



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

25th September 2024

Welcome to the 2nd 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 : 9th October 2024

Please contact Triage 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 23rd October
- Supporting links offer a range of face to face and online courses this Autumn.
- The EMWiE team invite you to a 1 day course for parents and carers.
- Hertfordshire County Council's Children & Young People's Mental Health Services would like to hear from you – Please complete their short survey.

From previous edition. Places my still be available.

- 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

WEDNESDAY 23RD OCTOBER 10.00AM-11.30AM

ASDA WATFORD COMMUNITY ROOM 4
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

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 Sept – 10th Oct
Online Course ID 678

Tuesdays 7.00-9.00pm
5th Nov – 10th Dec

Venue: The Oval Community Ctr
STEVENAGE Course ID 679

Thursdays 8.00-10.30pm
19th Sept – 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 Sept – 10th Oct
Course ID 675

Wednesdays 9.30-11.30am
6th Nov – 11th Dec
Venue: Marshalswick Comm Ctr
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

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



Find us on

Instagram



Find us on

facebook



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 25th 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 4th 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 21st 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 23rd 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
www.supportinglinks.co.uk

Funded by Hertfordshire County Council's Targeted Parenting Fund



MENTAL HEALTH FIRST AID TRAINING

**1 DAY CHAMPION COURSE
FOR PARENTS & CARERS OF
8 TO 18-YEAR-OLDS
FREE TRAINING
09:30AM - 16:00PM**



WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
- KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
- SKILLS TO SUPPORT POSITIVE WELLBEING

COURSE STRUCTURE

SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.

SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

**For further information please contact:
hweicbhv.schoolsmh@nhs.net**



YOUTH MENTAL HEALTH FIRST AID TRAINING



BOOKING LINKS
1 DAY CHAMPION COURSE FOR
PARENTS/CARERS
09:30AM - 16:00PM

Dates	Location	Booking Link	Parking
2nd October 2024	Hobbs Hill Wood, Dacorum	Booking link	Parking available on site
22nd January 2025	Hobbs Hill Wood, Dacorum	Booking link	Parking available on site
26th February 2025	The Green Room, Bournehall Primary School, Bushey	Booking link	Parking available on nearby roads

For further information please contact:
hweicbhv.schoolsmh@nhs.net





Improving access, outcome & experience for children & young people

To support us to understand, identify and reduce Health Inequalities experienced by children and young people accessing mental health services in Hertfordshire, please could you complete this shortened survey (which should now only take 1 or 2 minutes to complete) by the end of September.

<https://surveys.hertfordshire.gov.uk/s/A8MP1Q/>



- 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.

SEPTEMBER 2024 ACTIVITIES

BOOKINGS:

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	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
7th	Sat	**NEW** Basketball 7 + yrs	16.00-17.00
8th	Sun	1:1 Therapeutic Riding	See website
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	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
13th	Fri	Youth Group 16+	18.30-20.30
14th	Sat	FREE Family Football - Drop In	16.00-17.00
15th	Sun	1:1 Therapeutic Riding	See website
17th	Tue	**NEW** Roller Skating 8+ yrs	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	Trampoline 5 + yrs	16.45 - 18.00
20th	Fri	Welcome Space Community Drop-In	10.00-12.30
20th	Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
20th	Fri	*NEW* Youth Group 11-15 yrs	18.00-20.00
22nd	Sun	1:1 Therapeutic Riding	See Website
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	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
28th	Sat	FREE Family Football - Drop In	16.00-17.00
29th	Sun	1:1 Therapeutic Riding	See Website

For further information on any of our Activities or Educational Services please email us at 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

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 or call 0204 522 8700 or 0204 522 8699



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