



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter



15th January 2025

Welcome to the 8th 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 : 29th January 2025

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 available to book
- DSPL9 will be hosting the 1st Spring Term Coffee Morning for parent and carers on 6th February.
- SPACE Herts advertise their huge range of workshops and courses running in the Spring Term
- Family Lives are delivering 5 parenting groups, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.
- ADD Vance are holding a wide variety of online HCC funded workshops for parents and carers
- Hertfordshire's Children and Young People's Mental Health Services (CYPMHS) would like to hear your thoughts.
- Families Feeling Safe are holding a new funded workshop 'All Feelings Matter'
- Angels ADHD and Autism support have launched new weekly online workshop and support sessions
- Supporting Links are running a course to support parents of teens.



Delivering Special Provision Locally



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 20th January 1pm – 2.30pm	Family Support Workers	<u>Booking link for 20.1.25</u>
Monday 17 th March 1pm-2.30pm	WFC Community Trust	<u>Booking link for 17.03.25</u>
Monday 19 th May 1pm -2.30pm	SfYP	<u>Booking link for 19.05.25</u>
Monday 16 th June 1pm 2.30pm	Transition	<u>Booking link for 16.06.25</u>

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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PARENT/CARER COFFEE MORNING

For all parents/carers of children with SEND

THURSDAY 6TH FEBRUARY 10.00AM-11.30AM

ASDA WATFORD COMMUNITY ROOM 2

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.

We will also be welcoming professionals from [Children and Young People's Mental Health Services \(CYPMHS\)](#). They will be happy to share valuable insights about their services and the support they provide to young people facing mental health challenges.

If you would like to attend or to find out more please email us at
enquiries@dsplarea9.org.uk

New dates released... book now

UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help young people learn more about neurodiversity and their own experiences.

6 week and 2
day courses
starting in Jan
and Feb



Scan to book 

For more information
or to make a referral:
services@spaceherts.org.uk



Through interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

Eligibility

- Diagnosis of Autism or ADHD, or both
- School years 3-6, 7-9 and 10-11
- Hertfordshire resident

This is part of a wider pilot project for neurodivergent children and young people being commissioned by HCC and the NHS.



Bright Beginnings

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

Scan
to
book



About Bright Beginnings

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions
- Get tailored guidance on local activities, services, workshops, and educational support.
- Access optional family support and benefit from specialised advice for key transitions like starting or changing schools and so much more.

Criteria for Participation:

- Children aged 0-5 years
- On the pathway or diagnosed with autism / communication difficulties

Location:

- In person in Stanstead Abbots, Ware

Course dates



Weds, 29th January: 1:15 - 2:15pm
Weds, 5th February: 1:15 - 2:15pm
Weds, 12th February: 1:15 - 2:15pm
Weds, 26th February: 1:15 - 2:15pm
Weds, 5th March: 1:15 - 2:15pm
Weds, 12th March: 1:15 - 2:15pm



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FIRST STEPS in person in Hoddesdon

Free 5-week Courses for Parents and Carers of Autistic Children in the Early Years.

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

No diagnosis necessary

Hoddesdon Library

10am-12pm, Friday Mornings 28th February and 7th, 14th, 21st and 28th March



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online course

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

Thursdays 23rd, 30th January and 6th, 13th February

10:00am-12:00pm online



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



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PRIMARY STEPS in person in Stevenage

Free 6-week Course for Parents and Carers of Autistic Children in the Primary Years.

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

No diagnosis necessary

The Oval, Stevenage

10am-12pm, Friday Mornings January 10th, 17th, 24th, 31st and February 7th, 14th



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



STARTING SPACE

2 week courses

Thursday, 16th and 23rd January or Thursday, 20th and 27th March
10am-12pm
The Maltings Business Centre
Roydon Road, Stanstead Abbots SG12 8HG

Do you have a child aged 0-6 with additional needs?

Join us for an opportunity to meet other families in a similar situation to you and see a brief overview of how SPACE can offer guidance & support to you and your family



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



TALKING SENSORY

3 Week Online Courses



Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

Mondays 27th January and 3rd, 10th February: 19:00-21:00
or
Wednesdays 12th, 19th, 26th March: 10:00-12:00



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



NAVIGATING THE SEND WORLD

4 weeks online course

● ● ● ● Thursdays 6th, 13th, 20th, 27th March, 10am-12pm

Course outcomes

- Feel more empowered to seek support
- Increase your awareness of what services are available for your family
- Learn the acronyms and language you will need to be familiar with
- Understand the referral systems
- Be able to navigate the Herts SEND Local Offer and gain knowledge of services and support across health, education and social care
- Improve your understanding of the diagnosis pathway and what it means for your child
- Feel confident about what to do next and how to access the support and services you need



