

Who we are

DSPL7 supports parents and carers, staff in early years settings, schools and further education colleges by ensuring there is a range of provision and support services within the St Albans and Harpenden area for children and young people with additional needs.

Contact Us

DSPL7

The Hub
228 Hatfield Rd
St Albans
AL14LW

Phone: 01727 519229
Email: admin@dspl7.org.uk
Web: www.dspl7.org.uk



DSPL7
The Hub
228 Hatfield Rd
St Albans
AL14LW

Parenting Support Summer term 2022



DSPL7

St Albans District, Harpenden and Villages
Redbourn, Wheathampstead and Kimpton

Summer courses

This booklet outlines the courses that are being run by external providers over the Spring term 2022 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

Families First Portal	1
Families in Focus courses and Parent Networks	2
ADD-vance.....	5
Family Lives.....	10
Family Feeling Safe.....	12
DS Achieve.....	14
SPACE.....	15
Supporting Links.....	18
Occupational Therapy.....	22
HENRY – BeeZee Bodies.....	24
HPCI.....	25

HPCI Autumn Term Webinars are free and open to book now!

SEN Support in Mainstream Schools – for families whose child may have a special educational need but does not have an EHCP.
[Wednesday 8 September \(10:00 – 11:00\)](#) or [Thursday 9 September \(19:30 – 20:30\)](#)

EHC Needs Assessments part 1 – What is an Education, Health and Care Needs Assessment? Does my child need one and how do I request one?
[Wednesday 15 September \(10:00 – 11:00\)](#) or [Thursday 16 September \(19:30 – 20:30\)](#)

SEND Strategy – for parents and carers who are not able to attend one of the SEND Strategy Community events and would like to hear from Herts County Council about their proposals for a new SEND Strategy.
[Friday 17 September \(10:00 – 11:00\)](#) or [Wednesday 29 September \(19:30 – 20:30\)](#)

Understanding the Local Offer – this session will help you understand what the Local Offer is and how to navigate the website.
[Friday 24 September \(10:00 – 11:00\)](#)

Choosing a secondary school
[Wednesday 6 October \(10:00 – 11:00\)](#)

Choosing a primary school
[Wednesday 13 October \(19:30 – 20:30\)](#)

EHC Needs Assessments part 2 – weeks 6-12 of the 20-week process
[Wednesday 20 October \(10:00 – 11:00\)](#) or [Thursday 21 October \(19:30 – 20:30\)](#)

Tribunals part 1 – How to lodge your appeal
[Tuesday 2 November \(10:00 – 11:00\)](#) or [Wednesday 3 November \(19:30 – 20:30\)](#)

Making Meetings Matter
[Thursday 11 November \(10:00 – 11:00\)](#)

EHCP Annual Reviews
[Tuesday 16 November \(10:00 – 11:00\)](#) or [Wednesday 17 November \(19:30 – 20:30\)](#)

Tribunals part 2 – After you have lodged your appeal
[Tuesday 30 November \(10:00 – 11:00\)](#) or [Wednesday 1 December \(19:30 – 20:30\)](#)

EHC Needs Assessments part 3 - Assessment Feedback / EHCP Planning meeting and beyond
[Tuesday 7 December \(10:00 – 11:00\)](#) or [Wednesday 8 December \(19:30 – 20:30\)](#)

For full details about each webinar, please visit www.hertsparentcarers.org.uk/webinars



HCPI Autumn Term Webinars:

All previous HCPI webinars are available to watch at any time via their website. Please visit: [\(hertsparentcarers.org.uk\)](http://Webinars | Herts Parent Carer Involvement (hertsparentcarers.org.uk))



A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme helps you give your child the best possible start in life.



"This programme changed my life."

www.henry.org.uk

About the programme

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

Weekly sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

- Week 1** – Decide what changes you want to make and set your own goals
- Week 2** – How to juggle life with young children so you all get what you need
- Week 3** – How to respond to children's needs without giving in to all their demands
- Week 4** – Positive mealtime tips for a happy family – reducing mealtime stress for everyone
- Week 5** – Ideas for active play to help children learn, develop and stay happy
- Week 6** – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps
- Week 7** – Understanding and managing your child's behaviour for a happier home
- Week 8** – Celebrate your success as a parent and plan the future for your family

"I highly recommend it. It was brilliant."



Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

Priority places are available to registered HVCCG GP. After this, any free spaces will be offered to families who meet 2 of our secondary criteria including concerns around eating habits, sleep, oral health, screen time, activity levels and parents or siblings being overweight or obese.

What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

"I'm so glad I did this programme. Do it!"
"This was the best thing I could possibly have done to help me be a better mum"

What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.

What is HENRY?

HENRY is a charity working to give babies and young children a healthy start in life.



The HENRY Parent Toolkit

How can I join a programme?

HENRY programmes are running locally soon. Talk to your local Child Health Assistant, Health visiting Service, or Sure Start Centre to find out more, help you decide if you would enjoy it, or to ask to join a programme.

Programme Details

We have programmes running in different locations around Herts Valley. And an online programme too.

Please call 01707248648 to book your place!

For more information about HENRY go to:

- www.henry.org.uk
- [henryinhertfordshire](https://www.instagram.com/henryinhertfordshire)
- [facebook.com/HENRY.HealthyFamilies](https://www.facebook.com/HENRY.HealthyFamilies)



Charity number 1132581 | Company number 6952404



Find the support you need at the Families First Portal

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links



@FamiliesFirstHerts



@FFHerts

hertfordshire.gov.uk/familiesfirst



"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about my child's behaviour in school and at home"

"I'm worried about money"

"I need reassurance and support"



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with SEND

A proven evidence-based and award-winning 10 session course packed with tried and tested tools to increase understanding of Autism and ADHD and related conditions. Free for parents living in Hertfordshire whose children are under 11 years.

