



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

23rd 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 : Following half term break

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

- An introduction to the DSPL9 Triage Team
- DSPL9 EBSA Support groups for Parents and Carers are open to book
 - HCC and ICB share their neurodiversity support offer.
- Supporting Links have opened booking for their Spring Term courses.
- HPCI would like to hear your thoughts. Please complete their survey.
- Families Feeling Safe have a fully funded online Protective Behaviours course starting after half term

From previous edition. Places my still be available.

- 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.



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Introducing the DSPL 9 Triage Service

Who are we?



Katherine McNamara
DSPL 9 SEND (Parent and Carer)
Liaison Worker



Lisa Sillitoe
DSPL 9 Specialist Transition
Outreach Worker

How can we support
you?

- Supporting parents navigate the referral process
- Supporting parents in navigating services and making referrals
- Promoting and signposting services available to parents of children and young people with SEND
- Transition support year 6-7
- Providing SEND coffee mornings for parents in schools
- Delivering bespoke transition coffee mornings for year 6 parents
- Local SEND coffee mornings for parents/carers (half termly)

How can you access the support?

Referrals can be made by schools, professionals or parents via a referral form which can be found on the DSPL 9 website [here](#).

All referrals MUST be signed and sent to enquiries@dsplarea9.org.uk

Alternatively, if you have any queries about the service these will be answered by a member of the team using the email above.

The service plays a crucial role in ensuring that children and families receive the necessary guidance and assistance during challenging times. This level of support is incredibly valuable and can make a significant difference in the lives of those it touches

Katharine and Lisa's professional yet personable demeanour allows them to quickly build rapport with families. Their non-judgmental approach ensures parents feel listened to and understood.

The transition support for us as a school has always been excellent, with their strong links to secondary's and the work completed with the children, they bridge the move from primary to secondary.



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DSPL 9



**Parent/carer 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.

Monday 18 th November 1pm - 2.30pm	Welcome	Booking link for 18.11.24
Monday 9 th December 1pm-2.30pm	Children’s Wellbeing Practitioners/MHST	Booking link 9.12.24
Monday 20 th January 1pm – 2.30pm	TBC	Booking link for 20.1.25
Monday 17 th March 1pm-2.30pm	WFC Community Trust	Booking link for 17.03.25
Monday 19 th May 1pm -2.30pm	SfYP	Booking link for 19.05.25
Monday 16 th June 1pm 2.30pm	Transition	Booking link for 16.06.25

Please use the links above to book.

All sessions will be held remotely via Microsoft Teams.

Please note you will receive the Microsoft Teams link within your booking confirmation.

Each meeting will be attended by two Family Support Workers, Nessie therapists and facilitated by 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.

Please share this information with parents who would benefit from accessing this support group.

Neurodiversity Support offer for parents/carers, professionals and young people in Hertfordshire.

The HCC and ICB offer consists of various resources including group courses, webinars and a live web chat for young people as well as the support hub and digital webinars for parent/carers and professionals.

They have also produced a [Neurodiversity Handbook](#) which offers lots of resources, support and signposting for parents and carers.

Please also look at the [Neurodiversity directory Neurodiversity Service Directory](#) (hertfordshire.gov.uk) for further avenues of support.

Details of all these offers can also be found on the [Neurodiversity Support \(hertfordshire.gov.uk\)](#).



Understanding my Autism/ADHD

- Open to Hertfordshire children aged 7-16
- **Post or Pre-diagnosis**
- Online or face-to-face
- Visit: thetoolbox.mindler.co.uk



Cogs APP

- Young People aged 14+
- Providing support and information on Autism and ADHD
- No diagnosis required.
- **Free access**
- To sign up, visit thetoolbox.mindler.co.uk

Digital Webinars

- On demand webinars
- Topics relating to Autism, ADHD and the SEND world
- Available on the Hertfordshire Local offer.



Toolbox Live Chat

- Receive real-time support and guidance for children and young people (CYP) with Autism or ADHD.
- Access expert advice tailored to their feelings and concerns.
- **No diagnosis** required.

The Toolbox

- Dedicated website for young people to gain support on ADHD and Autism.
- Signposting to services and interventions in Hertfordshire.
- Self-help tools and interactive livestreams available.
- Visit: thetoolbox.mindler.co.uk

Support Hub

- **No diagnosis** required to access this support.
- Available to **parents, carers, and professionals**.
- Evening appts available to book.
- **Call or WhatsApp** the team on **01727 833963**



Parent & Carer Support Spring Term 2025



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.



