



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

13th November 2024

Welcome to the 5th 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 : 27th November 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 EBSA Support groups for Parents and Carers are open to book
- DSPL9 are hosting a coffee morning for all parents of children with SEND
- DSPL9 have put together a list of locally available activities and after school clubs
- HCC are hosting a webinar [The right education, in the right place, at the right time: enhancing inclusive mainstream schools and increasing specialist provision in Hertfordshire](#)
- Supporting Links share Parenting Support Groups which will be running countywide both face-to-face and ONLINE for the SPRING TERM of 2025.
- Potential Kids share their November activities
- Angels Support Group are running an workshop on Autism and Anxiety.

From previous edition. Places my still be available.

- HCC and ICB share their neurodiversity support offer.



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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.



DSPL9

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PARENT/CARER COFFEE MORNING

For all parents/carers of children with SEND

WEDNESDAY 4TH DECEMBER 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.

In addition, we welcome Suzie Daniels and Tanya Dance from **SPACE Herts** who will be there to talk about support available for families of neurodivergent children.



<https://spaceherts.org.uk/>

If you would like to attend or to find out more please email us at:

enquiries@dsplarea9.org.uk





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Following feedback from parents at a recent DSPL9 coffee morning the Trige team has put together this list of links for after school clubs and activities for children with SEND.

SEN sessions:

Please follow the links below for more information and timings for SEN support sessions in the local area.

Cloud 9:

<https://cloud9leisure.com/activities/sen-sessions/>

Online ADHD and ASD support for young people

<https://thetoolbox.mindler.co.uk/>

After school activities:

Three rivers district support: <https://www.threerivers.gov.uk/services/leisure-parks-culture/inclusive-programme/children-and-young-people>

Club HUB; <https://clubhubuk-co-uk.webpkgcache.com/doc/-/s/clubhubuk.co.uk/listings/send/>

All 4 kids uk: <https://all4kidsuk.com/after-school-activities-childrens/hertfordshire/watford>

Aldenham Country park: <https://www.aldenhamcountrypark.co.uk/welcome2>

Cineworld: <https://www.cineworld.co.uk/static/en/uk/accessibility/autism-friendly>

Redbourn riding: <https://www.redbournpark.co.uk/outreach>

HAND card: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx>

Sibling support: <https://www.sibs.org.uk/>

SPACE: <https://spaceherts.org.uk/>

DJ's Play <https://www.djsplay.co.uk/hemel-hempstead/>

Webinar: The right education, in the right place, at the right time

Enhancing inclusive mainstream schools and increasing specialist provision in Hertfordshire

Wednesday 27 November 2024

7.30pm - 8.30pm

Online (MS Teams)



Webinar: The right education, in the right place, at the right time: enhancing inclusive mainstream schools and increasing specialist provision in Hertfordshire

Wednesday 27 November, 7.30pm - 8.30pm

MS Teams (a BSL interpreter will be present)

Hear from leaders at the council talk about how we're addressing the increased need for specialist provision in Hertfordshire. They will be sharing information about:

- the work we are doing to increase specialist provision in Hertfordshire
- details of our new model for provision panels
- the work we are doing to create more inclusive mainstream schools.

If there are any questions you would like to have answered during the session, please email them to sendstrategy@hertfordshire.gov.uk before 11pm on Monday 18 November. We will theme up the questions we get and try to answer as many as we can during the session. We can't respond to questions about specialist provision for individual children, but we will address the general questions we know a lot of families have about this topic.

There will be a BSL interpreter present at this event.

How to join:

There is no need to book: Just save this joining link, which you can use to join the meeting at 7.30pm on Wednesday 27 November:

[Webinar joining link](#)

Or you can use these details to sign in with MS Teams:

Meeting ID: 376 847 150 22

Passcode: 9b4935

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 children 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

Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2025



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



Tuesday 4th March 7.30-9.15pm

Workshop SL715 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-715-for-parentscarers-in-herts-registration-1064332389829>

- 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.

SIBLING STRUGGLES



Thursday 13th February 7.30-9.15pm

Workshop SL713 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-713-for-parentscarers-in-herts-registration-1065018812939>

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

RESPONDING to ANGER



Wednesday 2nd April 9.30-11.15am

Workshop SL714 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-714-for-parentscarers-in-herts-registration-1065126535139>

- 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.

Follow on:



Contact via:

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County
Council's Targeted Parenting Fund

NOVEMBER 2024 ACTIVITIES

BOOKINGS:

www.potentialkids.org.uk/events

POTENTIAL
KIDS



Date		Sessions	Time
7th	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
7th	Thu	Trampolining 5 + yrs	17.20-18.30
8th	Fri	Welcome Space Community Drop-In	10.00-12.30
8th	Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
8th	Fri	Youth Group 16+	18.30-20.30
9th	Sat	FREE Family Football - Drop In	16.00-17.00
10th	Sun	1:1 Therapeutic Riding	See website
14th	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
15th	Fri	Welcome Space Community Drop-In	10.00-12.30
15th	Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
16th	Sat	**NEW** Basketball 7 + yrs	16.00-17.00
17th	Sun	1:1 Therapeutic Riding	See Website
19th	Tue	**NEW** Roller Skating 8+ yrs	18.00 - 19.30
21st	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
21st	Thu	Trampolining 5 + yrs	17.20-18.30
22nd	Fri	*NEW* Youth Group 11-15 yrs	18.00-20.00
22nd	Fri	Welcome Space Community Drop-In	10.00-12.30
22nd	Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
28th	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
30th	Sat	Soft Arrows Archery 7 + Yrs	16.00-17.00



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**

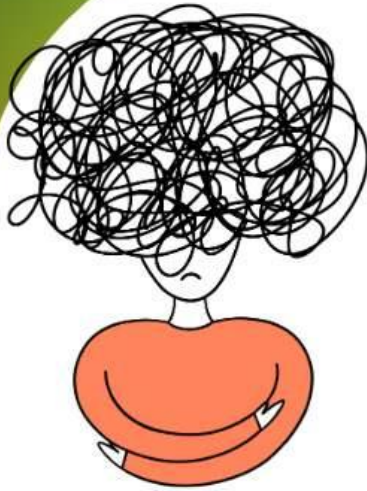


**Contact us for details
of our PK offer:**

**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**





Angels
AUTISM & ADHD SUPPORT

Autism and **ANXIETY**

Autistic people are more likely to experience anxiety.

Anxiety for those on the autism spectrum can be more intense than for those who are not. Join us to look at anxiety in more detail and discuss ways to help support children and young people.

This online workshop is suitable for professionals and parents/carers.



**Thu 28th November
7pm - 9pm on Zoom**

£15 per person FREE for our members
Scan QR code to book.



www.angelsupportgroup.org.uk

We are re-running our very successful **Autism and Anxiety** online workshop and are offering it as an evening workshop for those who haven't been able to make our daytime workshops.

This workshop is suitable for professionals and parents/carers and will be covering:

- What is Anxiety?
- Autism and demand avoidance
- How autistic people may experience anxiety
- PDA
- Autistic burnout
- Strategies to help manage anxiety

There will be time for a discussion/questions..

The link to book is:

<https://buytickets.at/angelsupportgroup/1344063>



- HCC and ICB share their neurodiversity support offer.

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**

