are facilitated by Alison and Karina from the Intensive Family Support Team, working alongside a range of specialist professionals who offer tailored insights and support.

Session Details

Sessions will run for 12 weeks starting on Thursday 16th April 2026—9th July 2026

Time: 12:30pm-2:30pm

Where: Welwyn Garden City Cricket Club, 288 Knightsfield, WGC, AL8 7NQ

Please contact Alison or Karina with any questions:

Alison.cowie@hertfordshire.gov.uk or karina.saunders@hertfordshire.gov.uk



What is Play and Learn Hub?

Play & Learn Hub is a relaxed Stay & Play group where primary age children with Down Syndrome can play, explore and build friendships, supported by their parents and our team.

The group is all about friendship, fun and positivity, helping children feel confident and included.

The group runs weekly on Saturday afternoons during term time and is supported by a team including a Play Leader and Support Workers.



At Play and Learn Hub you can expect:

- Play-based activities including crafts, games and sensory play
- Opportunities for children to build friendships and practise social skills
- A welcoming space for families to connect and share experiences
- Visits from private therapists (Physio / OT / SaLT) and other professionals
- A relaxed, supportive environment for children and parents

Where is Play and Learn Hub?

Venue: Applecroft School, WGC, AL8 6JZ

Time: 2:30-4pm on Saturdays (term time only)

Come and Join Us!

To make a booking or find out more, please contact: info@dsachieve.org
or call 07824 467471



Are you looking for local activities and SEND services for a child or young person with SEND?

The SEND community activities directory promotes a wide range of local activities and support groups. Some activities will also include discounts for families registered with a Herts Card (SEND).

We will be adding additional activities on a regular basis. If there are any activities you know of or wish to see promoted through this directory please email us on: SENDcommissioning@hertfordshire.gov.uk

Find fun, inclusive activities your child will love – all in one place!

Explore the [SEND community directory](#)



Families Feeling Safe are pleased to provide details of their Protective Behaviours courses for parents and carers funded by Hertfordshire County Council starting after Easter.

Places are fully funded (free) for parents who may need some additional support. Courses are running term-time online and in-person.

In person:

For parents & carers of children 5-19yrs

Hertford - Thursdays 16 April – 11 June 9.30am – 11.30am

[Please click here for the poster](#)

Broxbourne - Fridays 24 April – 26 June 9.30am – 11.30am

[Please click here for the poster](#)

Online:

For parents and carers of children 0-19yrs

Mornings - Wednesdays 6 May – 1 July 9.30am – 11.30am

[Please click here for the poster](#)

Evenings - Wednesdays 6 May – 1 July 7.00pm – 9.00pm

[Please click here for the poster](#)

For Dads and male carers of children 0-19yrs

Evenings – Thursdays 7 May – 2 July – 7.00pm – 9.00pm

[Please click here for the poster](#)

This is an evidence-based course to help build skills to create a calmer, safer family life and:

- Understand how Feelings, Thoughts and Behaviour link together
- Understand what may be influencing their child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on their own and their child's strengths
- Learn strategies to help them and their child/ren feel safe

Places can be booked by parents and carers using this link

<https://forms.office.com/e/iz949mReq8>