



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

13th March 2024

Welcome to the 12th 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 :27th 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

- Three Rivers share their Healthy Hub plans for March.
- Potential Kid have a wealth of activities in March
- Supporting Links have lots of workshop to support families
- Family Lives are delivering parenting groups and workshops, funded by Herts County Council, for parents/carers who live in Hertfordshire.
- Families in Focus have opened bookings for their popular 6 week courses.
- NESSi are running webinars

From previous edition – places may still be available.

- 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.
- **SPACE Herts** are offering free online workshops to support parents of CYP with SEND.





Rennie Grove Peace

Compassionate

Café

Join us at our Compassionate Café

An open invitation for anyone who has been affected by bereavement or any type of loss to have a friendly chat and a chance to meet others.

12 - 2pm Thursday

18th January & 21st March 2024

Oxhey Library, Bridlington Road, South Oxhey WD19 7AG

✉ compassion@renniegrovepeace.org

☎ 01923 330330

This café is run in partnership with Three Rivers District Council 'Healthy Hub'
Rennie Grove Peace Hospice Care | Charity No. 1201713



What's on in March at the Healthy Hub

Free Tea & Coffee

**Every Wednesday 9:15am -
11:00am**

**Three Rivers District Council
Customer Service**

**Every Wednesday
14:00pm - 17:00pm**

**Three Rivers District Council
Housing Advice Service**

**Wednesday 6th March 2024
10:00am - 12:00**

Thrive Homes Visit

**Wednesday 6th March 2024
10:00am - 12:00**



What's on in March at the Healthy Hub

Citizens Advice Bureau	Every Tuesday 13:00pm – 16:00pm (Drop in service)
Three Rivers District Council Customer Service	Every Tuesday 12:00 – 15:00pm
Three Rivers District Council Housing Advice Service	Tuesday 5 th March 2024 12:00 – 14:00pm
Thrive Homes Visit	Tuesday 5 th March 12:00 – 14:00pm
NHS Checks	Tuesday 12 th March 2024 9:50 – 12:00 drop ins 12:30 – 15:20pm pre booked
E.ON Visit	Tuesday 19 th March 2024 12:00 – 14:00pm



What's on in March at the Healthy Hub

Three Rivers District Council
Customer Service

Every Thursday
14:00pm - 17:00pm

NHS Checks

Thursday 7th March 2024
Appointment required

Compassionate Café

Thursday 21st March 2024
12:00-14:00pm

Three Rivers District Council
Housing Advice Service

Thursday 8th March 2024
10:00am - 12:00

Thrive Homes Visit

Thursday 8th March 2024
10:00am - 12:00



MARCH 2024

BOOKINGS:

www.potentialkids.org.uk/events

POTENTIAL KIDS

Date	Sessions	Time
1st Fri	Community Connect Drop In - Warm & Cool Spaces	11.00-13.00
2nd Sat	Family Football - Drop In	16.00-17.00
6th Wed	Bushcraft 8 - 11 yrs Bushcraft 12 - 16 yrs	12.30 - 14.00 14.00 - 15.30
7th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00
7th Thu	Trampolining	16.45-18.00
7th Thur	*New* Tabletop Games & D&D Club 13+yrs	17.30-19.30
8th Fri	Community Connect Drop In - Warm & Cool Spaces	11.00-13.00
8th Fri	Youth Group 16+	18.30-20.30
9th Sat	Family Football - Drop In	16.00-17.00
10th Sun	Minecraft On Site & Remote Session	13.00-15.00
12th Tue	CREATE Group 4-11yrs	16.30 - 18.00
13th Wed	Bushcraft 8 - 11 yrs Bushcraft 12 - 16 yrs	12.30 - 14.00 14.00 - 15.30
14th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00
15th Fri	Community Connect Drop In - Warm & Cool Spaces	11.00-13.00
15th Fri	Minecraft On Site	18.30-20.30
16th Sat	*New* Soft Archery 7yrs+	16.00-17.00
19th Tue	Roller Skating 8+ yrs	18.00 - 19.30
20th Wed	Bushcraft 8 - 11 yrs Bushcraft 12 - 16 yrs	12.30 - 14.00 14.00 - 15.30
21st Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00
21st Thu	Trampolining	16.45-18.00
22nd Fri	Community Connect Drop In - Warm & Cool Spaces	11.00-13.00
27th Wed	Bushcraft 8 - 11 yrs Bushcraft 12 - 16 yrs	12.30 - 14.00 14.00 - 15.30
28th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00

