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Provision Locally

## DSPL9 Parent, Carer and Family Newsletter

13<sup>th</sup> May 2026

Welcome to the 15<sup>th</sup> 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 May half term break**

Please contact Triage [enquiries@dsplarea9.org.uk](mailto:enquiries@dsplarea9.org.uk) if your child or young person has complex needs that you require further support with.

### DSPL9 support

DSPL9 will release dates for all SEND and EBSA coffee mornings for next academic year soon.

### Other services offering support or training

- [Add Vance](#) would like to remind about their support line
- Families first are inviting families to take part in a piece of work to help them better understand families' experiences of support related to children's school attendance.
- BeeZee by Maximus are running a programme to support Year 6 children and their transition to secondary school.
- Coram Family Lives have 2 online parenting with places remaining
- Herts Family Centres share an upcoming fun event and timetables for Summer 2026
- Three Rivers District Council has great free Meal Planner offer for residents.
- Potential Kids have a fun filled half term to share All activities are online and ready to book .
- A limited number of spaces remaining to attend Supporting Links Talking Families Workshops in June and July.



# 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





We are inviting families to take part in a piece of work to help us better understand families' experiences of support related to children's school attendance.

This work focuses on families who have experienced persistent or significant difficulties with school attendance. We are keen to learn what support has been helpful, and how support could be improved for families in the future.

### **Who can take part**

We are particularly interested in hearing from families who meet the following criteria:

- you live in Hertfordshire
- your child attends or is enrolled in a school in Hertfordshire
- your child has experienced significant difficulties attending school
- your child's attendance difficulties are not primarily related to hospitalisation or medical treatment.

### **Ways to take part**

There are different ways to share your views, and you can choose what feels right for you:

- completing a short online survey (around 10 minutes)
- taking part in a focus group (around 1 hour)
- taking part in both the survey and a focus group

At the beginning of the survey, you will be asked how you would like to take part.

If you choose to express an interest in a focus group, you will have the option to provide your name and contact details (email address and/or telephone number).

Providing contact details is completely optional and will only be used to contact you about the focus group.

**The closing date for the survey is Friday 22 May 2026.**

If you have any questions about this work, please contact Fiona Convey at [Fiona.Convey@hertfordshire.gov.uk](mailto:Fiona.Convey@hertfordshire.gov.uk)

Thank you for considering taking part and for sharing your experiences.

Understanding Families'  
Experiences of Support for School  
Attendance





**Step Up to Secondary** is a FREE 6-week celebratory programme designed especially for Year 6 pupils to support them as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and the programme has been carefully designed to help young people develop healthy habits and build confidence during this pivotal time in their lives.

### **Programme Overview**

Each week, participants will engage in:

- **Interactive Webinar or in-person session:** Delivered by our experienced health coaches, covering key transition themes such as healthy eating, movement and habit planning.
- **Physical Activity:** Guided tasks that can be done at home or in person.
- **Self-Monitoring Tool:** An experiment tracker with built in reflection, culminating in a review session with a health coach.
- **Family Experiment Challenge:** Fun tasks for families, such as screen-free dinners or creating healthy lunchboxes.

### **Weekly Themes - The programme will cover the following topics:**

- **Week 1:** New School, New Choices – Exploring school canteen options and making healthy choices.
- **Week 2:** Making Healthy Habits – Building routines for long-term wellbeing.
- **Week 3:** Drinks and Snacks – Exploring healthy options and their impact on sleep and energy.
- **Week 4:** More Independence, More Movement – Encouraging physical activity as part of daily life.
- **Week 5:** Outside the School Gates – Understanding fast food choices and alternatives.
- **Week 6:** Time to Step Up – Celebrating progress and preparing for the transition.

This programme represents a unique opportunity to engage young people and their families at a crucial stage in their development, equipping participants with the tools and confidence they need for their next chapter – all FREE of charge!