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



PARENTING ADHD

3 week online course

● ● ● Mondays 25th February and 3rd, 10th March, 10am-12pm

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



SLEEP TIGHT

3 weeks online course

● ● ● Tuesdays 7th, 14th and 21st January, 10am-12pm

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



SPRING TERM 2025 **FREE ONLINE WORKSHOPS**

Monday 6th January	18:30-20:30	ADHD in Girls and Women
Tuesday 7th January	18:30-20:00	Access Arrangements
Wednesday 8th January	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 9th January	10:00-12:00	Navigating the SEND World
Friday 10th January	10:00-12:00	Understanding Behaviour as Communication
Monday 13th January	18:30-20:30	Navigating the SEND World Post 16
Tuesday 14th January	18:30-20:00	Understanding and Supporting Executive Functioning
Wednesday 15th January	10:00-11:30	Understanding Dyslexia
Thursday 16th January	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 17th January	10:00-12:00	Anxiety and SEND
Monday 20th January	10:00-12:00	Therapeutic Thinking for Parent Carers
Monday 20th January	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 22nd January	10:00-12:00	EHCP: New Applications
Friday 24th January	10:00-11:00	Understanding Autism
Tuesday 28th January	10:00-12:00	Sleep Workshop
Wednesday 29th January	10:00-11:30	Autistic Girls
Friday 31st January	10:00-12:00	PDA, ODD and ADHD
Tuesday 4th February	10:00-11:30	EHCP: Annual Reviews
Wednesday 5th February	10:00-11:30	Planning For Your Child's Future
Monday 10th February	10:00-11:00	Understanding ADHD
Tuesday 11th February	10:00-12:00	Puberty and SEND
Tuesday 11th February	18:30-20:00	Understanding Tics and Tourette's
Friday 14th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
HALF TERM		
Monday 24th February	10:00-12:00	ADHD in Girls and Women
Monday 24th February	18:30-19:30	Understanding Autism
Wednesday 26th February	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 27th February	18:30-20:30	Puberty and SEND
Monday 3rd March	18:30-19:30	Understanding ADHD
Wednesday 5th March	10:00-12:00	Navigating the SEND World Post 16
Thursday 6th March	18:30-20:00	Autistic Girls
Friday 7th March	18:30-20:00	Understanding Behaviour as Communication
Monday 10th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 13th March	10:00-11:30	Understanding Dyslexia
Friday 14th March	10:00-12:00	PDA, ODD and ADHD
Monday 17th March	18:30-20:30	Navigating the SEND World
Tuesday 18th March	10:00-12:00	Anxiety and SEND
Friday 21st March	10:00-11:30	Understanding Tics and Tourette's
Monday 24th March	19:00-21:00	Sleep Workshop
Tuesday 25th March	10:00-11:30	Understanding and Supporting Executive Functioning
Thursday 27th March	19:00-21:00	EHCP: Submission to Finalisation
Friday 28th March	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD



spaceherts.eventbrite.co.uk



The majority of these workshops are funded by
The Targeted Parenting Fund



Autism | ADHD
Neurodiverse Conditions

Family Lives are delivering 5 parenting groups, funded by Herts County Council, in the Spring term for parents/carers who live in Hertfordshire.

All our programmes provide support, information and resources to parents/carers and adult family members so they can help their child reach their full potential as well as access to the wraparound support provided by our helpline, live chat and website.



Family Lives Spring Term Programme 2025

Less Shouting, More Cooperation (6 weeks) Online group
Wednesday 22 January to 5 March 7.00pm to 9.00pm
A programme to help parents be more effective at getting their children to cooperate and listen to them

Bringing Up Confident SEN Children (6 weeks) Online group
Monday 3 February to 17 March 9.30am to 11.30am
A programme to help parents gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school

Sorting Out Arguments in your Family (6 weeks) Online group
Wednesday 5 February to 19 March 9.30am to 11.30am
A programme aimed at helping sort out arguments between parents and their children and between brothers and sisters

Getting on with Your Pre Teen/Teenager (6 weeks) Online group
Thursday 27 February to 3 April 9.30am to 11.30am
A programme to help parents understand and get on better with their teenage children. Maybe there is an FFA/CIN/CP in place and need more support

Dads Together (6 weeks) Online group
Wednesday 26 February to 2 April 7.00pm to 9.00pm
A programme to support dads in learning how to change the way you communicate with your child, respond better and feel more in control

For more information, please contact Louise on
0204 522 8700 or email services@familylives.org.uk.
Please scan our QR code for our referral form.



Scan Me!



