



# Delivering Special Provision Locally

## DSPL9 Parent, Carer and Family Newsletter

11<sup>th</sup> September 2024

Welcome to the 1<sup>st</sup> DSPL9 newsletter for the academic year 2024/25 .

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

This newsletter will be published fortnightly. Next edition : 25<sup>th</sup> September 2024

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.

### New this week

- DSPL9 Triage Team invite parents to their Coffee Morning on
- Supporting links offer a range of face to face and online courses this Autumn.
- Potential Kids share their September 2024 activities.
- Family Lives will have a wide range of courses and support on offer.
- Hertfordshire Community NHS Trust Childrens Wellbeing Service have places available to attend their workshops.

**DSPL9**

Delivering Special  
Provision Locally



## **PARENT/CARER COFFEE MORNING**

For all parents/carers of children with SEND

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**WEDNESDAY 23<sup>RD</sup> OCTOBER 10.00AM-11.30AM**

ASDA WATFORD COMMUNITY ROOM 4  
ST ALBANS RD, WATFORD WD24 7RT

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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](mailto:enquiries@dsplarea9.org.uk)

# Parent & Carer Support Autumn Term 2024



**FREE to parents and carers living in Hertfordshire**

## TALKING TEENS

6, weekly sessions for parents and carers of children aged 12-19, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Tuesdays 7.45-9.15pm**  
**17th Sept - 1st Oct**  
**Online Course: ID 682**

**Wednesdays 7.45-9.15pm**  
**5th Nov - 10th Dec**  
**Online Course: ID 683**

**Wednesdays 7.45-9.15pm**  
**6th Nov - 11th Dec**  
**Online Course: ID 684**

## TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why teens and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Wednesdays 7.45-9.30pm**  
**18th Sept - 23rd Oct**  
**Online Course: ID 681**

## TALKING DADS

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

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Wednesdays 7.45-9.15pm**  
**18th Sept - 23rd Oct**  
**Online Course: ID 685**

**Wednesdays 7.45-9.15pm**  
**6th Nov - 11th Dec**  
**Online Course: ID 686**

## TALKING FAMILIES

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

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



**Tuesdays 9.45-11.30am**  
17th Sep – 10th Oct  
**Online Course ID 678**

**Tuesdays 7.00-9.00pm**  
5th Nov – 10th Dec  
**Venue:** To be confirmed  
**STEVENAGE Course ID 679**

**Thursdays 8.00-9.30pm**  
19th Sep – 10th Oct  
**Online Course ID 680**

## TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of under 12's, 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.
- Reduce stress and tension.
- Encourage resilient behaviour.



**Tuesdays 9.45-11.30am**  
5th Nov – 10th Dec  
**Online Course ID 677**

## TALKING ADDITIONAL NEEDS

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.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Mondays 8.00-9.30pm**  
16th Sep – 10th Oct  
**Course ID 675**

**Wednesdays 9.30-11.30am**  
6th Nov – 11th Dec  
**Venue:** To be confirmed  
**ST ALBANS Course ID 676**

**Booking essential. Please Quote the Course ID**

**To check eligibility and book a place, please contact Supporting Links on:  
07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund  
Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



# Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 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

## THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Monday 25<sup>th</sup> November 7.30-9.15pm

Workshop SL690 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-690-for-parentscarers-in-herts-registration-915749771217?aff=odcleoeventsincollection>

## 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 4<sup>th</sup> November 7.30-9.15pm

Workshop SL688 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger688-for-parentscarers-in-herts-registration-915702028417?aff=odcleoeventsincollection>

## TECH USE



- What you can do to keep your child safe online.
- Helping your child to switch their device off.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Thursday 21<sup>st</sup> November 9.30-11.15am

Workshop SL689 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use689-for-parentscarers-in-herts-registration-915726882757?aff=odcleoeventsincollection>

## 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 and look after yourself.
- How to work with your school in your child's best interests.

Wednesday 23<sup>rd</sup> October 9.30-11.15am

Workshop SL687 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance687-for-parentscarers-in-herts-registration-915127068697?aff=odcleoeventsincollection>

Follow on:



Contact via:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council's Targeted Parenting Fund



# SEPTEMBER 2024 ACTIVITIES

BOOKINGS:

[www.potentialkids.org.uk/events](http://www.potentialkids.org.uk/events)