OCN
London



Opportunities for Duke of Edinburgh DoE and Work Experience

Approved Education Centre Delivering Nationally Accredited Qualifications

Learning, Social & Communicational Support for everyone through our inclusive programmes

PK Hub & Garden



PK Garden

Therapeutic Gardening 1:1 & Group Sessions

Contact us for details of our PK Offer

Tutoring
Teaching
Mentoring
Therapies
1:1 & Group Work
Alternative provision
EOTAS



STEAM
Science Technology Engineering Art Maths

Neurodivergent
PK TECH TEAM



Danecroft Stables

1:1 Horse Riding
Groundworks/Care
Equine Therapy
Sessions



For further information on any of our Activities or Educational Services please email us at info@potentialkids.org

the galleria
OUTLET SHOPPING

COMMUNITY
FUND



SPORT
ENGLAND



TALKING FAMILIES



Tuesdays 8.00-9.30pm Online Course: ID 656

16th April - 21st May 2024

Tuesdays 8.00-9.30pm Online Course: ID 653

4th June - 9th July 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of children aged 0-12 sharing

- **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.**



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



Groups are open to parents, carers, grandparents and guardians living, or

'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 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

TALKING ANGER in FAMILIES



Wednesdays 9.45-11.30pm Online Course: ID 654
17th April - 22nd May 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of children aged 0-12, supporting you to:

- Understand why children, young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

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

'Their anger used to scare me. I now feel able to cope with it, and even help.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



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TALKING ANXIETY in TEENS



Tuesdays 7.45-9.30pm Online Course: ID 655

4th June - 9th July 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of 12-19 year olds, 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 and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

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

'This course has helped us all to cope day to day.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



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TALKING ADDITIONAL NEEDS



Thursdays 9.45-11.15am Course: ID 651

18th April - 23rd May 2024

Tuesdays 8.00 - 9.30pm Course: ID 652

4th June - 9th July 2024

Our online support sessions are delivered weekly via Zoom.

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict, anger and arguments.
- Improve Emotional Regulation
- Explore sensory needs.
- Motivate, encourage and support your child.
- Increase your child's resilience.
- Manage the different needs within your family.



These courses are provided free to parents by Hertfordshire
County Council's Targeted Parenting Fund

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

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Booking essential

Please quote the course ID

**To check eligibility and book a place, contact
Supporting Links on:**

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



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TALKING DADS



Thursdays 7.45-9.15pm Online Course: ID 659
18th April - 23rd May 2024

Wednesdays 7.45-9.15pm Online Course: ID 660
5th June - 10th July 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for dads & male carers of all ages, sharing information on:

- **Increasing confidence in your parenting.**
- **Developing a healthy dad/child relationship now and for the future.**
- **Improved listening and communication skills.**
- **Effective strategies for dealing with anger and conflict.**
- **How to enforce boundaries.**
- **Being the dad you want to be.**

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

'I can break out of the cycle and make things different for my child.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



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Bringing Up Confident ADHD/ASD Children

Thursday Evening (6 weeks)

21 March - 9 May 7pm-9pm

OR

Tuesday Daytime (6 weeks)

26 March 14 May 9.30am - 11.30pm

Online Via MS Teams

Join our 6 week online course if you are a parent of a child with suspected or undiagnosed ASD, ADHD or any other additional needs. We will help you to understand your child's behaviour, learn to break negative parent-child interaction cycles while promoting their social and emotional development.

For more information, contact Louise on 0204 522 8700 or 8701 or email Services@familylives.org.uk

We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



Less Shouting more Cooperation Online 6 week group

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Tuesday 26 March and 16, 23, 30 April &

7, 14 May 2024

7.00pm to 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

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Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of primary aged children with Autism or ADHD

Our award-winning six-week course is funded by Hertfordshire County Council and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire.

This course for parents provides practical, evidence based support to understand why children with Autism or ADHD react with anger and provides proven techniques to increase emotional and sensory regulation in your family.



**Wednesday mornings
9.30am to 11.30am
April 17th 24th &
May 1st 8th 15th 22nd**

Email Francine & Lesley:
bookings@familiesinfocus.co.uk



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Wednesday evenings

6.30pm to 8.30pm

April 17th 24th &

May 1st 8th 15th 22nd

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Families In Focus CIC
LOOKING FORWARD TOGETHER



Hertfordshire
Funded by HCC
Targeted Parenting Fund



"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well paced, inclusive and knowledgeable."