### **When and where**

We will be offering two online programmes and one in person programme in Hatfield, Hertfordshire – all of which will run weekly for 6 weeks.

- Monday Webinars: 6:30 - 7:30pm, starting 27th July
- Tuesday In-person: 5:00 - 6:30pm, starting 28th July at Breaks Manor Youth & Community Centre, Hatfield, AL10 8TP
- Wednesday Webinars: 5:30 – 6:30pm, starting 29th July

If you are interested in this FREE programme, then please contact us on 01707 248648 or via <https://hrt.maximusuk.co.uk/>



# Less Shouting More Cooperation

This 6-week group helps you change the way you communicate with your child, respond better and feel more in control. The sessions will cover:

- Exploring what helpful discipline is.
- Recognising the triggers and responding more effectively.
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation



**Monday 1st June to 6th July 2026**

**9.30am to 11.30am**

**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.coramfamilylives.org.uk](http://www.coramfamilylives.org.uk)



@CoramfamilyLivesHertsandBeds

Funded by  
Hertfordshire  
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# Getting on with your pre-teen or teen

Sign up to our 6-week online group

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to know how best to support them?

Learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

## Date, time and venue



Friday 5th June to 10th July 2026



9.30am to 11.30am



This course will be delivered 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.coramfamilylives.org.uk](http://www.coramfamilylives.org.uk)



@CoramFamilyLivesHertsandBeds

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# What's On in Watford & Three Rivers District April - July 2026

Please see session descriptions, including guidance on the age of the child attending

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Family Toolkit</b> Online 21 <sup>st</sup> April - 19 <sup>th</sup> May 9:30 - 11:00 <a href="#">Book via Eventbrite</a>		<b>SEND Chat and Play - Free drop in</b> Otley Family Centre, Otley Way, South Oxhey, WD19 7TB Weekly 13:00 - 14:00	<b>Active Rhyme Time - £2.50</b> Woodhall Primary School, Woodhall Lane, South Oxhey WD19 6QX Weekly 10:00 - 11:00 (not on 3rd Apr, 29th May)	<b>Becoming Dad - Book via Eventbrite</b> Sopwell Family Centre, St Albans, AL1 2LE 16th May, 11th Jul 09:30 - 12:30
	<b>Family Fun - £2.50 per family</b> Mill End Community Centre, Rickmansworth, WD3 8HD 7 <sup>th</sup> Apr, 26 <sup>th</sup> May 10:00 - 11:30		<b>Breastfeeding Social Group - Free drop in</b> Westfield & Littlebury Family Centre, Watford WD18 6NS Weekly 13:30 - 14:30 (not on 21st May)		
	<b>Active Rhyme Time - £2.50</b> Meriden Community Centre, Watford, WD25 9ET Weekly 13:30 - 14:30		<b>Self Weigh Stations - Drop in</b> South Oxhey Family Centre, WD19 6NL Weekly 13:30- 15:15 from 16th April		
			<b>Twilight Tales</b> Westfield & Littlebury Family Centre, Watford, WD18 6NS Weekly 16:15-17:00		
			<b>Family Fun - £2.50</b> Beechfield Family Centre, Watford, WD24 5TY 2nd April, 9th April, 28th May 13:30 - 15:00		
 <p>Hertfordshire Family Centre Service</p>					

# What's On in Watford & Three Rivers District April - July 2026

Please see session descriptions, including guidance on the age of the child attending