POTENTIAL  
KIDS

Date		Sessions	Time
5th	Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13+ yrs	10.00 - 11.30 11.45 - 13.15
6th	Fri	Welcome Space Community Drop-In	10.00-12.30
6th	Fri	<b>**NEW** Therapeutic Gardening Home Ed Group 8 + yrs</b>	12.30-14.00
7th	Sat	<b>**NEW** Basketball 7 + yrs</b>	16.00-17.00
8th	Sun	<b>1:1 Therapeutic Riding</b>	<b>See website</b>
10th	Tue	Create Group 4-11 yrs	16.30-18.00
12th	Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13+ yrs	10.00 - 11.30 11.45 - 13.15
13th	Fri	Welcome Space Community Drop-In	10.00-12.30
13th	Fri	<b>**NEW** Therapeutic Gardening Home Ed Group 8 + yrs</b>	12.30-14.00
13th	Fri	Youth Group 16+	18.30-20.30
14th	Sat	<b>FREE Family Football - Drop In</b>	16.00-17.00
15th	Sun	<b>1:1 Therapeutic Riding</b>	<b>See website</b>
17th	Tue	<b>**NEW** Roller Skating 8+ yrs</b>	18.00 - 19.30
19th	Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13+ yrs	10.00 - 11.30 11.45 - 13.15
19th	Thu	<b>Trampoline 5 + yrs</b>	16.45 - 18.00
20th	Fri	Welcome Space Community Drop-In	10.00-12.30
20th	Fri	<b>**NEW** Therapeutic Gardening Home Ed Group 8 + yrs</b>	12.30-14.00
20th	Fri	<b>*NEW* Youth Group 11-15 yrs</b>	18.00-20.00
22nd	Sun	<b>1:1 Therapeutic Riding</b>	<b>See Website</b>
26th	Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13 + yrs	10.00 - 11.30 11.45 - 13.15
27th	Fri	Welcome Space Community Drop-In	10.00-12.30
27th	Fri	<b>**NEW** Therapeutic Gardening Home Ed Group 8 + yrs</b>	12.30-14.00
28th	Sat	<b>FREE Family Football - Drop In</b>	16.00-17.00
29th	Sun	<b>1:1 Therapeutic Riding</b>	<b>See Website</b>

For further information on any of our Activities or Educational Services please email us at [info@potentialkids.org](mailto:info@potentialkids.org)

## PK Hub & Garden



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

## PK Garden



Contact us for details of our PK offer:

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

Therapeutic Gardening 1:1 & Group Sessions.  
Volunteers Needed



Opportunities for Duke of Edinburgh (DoE) Work Experience



## Danecroft Stables

Neurodivergent  
PKTECH TEAM



1:1 Horse Riding Groundworks/Care Equine Therapy Sessions

the gallery  
OUTLET SHOPPING

COMMUNITY  
FUND

CCN  
Accredited Training  
Provider of OCN London  
Qualifications

The King's Award  
for Voluntary Service

SPORT  
ENGLAND

Hertfordshire

## Family Lives Autumn Term Programme 2024

**Bringing Up Confident ADHD/ASD Children (6 weeks) Online group**  
**Thursday 19th September to 24 October 7.00pm to 9.00pm OR**  
**Tuesday 8 October to 19 November 9.30am to 11.30am**

If your child has ADHD/ASD, or you think they might, join our free online group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

**Less Shouting, More Cooperation (6 weeks) Online group**  
**Monday 11 November to 16 December 9.30am to 11.30am**

Do you feel you are constantly nagging or shouting at your child to get what you need? Join our free online group to help you be more effective at getting your child to cooperate and listen to you.

**Dads Together**

**Wednesday 6 November to 11 December 7.00pm to 9.00pm**

Calling all Dads - join our free online group, come along and receive support from other dads to help you be more effective at getting your child to cooperate and listen to you.

**Anxiety around ADHD Online Workshop**  
**Thursday 10 October 7-00pm to 9.00pm**

**Reducing Conflict Online Workshop**  
**Tuesday 26 November 9.30am-11.30am**

**Sibling Rivalry Online Workshop**  
**Thursday 12 December, 7.00pm to 9.00pm**



**SCAN ME!**

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



To book a place please click here [Referral Form for Family Lives Herts Parenting Groups and Workshops](#) for our online referral form



## Positive Co-Parenting of Neurodiverse Children 8-week online facilitated group

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

### Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.



These 2 courses will be delivered via MS Teams, over 8 sessions on the following dates/times:

**Date:** Tuesday 1, 8, 15, 22 October & 5, 12, 19, 26 November

**Time:** 7.00 pm to 9.00 pm

**Date:** Thursday 3, 10, 17, 24 October & 7, 14, 21, 28 November

**Time:** 9.30 am - 11.30 am

For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699



**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

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Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



## Children's Wellbeing Practitioner Workshops October-December 2024

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page:

<https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
<p style="text-align: center;"><b>Emotional Wellbeing (For Young People 11-16)</b></p> <p>A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>	Thursday 21 <sup>st</sup> November 6-8pm
<p style="text-align: center;"><b>Adolescent Self-Esteem and Resilience</b></p> <p>A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</p>	Thursday 28 <sup>th</sup> November 6-8pm
<p style="text-align: center;"><b>Supporting your Child's Self-Esteem and Resilience</b></p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	Monday 28 <sup>th</sup> October 6-8pm Wednesday 11 <sup>th</sup> December 10-12pm
<p style="text-align: center;"><b>Supporting with Sleep Difficulties</b></p> <p>This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	Wednesday 2 <sup>nd</sup> October 6-8pm Monday 2 <sup>nd</sup> December 6-8pm
<p style="text-align: center;"><b>Developing your Child's Emotional Literacy</b></p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>	Tuesday 1 <sup>st</sup> October 10-12pm Monday 4 <sup>th</sup> November 6-8pm Thursday 12 <sup>th</sup> December 10-12pm
<p style="text-align: center;"><b>General Emotional Wellbeing and Regulation Tips for Parents</b></p> <p>A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	Tuesday 15 <sup>th</sup> October 10-12pm Monday 11 <sup>th</sup> November 10-12pm Tuesday 17 <sup>th</sup> December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:

<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