A complete guide to parenting children with Autism & ADHD and associated conditions

FREE, award winning 10 - week course is for those parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged two to 11 years.

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Gain a greater understanding and answer the question, 'Why does my child do that?'

Learn a range of strategies and solutions, to better manage behaviours that challenge

Understand sensory needs of children

Increase understanding of children's common sleep issues

Learn how to support siblings living with a neurodiverse sister/brother

Communicate effectively with children to increase children's emotional regulation

Meet other parents living in families similar and share experiences

Learn techniques to manage stress, conflict and so much more....

Tuesday mornings from 9.30am to 11.30am

April 16, 23, 30 &

May 7, 14, 21 &

June 4, 11, 18, 25



Email Francine & Lesley to secure your free place: bookings@familiesinfocus.co.uk or visit our website to see all course information: www.familiesinfocus.co.uk

"I enjoyed talking with other parents who were also struggling to understand their children and Lesley and Francine gave us all great tips to practice and then listened to us after we tried them, I felt safe and confident in the group and would recommend this course to all parents."



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of primary aged children

Our award-winning online course is funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Facilitated by founders Lesley and Francine, our transformational course will enable you to:

Understand more about what triggers children's anger

Learn techniques to increase children's emotional regulation and decrease angry meltdowns

Increase understanding of how to support children who feel anxious

Meet other parents and share experiences

Learn techniques to manage parental stress

Monday evenings from
6.30pm to 8.30pm

April 15th 22nd 29th
&
May 13th 20th



Email Francine & Lesley to secure your free place:

bookings@familiesinfocus.co.uk or

visit our website to see course information:



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- Learn a range of strategies and solutions, to better manage behaviours that challenge
 - Understand sensory needs of children
 - Increase understanding of children's common sleep issues
 - Learn how to support siblings living with a neurodiverse sister/brother
- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

Tuesday evenings from 6.30pm to 8.30pm
April 16, 23, 30 &
May 7,14,21 &
June 4,11,18,25



Email Francine & Lesley to secure your free place: bookings@familiesinfocus.co.uk or visit our website to see all course information: www.familiesinfocus.co.uk



Funded Mental Health Workshops, Advice and Support for Parents and Carers in Hertfordshire



The aim of this funded support is to help parents/carers develop a positive and more confident approach to supporting their child. Our friendly and experienced staff offer a chance to gain peer support; useful strategies and practical tools.

What we offer:

Free Webinars

- Anxiety and Building Resilience
- Self-harming Behaviours
- School Avoidance
- Bereavement and Loss including Divorce and Separation
- Disordered Eating
- Supporting a Child or Young Person who is Gender Questioning
- Managing Meltdowns

Parent Support line

- Tel: 07932 651319

Private Moderated Facebook Support Group

- NESSie Parent/Carer Support Group

1-1 Support and Advice Sessions

Peer Support Group

A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

To book, please visit nessieined.com or Scan the QR code



@nessieined



07932 651319



@nessieined



@nessieinedcic



@NESSieinED



<https://nessieined.com/>

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406



Upcoming Free Parent/Carer Webinars in Hertfordshire

Come and meet our friendly, qualified team who are there to support you with confidence, skills and tools.

Supporting Children/Young People who Struggle to Attend School

Thursday 2nd May

Thursday 17th June

9:30am - 11:30am

Supporting Children/Young People who are LGBTQ+ or Gender Questioning

Thursday 16th May

Thursday 20th June

9:30am - 11:30am

Supporting Children/Young People with Anxiety

Thursday 18th April

Thursday 6th June

9:30am - 11:30am

Supporting Children/Young People with Bereavement and Loss

Tuesday 25th June

9:30am - 11:30am

Supporting a Child/Young Person with Self-Harming Behaviours

Wednesday 3rd July

9:30am - 11:30am

8 Week Online Peer Support Group for Parents/Carers of Children Avoiding School

Tuesday 23rd April -
Tuesday 18th June

9:30am - 11:30am

To book, please visit nessieined.com or click the workshops above.

Please note that these webinars are delivered live via Microsoft Teams and may run over.

Joining links will be sent via email 24 hours before the event.

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406





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





Delivering Special
Provision Locally



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

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)



The majority of these workshops are funded by
The Targeted Parenting Fund