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Baby Group - £1.50</b> Woodhall Primary School, Woodhall Lane, WD19 6QZ Weekly 10:00 - 11:30 (not on 6th Apr, 4th May, 25th May)</p>	<p><b>Self Weigh Stations</b> Westfield &amp; Littlebury Family Centre, Watford WD18 6NS Weekly from 08:20 <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Group - £1.50</b> Beechfield Family Centre, Watford, WD24 5TY Weekly 10:00 - 11:30</p>	<p><b>Physical Fun- £2.50</b> OneYMCA Woodland Hub, Leavesden Country Park, Abbots Langley, WD5 0GU 10:00 - 11:00</p>	<p><b>Self Weigh Stations</b> Beechfield Family Centre, Watford, WD24 5TY Weekly 09:30 - 11:30 (not on 3<sup>rd</sup> Apr) <a href="#">Book via Eventbrite</a></p>	<p><b>Saturdays - Free drop in</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS 25th April, 23rd May, 27th June, 25th July, 10:00-11:30</p>
<p><b>Breastfeeding Social Group - Free</b> drop in Woodhall Primary School, Woodhall Lane, WD19 6QZ Weekly 10:00 - 11:00 (not on 6th Apr, 4th May, 25th May)</p>	<p><b>Baby Group - £1.50</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS Weekly 10:00 - 11:30</p>	<p><b>Physical Fun - £2.50</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS Weekly 10:00 - 11:00 (not on 10th Jun, 1st Jul)</p>	<p><b>Family Toolkit</b> Leavesden Family Centre, WD25 7QZ 16th Apr - 21st May 9:30 - 11:00 (not on 7th May) <a href="#">Book via Eventbrite</a></p>	<p><b>Active Rhyme Time - £2.50</b> Woodhall Primary School, Woodhall Lane, South Oxhey WD19 6QX Weekly 10:00 - 11:00 (not on 3rd Apr)</p>	<p><b>Saturdays - Free drop in</b> The BECC Family Centre, Borehamwood, WD6 2FD 18<sup>th</sup> Apr 10:00-11:30</p>
<p><b>Introduction to Solid Foods</b> Online 27th April, 13:30 - 14:30 <a href="#">Book via Eventbrite</a></p>	<p><b>Peep Learning Through Play - £2.50</b> Mill End Community Centre, Rickmansworth, WD3 8HD Weekly 10:00 - 11:30 (not on 7th Apr, 26th May)</p>	<p><b>Preparing for Parenthood</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS 15th April 16:00 - 18:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Massage - £35</b> Leavesden Family Centre, WD25 7QZ 21<sup>st</sup> May -18<sup>th</sup> June 10:00 - 11:30 <a href="#">Book Via Eventbrite</a></p>	<p><b>SEND Chat and Play - Free drop in</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS Weekly 10:00 - 11:00 (not on 3rd, 10th Apr)</p>	<p><b>Becoming Dad</b> The BECC Family Centre, Borehamwood, WD6 2FD 18<sup>th</sup> Apr, 13<sup>th</sup> Jun 10:00 - 13:00 <a href="#">Book via Eventbrite</a></p>
<p><b>Self Weigh Stations</b> Croxley Family Centre, Dulwich Way, Croxley Green WD3 3PX 13:15 - 15:20 (not on 6th Apr, 4th May, 25th May) <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Massage - £35</b> Beechfield Family Centre, Watford WD24 5TY 28th Apr-26<sup>th</sup> May 10:00 - 11:30 <a href="#">Book Via Eventbrite</a></p>	<p><b>Preparing for Parenthood</b> Beechfield Family Centre, Watford WD24 5TY 17th June 16:00 - 18:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Massage - £35</b> South Oxhey Family Centre, WD19 6NL 4th June -2<sup>nd</sup> July 10:00 - 11:30 <a href="#">Book Via Eventbrite</a></p>	<p><b>Family First Aid - £25</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS 12th June 12:30-14:30 <a href="#">Book via Eventbrite</a></p>	<p><b>Preparing for Parenthood</b> Beechfield Family Centre, Watford WD24 5TY 16th May 09:30 - 11:30 <a href="#">Book via Eventbrite</a></p>
<p><b>Introduction to Solid Foods</b> South Oxhey Family Centre, WD19 6NL 18th May, 13:30 - 15:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Family First Aid - £25</b> <a href="#">Book via Eventbrite</a> Beechfield Family Centre, Watford WD24 5TY 16<sup>th</sup> June 10:00-12:00</p>	<p><b>Family Toolkit</b> Online 3<sup>rd</sup> June - 1st July 19:30 - 21:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Group - £1.50</b> Orbital Community Centre, Haines Way, Watford WD25 7QU 10:00 - 11:30 (not on 21st May)</p>	<p><b>Introduction to Solid Foods</b> Online 17<sup>th</sup> July, 13:30 - 14:30 <a href="#">Book via Eventbrite</a></p>	<p><b>Becoming Dad</b> South Oxhey Family Centre, WD19 6NL 25<sup>th</sup> July 10:30 - 13:30 <a href="#">Book via Eventbrite</a></p>
	<p><b>Introduction to Solid Foods</b> Beechfield Family Centre, Watford WD24 5TY 7th April, 2<sup>nd</sup> June, 10:00 - 11:30 <a href="#">Book via Eventbrite</a></p>	<p><b>Becoming Dad</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS 13th May 18:00 - 20:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Peep Learning Through Play - £2.50</b> Beechfield Family Centre, Watford WD24 5TY Weekly 13:30 - 15:00 (not on 2nd &amp; 9th April, 28<sup>th</sup> May)</p>	<p><b>Booster Cushion Theatre - £2.50</b> Westfield &amp; Littlebury Family Centre, Watford, WD18 6NS 10<sup>th</sup> April 10:30 - 11:15 &amp; 13:00 - 13:45 <a href="#">Book via Eventbrite</a></p>	<p><b>Saturdays - Free Drop in</b> Sopwell Family Centre, St Albans, AL1 2LE 16th May, 11th Jul 10:00 - 11:30</p>