Wednesdays 7pm - 9pm

26th Feb – 2nd Apr

Face to Face: ID 707

**Gade Community Room
Oakleaf Primary School,
Hemel Hempstead**

Tuesdays 7.45 - 9.15pm

7th Jan – 11th Feb

Online Course: ID 708

TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, 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

8th Jan – 12th Feb

Online Course: ID 705

TALKING DADS

6, weekly sessions for dads & male carers, 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.



Mondays 7.45 - 9.15pm

6th Jan – 10th Feb

Online Course: ID 710

0-19yrs

Thursdays 7.45 - 9.15pm

27th Feb – 3rd Apr

Online Course: ID 711

0-11yrs

Wednesdays 7.45 - 9.15pm

26th Feb – 2nd Mar

Online Course: ID 712

12-19yrs

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 - 11.15am

7th Jan – 11th Feb

Online Course ID 703

Tuesdays 8.00 - 9.30pm

7th Jan – 11th Feb

Online Course ID 704

Tuesdays 8.00 - 9.30pm

25th Feb – 1st Apr

Online Course ID 702

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, 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.



Mondays 7.45 - 9.30pm

24th Feb – 31 Mar

Online Course ID 706

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need.

Your child does not need a diagnosis.

- 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.



Tuesdays 9.45 - 11.15am

25th Feb – 1st Apr

Course ID 701

2-19yrs

Wednesdays 7.45 - 9.15pm

8th Jan – 12 Feb

Online Course ID 709

12-19yrs

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





HPCI would like to hear from you!

Herts Parent Carer Involvement exists to represent the views of the parents and carers of children and young people with SEND in Hertfordshire. We are an independent parent-led organisation, who work alongside Hertfordshire health, education and social care services, to help focus the decision makers on improving services and outcomes for children and young people with SEND.

We have launched our 2024 annual survey, to find out more about what families in Hertfordshire are experiencing. We want to know what works and what doesn't, so that we can make sure we are concentrating on the areas that matter most to families.

[HPCI Annual Parent Carer Survey \(2024\) – closing date 3 November](#)

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
starting
4th November
2024

**A FREE 6-week course for
Mums, Dads, and Carers of
children 0 -19yrs**



Monday evenings
7.00pm—9.00pm

4, 11, 18, 25 Nov, 2 & 9 December

Are you looking for some strategies and new ideas to help improve family life? This 6-week course can help you to

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



Places are for families with Hertfordshire

For eligibility and to book your FREE place please contact:

E-mail: enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216



Please like us on Facebook for further updates @familiesfeelingsafe





- 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.

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 518



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

[HTTPS://POTENTIALKIDS.ORG.UK/](https://potentialkids.org.uk/)

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



**AN INDOOR
ADVENTURE COURSE
INSPIRED BY
TV SHOW
NINJA WARRIORS.**



**A SESSION FOR
NEURODIVERGENT
KIDS & SIBLINGS**



Embracing Neurodiversity
Autism-ADHD-Dyslexia-
Dyspraxia-Tourettes
amongst other conditions



HALF-TERM FUN!

**POTENTIAL
KIDS**



Booking:
potentialkids.org.uk/events

**AGE 5 YRS+
FRIDAY 1ST NOV
19:00-20:00
£12.50 PER CHILD**

**SOCKS NOT
INCLUDED!**

**WOODSIDE LEISURE PARK,
NINJA WARRIOR UK ADVENTURE
KINGSWAY NORTH ORBITAL RD,
WATFORD WD25 7JZ**



**TEST YOUR NINJA SKILLS WHILE CLIMBING, BALANCING AND
SWINGING ACROSS OBSTACLES OR BOUNCING ACROSS OUR
INFLATABLE - PLUS, WE HAVE THE FAMOUS WARPED WALL
FOR YOU TO CONQUER.**





Parents / carers are responsible for their children at all times.

Refreshments included & free wifi



HALF TERM FUN

Booking:
potentialkids.org.uk/events

**SOFT PLAY SESSION FOR
NEURODIVERGENT KIDS &
SIBLINGS**

AGE 4-12 YRS

**TUESDAY 29TH
OCTOBER
7PM-8.45PM**

£5 PER CHILD

**BIRCHWOOD LEISURE
CENTRE, LONGMEAD,
HATFIELD AL10 0AN**

Embracing Neurodiversity
Autism-ADHD-Dyslexia-Dyspraxia-Tourettes
amongst other conditions

EXCLUSIVE SESSION!!!
A Soft Play Centre with a
variety of slides, ladders
and swings to entertain
your children.

