



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

27th 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 : 11th December 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 are hosting a coffee morning for all parents of children with SEND
- Online course -Parenting SEN Children Through Separation delivered by Family Lives.
- BeeZee Bodies are running their group [Beezee Families programme](#) in 6 locations across Hertfordshire starting week commencing 20th January 2025
- Families feeling Safe share their fully funded Protective Behaviours courses starting in January

From previous edition. Places my still be available.

- DSPL9 EBSA Support groups for Parents and Carers are open to book
- DSPL9 have put together a list of locally available activities and after school clubs
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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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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@dsplare9.org.uk



Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



These courses will be delivered by MS Teams over 6 sessions, on the following dates:

- Monday 24 February & 3, 10, 17, 24, 31 March 2025
Evening: 7.00pm - 9.00pm
- Tuesday 25 February & 4, 11, 18, 25 March & 1 April 2025
Daytime: 9.30am - 11.30am

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

SCAN ME



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, AL9 5AD.

[Click here for the referral form](#)



FREE Healthy Lifestyle support for families in Hertfordshire



Our FREE 12 week in-person and online programmes
start on week commencing 20th January 2025

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:00 - 7:00pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm
CHESHUNT Andrews Lane Primary School, EN7 6LB 4:30 - 6:30pm	** NO SESSION **	WATFORD Leavesden Green Community Hub, WD25 0BW 5:30 - 7:30pm	** NO SESSION **



Sign up today!



BZBinfo@maximusuk.co.uk



01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.

24-0547

Self-referrals to Beezee programmes can be made in 3 ways:-

1. Call on 01707 248648
2. Via [this link](#) to complete a very short form and we will contact you
3. Email us at bzbinf@maximusuk.co.uk

Beezee
by maximus



You don't need a new year to start new habits

Start small, start now!

Sign up to one of our free healthy lifestyle services today to kickstart your health goals for 2025 and beyond.

Beezee **FAMILIES**

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families
- One-to-one support also available!

Beezee **YOUTH**

- 13-17 year olds can talk about topics that matter to them
- Learn about physical, mental and social wellbeing
- Get free health resources
- Join a safe space.



- Free support for families with children aged 0-5 years
- Explore parenting and healthy lifestyle tips
- Chance to make new friends
- Free toolkit provided.



Start making
healthy habits TODAY

@ BZBinfo@maximusuk.co.uk

01707 248 648





Dear Parents and Carers,

We are pleased to provide details of our fully funded Protective Behaviours courses starting in January. Places are for parents and carers who may need support. There are courses for Mums, Dads and Carers with one for Dads and Male Carers who may need support. Courses are running online and in-person:

Online for Mums, Dads & Carers:

- Daytime: 9.30am – 11.30am, 28 January – 25 March
[please click here for the poster...](#)
- Evenings: 7.00pm – 9.00pm, 28 January – 25 March
[please click here for the poster...](#)

Online For Dads & Male Carers:

- Evenings: 7.00pm – 9.00pm 30 January – 27 March
[please click here for the poster..](#)

In-person:

- Hertford 21 January – 18 March 9.30am – 11.30am
[please click here for the poster...](#)
- Broxbourne 24 January – 26 March 9.30am – 11.30am
[please click here for the poster...](#)

This evidence-based course can parents/carers 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, and to reserve a place, please email enquiries@familiesfeeling-safe.co.uk or Tel 07850 518216

To make a referral, [please click here for our Parent Registration form...](#)



- DSPL9 EBSA Support groups for Parents and Carers are open to book
- DSPL9 have put together a list of locally available activities and after school clubs



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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.



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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/>