**BEST START  
FAMILY HUB:**

**FAMILY FUN\*  
AND**

**INFORMATION  
EVENT**

**WITH THE BETTER HEALTH BUS**



**Do you have a child starting school or nursery?  
Join us for a FREE fun event to help prepare you.**

### ACTIVITIES

- ✓ Family Fun session
- ✓ Active Rhyme Time
- ✓ Workshops and practical advice from partners on: oral health, toilet training, SEND and healthy eating

### EVENT DATE

**THURSDAY  
28TH MAY  
10AM – 1PM**

**WESTFIELD & LITTLEBURY  
FAMILY CENTRE  
WATFORD, WD18 6NS**

\*For families with children aged 0-5 (older siblings up to age 8 are welcome).



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# MAY HALF-TERM



[POTENTIALKIDS.ORG.UK/EVENTS](http://POTENTIALKIDS.ORG.UK/EVENTS)

Tuesday

Wednesday

26th

27th



**Cooking/Gardening**  
10.30-12.30pm



**Roller Skating**  
6-7.30pm



**Fun Rings**  
1-2pm



**Pony Care**  
10-12am & 1-3pm

Thursday

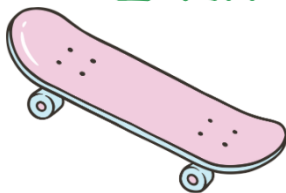
28th



**Trampolining**  
6-7pm

Friday

29th



**Skateboarding**  
5.30-6.30pm

Saturday

30th



**Potential Tracks**  
12-2pm



**Family Football**  
4-5pm

# TALKING FAMILIES



Delivered online using Zoom

**Mondays 8.00 - 9.30pm Course ID: 833**  
01-Jun, 08-Jun, 15-Jun, 22-Jun, 29-Jun, 06-Jul 2026

**Wednesdays 9.45-11.15am Course ID: 832**  
03-Jun, 10-Jun, 17-Jun, 24-Jun, 1-Jul, 8-Jul 2026

**6, weekly sessions for parents and carers of children under 12, sharing tips on how to:**

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**
- **Develop a strong parent/child relationship now and for the future**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

**Booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709 556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

Funded by  
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