



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

9th October 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 : 23rd 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 -Talking Families course, for parents and carers of children under 12, is **now online** .
- Families Feeling safe have limited availability to attend 'Supporting Dads with Protective Behaviours'
- Family Lives still have places on 2 online groups funded by Herts Country Council in the Autumn term
- Potential Kids share their October flyer , which includes Half Term activities.

From previous edition. Places my still be available.

- 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.

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

TALKING FAMILIES



Tuesdays 8.00-9.30pm

**5th November
to 10th December 2024**

**NOW
ONLINE**

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**

Our online support sessions are delivered weekly via Zoom.

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:679

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 participants by Hertfordshire County Council's Targeted Parenting Fund



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.



We have some spaces available on our online course for Dads and male carers 'Supporting Dads with Protective Behaviours' starting next week. There is no cost to attend as places are fully funded by HCC for Dads across Hertfordshire.

Starts: Thursday 10 October – 5 December 7.00pm – 9.00pm (no session during half term)

This evidence-based course can help Dads to:

- Understand what may be influencing their child's behaviour
- Understand how Feelings, Thoughts and Behaviour link together
- Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry
- Improve communication to build better relationships
- Build on their own and their child's strengths
- Learn strategies to help them and their family feel safe

For all enquiries, please email enquiries@familiesfeelingsafe.co.uk or Tel: 07850 518216



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 15, 22 October & 5, 12, 19, 26 November & 3, 10 December

Time: 7.00 pm to 9.00 pm

Date: Thursday 17, 24 October & 7, 14, 21, 28 November & 5, 12 December

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



OCTOBER & HALF TERM 2024 ACTIVITIES



POTENTIAL
KIDS

BOOKINGS:

www.potentialkids.org.uk/events

Date	Sessions	Time
3rd Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13+ yrs	10.00 - 11.30 11.45 - 13.15
3rd Thu	Trampolining 5 + yrs	17.20-18.30
5th Sat	FREE Family Football - Drop In	16.00-17.00
6th Sun	1:1 Therapeutic Riding	See website
10th Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13+ yrs	10.00 - 11.30 11.45 - 13.15
11th Fri	Welcome Space Community Drop-In	10.00-12.30
11th Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
11th Fri	Youth Group 16+	18.30-20.30
12th Sat	FREE Family Football - Drop In	16.00-17.00
13th Sun	1:1 Therapeutic Riding	See website
15th Tue	**NEW** Roller Skating 8+ yrs	18.00 - 19.30
17th Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13+ yrs	10.00 - 11.30 11.45 - 13.15
18th Fri	Welcome Space Community Drop-In	10.00-12.30
18th Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
18th Fri	*NEW* Youth Group 11-15 yrs	18.00-20.00
19th Sat	**NEW** Basketball 7 + yrs	16.00-17.00
20th Sun	1:1 Therapeutic Riding	See Website
24th Thu	Bushcraft/STEM Home Ed Groups for 8-13 yrs and 13 + yrs	10.00 - 11.30 11.45 - 13.15
25th Fri	Welcome Space Community Drop-In	10.00-12.30
25th Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
27th Sun	1:1 Therapeutic Riding	See Website
29th Tue	Fun Zone 4-12 yrs	19.00-20.45
30th Wed	Halloween Party in the Garden 4-11 yrs and 11+ yrs	13.00-14.30 14.45-16.15
31st Thu	Pony Morning 6-11yrs	10.00-12.00



PK Hub & Garden



TUTORING



Neurodivergent
PK TECH TEAM



Danecroft Stables

1:1 Horse Riding
Groundworks/Care
Equine Therapy
Sessions



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



Therapeutic
Gardening 1:1 &
Group Sessions.
Volunteers Needed



Contact us for
details of our PK
offer:

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

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





- 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.

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 8.00-9.30am

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

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