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



FREE ONLINE SPRING 2025 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	6.1.25	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	8.1.25	19:00 - 20:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/carers	Fri	10.1.25	10:00 - 11:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/carers	Mon	13.1.25	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Wed	15.1.25	19:00 - 20:30	Online
Understanding PDA	Parents/carers	Fri	17.1.25	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	20.1.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Fri	24.1.25	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	27.1.25	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	29.1.25	19:00 - 20:30	Online
Applying for an EHCP	Parents/carers	Mon	3.2.25	10:00 - 11:30	Online
Preparing for an EHCP Review	Parents/carers	Wed	5.2.25	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Mon	10.2.25	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	12.2.25	10:00 - 11:30	Online
Half Term					
Understanding ADHD and Autism in the Early Years	Parents/carers	Mon	24.2.25	10:00 - 11:30	Online
Supporting Siblings	Parents/Carers	Wed	26.2.25	10:00 - 11:30	Online
Support for Dads and Other Male Carers	Parents/Carers	Mon	3.3.25	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	5.3.25	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Fri	7.3.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/carers	Mon	10.3.25	19:00 - 20:30	Online
Supporting the Transition to Secondary School	Parents/carers	Wed	12.3.25	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	17.3.25	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Wed	19.3.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Mon	24.3.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/carers	Wed	26.3.25	10:00 - 11:30	Online
Tips & Tools for Positive Behaviour	Parents/carers	Mon	31.3.25	19:00 - 20:30	Online
Tips & Tools to Manage School Absence	Parents/carers	Wed	2.4.25	10:00 - 11:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

01727 833963

herts@add-vance.org

<http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

Survey:
Helping parents and carers to
support their children's mental health



Hertfordshire parents!

Hertfordshire's Children and Young People's Mental Health Services (CYPMHS) system wants to understand what parents and carers need when they are faced with supporting their child or young person's poor emotional wellbeing.

It can be difficult to understand why they might be experiencing low moods, anxiety or self-harming behaviours, how to cope as a family, or knowing the strategies that could help at home. In preparation for commissioning a new service, we want to make sure parents and carers feel supported, have professionals and peers to speak to and share experiences with, all while knowing they are far from alone.

[Complete the survey here](#)

The survey will be open until Sunday 26 January 2025

New 2 hour Workshop - All Feelings Matter

(including the strong and uncomfortable ones)

Online
January 2025



For Mums, Dads &
Carers

When:

Tuesday 21 January
9.30am—11.30am
or
7.00pm—9.00pm

This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Learn more about:

- Why all feelings matter for everyone.
- How feelings, thoughts, and behaviour link together.
- Recognising physical and emotional feelings, including anxiety and anger.
- Ways to support healthy emotional development.
- The stress response system and '3-Part Brain' concept.
- The importance of feelings and the Protective Behaviours process.

Or

For Dads & Male Carers

When:

Thursday 23 January
7.00pm—9.00pm

To book your place please use this link or the QR code

[Booking Link](#)



Please like us on Facebook for further updates @familiesfeelingsafe



Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
7th Jan Supporting your child in Mainstream School without an EHCP.	Thu 9th Jan Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
14th Jan Making the most of meetings with professionals.		Thu 16th Jan Meet Up and Chat	
21st Jan Girls and Women			23rd Jan Evening Parent/Carer Support Group
28th Jan Understanding PDA	Thu 30th Jan Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
4th Feb Why Autism and ADHD affect sleep		Thu 6th Feb Meet Up and Chat	
11th Feb Reducing conflict			13th Feb Evening Parent/Carer Support Group

HALF TERM 17th-21st February

For support during this period please contact **The Neurodiversity Support Hub:**
Tel:01727 833963 lines are open from 9am-1pm weekdays
URL: <https://www.add-vance.org/parents/neurodiversity-support-hub/>

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
25th Feb Emotionally Based School Absence	Thu 27th Feb Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
4th March Managing Meltdowns and Rages		Thu 6th March Meet Up and Chat	
11th March Resistant Eaters			13th March Evening Parent/Carer Support Group
18th March Supporting your child's sensory needs	Thu 20th March Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i>		
25th March Executive Function Dysfunction		Thu 27th March Meet Up and Chat	
1st April Understanding and Responding to your child's behaviour			3rd April Evening Parent/Carer Support Group

EASTER 7th-21st April

For support during this period please contact **The Neurodiversity Support Hub:**

Tel: 01727 833963 lines are open from 9am-1pm weekdays

URL: <https://www.add-vance.org/parents/neurodiversity-support-hub/>

TALKING TEENS



Wednesdays 7.00 - 9.00pm Face to Face: ID 707
26th February - 2nd April 2025
Gade Community Room, Oakleaf Primary School,
Hemel Hempstead, HP1 2JU

6, weekly sessions for parents and carers of children aged 12-19, covering:

- **The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.**
- **The link between behaviour and difficult feelings.**
- **Maintaining your relationship with good communication.**
- **Understanding risk taking behaviour around drugs, alcohol and gang culture.**
- **How to negotiate during a conflict situation.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential
Please quote the course ID
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.

