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DSPL9 Parent, Carer and Family Newsletter

28th February 2024

Welcome to the 11th DSPL9 newsletter for the academic year 2023/24 .

This provides school colleagues and families with recent and current local SEND information with a focus on **Parents and Families**.

This newsletter will be published fortnightly. Next edition :13th March 2024

Please contact Triage enquiries@dsplarea9.org.uk if your child or young person has multi complex needs that you require further support with.

Please note: all booking links, emails, phone numbers are given alongside each course detail.

DSPL9 or Triage are unable to make any bookings for you.

New this edition

- We have launched our new website! Please take a look.
- **DSPL9** are hosting a coffee morning for parents and carers if children and young people with SEND.
- **DSPL9** are holding support groups for parents and carers of children and young people who are experiencing EBSA.
- **SPACE Herts** are offering free online workshops to support parents of CYP with SEND.
- **Supporting links** have added new dates for their Talking ASD & ADHD Workshops. These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.
- **Carers in Hertfordshire** will be hosting a Parent Carer Information Event on 11th March



The new DSPL 9 Website is live!

<https://www.dspl9.uk/>

We are pleased to inform you that the new DSPL 9 website is live and now accessible for school, professionals and parents to access. Within the website you will find under the Parents tab

- [DSPL9 Triage](#)
 - [DSPL9 Parents Newsletters](#)
 - [Events and Support for DSPL9 Parents](#)
 - [Local Support for Parents](#)
 - [Glossary of SEND Terms](#)
- As well as:
- [Information about DSPL9](#) and links the [Hertfordshire Local offer](#).

To help you navigate your way around the new website a short video has been created:

<https://www.loom.com/share/608dc06f48c54b12af9aac2e40981d39?sid=97423d16-65a1-4c97-a665-df801714e8dc>

If you have any feedback regarding the new website please contact Gemma Hall gemmahall@dsplarea9.org.uk or Jen Thomson admin@dsplarea9.org.uk





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PARENT/CARER COFFEE MORNING

For local parents/carers of children with SEND

TUESDAY 19TH MARCH 10AM-11.30AM

ASDA WATFORD COMMUNITY ROOM, 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 contact Lisa Sillitoe
lisasillitoe@dsplarea9.org.uk



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DSPL 9



Parent/carers monthly
Emotional Based School Avoidance (EBSA) Support Groups

Does your child's school avoidance affect you as a parent?

Would you like a safe space to share your experiences with others?

DSPL 9 will be holding monthly sessions for parents with children experiencing EBSA to share their experiences and seek support from a range of professionals attending each of the sessions.

Date	Time	Focus/guest speakers	Eventbrite Link
March	Monday 11 th March 2024 1-2.30pm	TBC	https://www.eventbrite.co.uk/e/718389411067?aff=oddtcreator
April	Monday 22 nd April 2024 1-2.30pm	TBC	https://www.eventbrite.co.uk/e/718390724997?aff=oddtcreator
May	Monday 13 th May 2024 1-2.30pm	TBC	https://www.eventbrite.co.uk/e/718391066017?aff=oddtcreator
June	Monday 17 th June 2024 1-2.30pm	TBC	https://www.eventbrite.co.uk/e/718391707937?aff=oddtcreator

All sessions will be held remotely via Microsoft Teams. Once you have booked you via Eventbrite you will be sent the MT link.

Each meeting will be attended by two Family Support Workers and two Nessie therapists as well as the DSPL 9 Manager and SEND Lead.

Each session will start with all parents in one group, followed by the use of breakout rooms to enable age specific conversations and discussions to take place. The session will then end with all parents coming together.

All workshops can be booked via Eventbrite.

<https://www.eventbrite.co.uk/o/space-hertfordshire-29155520957>

SPACE HERTFORDSHIRE

SPRING TERM 2024 FREE ONLINE WORKSHOPS

Monday 26th February	10:00-12:00	Anxiety & SEND
Monday 26th February	19:00-20:30	EHCP: Annual Reviews
Tuesday 27th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Tuesday 27th February	18:30-20:00	Understanding and Supporting Emotional Regulation
Wednesday 28th February	10:00-12:00	Navigating the SEND World
Thursday 29th February	19:00-20:00	Understanding Autism
Friday 1st March	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Tuesday 5th March	18:30-20:00	Tourettes
Wednesday 6th March	10:00-12:00	Anxiety and SEND
Thursday 7th March	10:00-11:30	Understanding Specific Literacy Difficulties Including Dyslexia
Friday 8th March	10:00-11:30	Autistic Girls
Monday 11th March	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Monday 11th March	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Thursday 14th March	10:00-12:00	Navigating the SEND World Post 16
Friday 15th March	10:00-12:00	Sleep Workshop
Monday 18th March	10:00-12:00	ADHD in Girls and Women
Wednesday 20th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 21st March	18:30-20:00	Anger and Conflict
Friday 22nd March	10:00-12:00	Anxiety and SEND
Monday 25th March	10:00-12:00	Navigating the SEND World
Tuesday 26th March	10:00-11:00	Understanding ADHD
Tuesday 26th March	19:00-21:00	EHCP Process from Submission to Finalisation
Thursday 28th March	10:00-11:30	Understanding and Supporting Emotional Regulation



Courses

Monday, 26th February - Navigating the SEND World Course - 4 week course

Tuesday, 5th March - Sleep Tight - 3 week course

Wednesday, 6th March - First Steps - 6 week course (Hoddesdon)



All workshops can be booked via Eventbrite
<https://www.eventbrite.co.uk/o/supporting-links-15053924960#collections>

Parent & Carer Support TALKING ASD & ADHD Workshops Spring Term 2024



Workshops are FREE to parents and carers living in **Hertfordshire** of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Eventbrite Page

ANXIETY and STRESS



- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early signs of mental health problems.

Tuesday 12th March 9.30-11.15am

Workshop SL641 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-641-for-parentscarers-in-herts-registration-834845624737>

Wednesday 6th March 7.30-9.15pm

Workshop SL640 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-stress-640-for-parentscarers-in-herts-registration-830105085657>

RESPONDING to ANGER



- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Monday 4th March 9.30-11.15am

Workshop SL639 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-639-for-parentscarers-in-herts-registration-829024844627>

Wednesday 13th March 7.30-9.15pm

Workshop SL642 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-642-for-parentscarers-in-herts-registration-830098606277>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.

Tuesday 26th March 9.30-11.15am

Workshop SL644 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance644-for-parentscarers-in-herts-registration-835261949977>

COPING with CHANGE



- How children feel and behave when experiencing change or transition.
- Preparing children for changes such as starting a new school.
- Supporting children during and after change, helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

Monday 18th March 9.30-11.15am

Workshop SL643 Pre-book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change643-for-parentscarers-in-herts-registration-835253344237>

Follow on:



Contact via:

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County
Council's Targeted Parenting Fund



Are you a parent carer of a child or young person aged 5-18 with a special educational need or disability?

Are you free on Monday 11th March 2024, 10am to 2.30pm?



If the answer is yes to both, please come along to **Roe Hill Hall, Hatfield**, to chat with services about how they can help you and/or the young person you care for.

We will have representatives from Hertfordshire County Council, the NHS, local charities, support groups and more organisations!

A light lunch will be served at 1pm.

For more details or to book a place:

Call: 01992 58 69 69.

Email: contact@carersinherts.org.uk

Book online at

www.carersinherts.org.uk/parent-carer-info-event-March-2024