"This course has given me a sense of belonging and helped me understand my child."

Zoom course

Tuesday mornings 9.30am to 11.30am

April 19th 26th May 3rd 10th 17th 24th

June 7th 14th 21st 28th

Email: bookings@familiesinfocus.co.uk



Hertfordshire Community
NHS Trust

Parent / Carer Sensory Information Sessions

Places are now available to book on our information sessions for parents and carers



Innovative



Caring



Agile

Supporting your child's sensory Self-Regulation development

How does the sensory environment around us affect our attention and behaviour?
How do children manage the sensory information within everyday situations?

Our Supporting your child's self-regulation information session is for parents and carers who would like to learn more about helping their child to self-regulate. Sensory regulating activities can help children focus and organise the sensory information around them. The session offers practical advice and strategies that you can try at home with your child.

These sessions provide an introduction to the topic of self-regulation for parents and carers.

BOOK YOUR PLACE FOR 2022:

Tuesday 12th April 10:00-11:00 <https://www.eventbrite.co.uk/e/274787866907>

Thursday 12th May 10:00-11:00 <https://www.eventbrite.co.uk/e/274795539857>

Friday 17th June 10:00-11:00 <https://www.eventbrite.co.uk/e/274804677187>

Thursday 14th July 10:00-11:00 <https://www.eventbrite.co.uk/e/274814857637>

Children & Young
People's Therapies
Service

Contact us

Telephone:
01923 470680 Opt. 3

Email:
hct.cyptherapies1@nhs.net

Twitter: @CypHCT

We are also offering parent information sessions on understanding sensory preferences. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage

<https://www.hct.nhs.uk/our-services/childrens-occupational-therapy/>



www.hct.nhs.uk

Parent / Carer Sensory Information Sessions

Places are now available to book on our information sessions for parents and carers

Understanding your child's sensory preferences

How do our sensory likes and dislikes affect the choices we make in everyday life? How do children develop their sensory awareness?

"Very useful to understand sensory needs and some ideas of how to support them"

Comment from a parent who attended a session

Our Understanding Sensory preferences information session is for parents and carers who would like to know more about their child's sensory development. They focus on sensory development for younger children, thinking about how this can influence an older child's sensory likes and dislikes. It offers practical advice and strategies that you can try at home with your child.

These sessions provide an introduction to the topic of sensory processing for parents and carers. They provide initial information and advice for families who are worried about their child's sensory development.

BOOK YOUR PLACE FOR 2022:

Monday 4th April 10:00-11:00	https://www.eventbrite.co.uk/e/274784095627
Tuesday 3rd May 10:00-11:00	https://www.eventbrite.co.uk/e/274789973207
Thursday 9th June 10:00-11:00	https://www.eventbrite.co.uk/e/274800003207
Friday 8th July 10:00-11:00	https://www.eventbrite.co.uk/e/274810183657
Monday 8th August 14:00-15:00	https://www.eventbrite.co.uk/e/274824887637

We are also offering parent information sessions on supporting your child's self-regulation. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage

www.hct.nhs.uk

Innovative

Caring

Agile

Children & Young People's Therapies Service

Contact us
Telephone: 01923 470680 Opt. 3

Email: hct.cyptherapies1@nhs.net

Twitter: @CypHCT

Summer 2022 courses

If you would like to join a course, please email bookings@familiesinfocus.co.uk with your name and the date and time of the course you would like to attend

Handling anger in your family <small>Parents living in Herts with primary aged children</small>	zoom	Wednesday evenings 6.30-8.30pm April 20th / 27th May 4th / 11th / 18th / 25th
Handling anger in your family <small>Parents living in Herts with primary aged children</small>	Face to face St Albans venue TBC	Wednesday mornings 10am - 12pm June 8th / 15th / 22nd / 29th July 6th / 13th
Handling anger in your family <small>Parents living in Herts with primary aged children</small>	zoom	Monday mornings 9.30 - 11.30am June 6th / 13th / 20st / 27th July 4th / 11th
Complete guide to parenting children with SEND <small>Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis</small>	Face to face 609 St Albans Rd, Watford, WD25 9JL	Tuesday mornings 10am - 12pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th
Complete guide to parenting children with SEND <small>Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis</small>	zoom	Tuesday evenings 6.30 - 8.30pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th
Handling anger in your child with autism/ ADHD <small>Parents living in Herts with primary aged children</small>	zoom	Thursday mornings 9.30 - 11.30am June 9th / 16th / 23rd / 30th July 7th / 14th
Handling anger in your child with autism/ ADHD <small>Parents living in Herts with primary aged children</small>	zoom	Thursday lunch and learn 12 - 2pm April 21st / 28th May 5th / 12th / 19th / 26th
Handling anger in your child with autism/ ADHD <small>Parents living in Herts with primary aged children</small>	zoom	Wednesday evenings 6.30 - 8.30pm June 8th / 15th / 22nd / 29th July 6th / 13th
Sleep solutions for parents of children with autism/ ADHD <small>Parents living in Herts with primary aged children</small>	zoom	Friday mornings 9.30 - 11.30am April 22nd / 29th May 6th / 13th / 20th / 27th

@familiesinfocus.co.uk
 @familiesinfocus
 @FIFHerts
 www.familiesinfocus.co.uk

Parent Network May 2022 Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

Teens 15+ zoom with Finola and Karen	Tuesday May 3rd 7-9pm	Helping teens to cope with exam stress
zoom with Francine and Lesley	Monday May 9th 9.30-11.30am	Transition to secondary school for young people with SEND
Under 11s zoom with Tracey and Georgie	Wednesday May 11th 9.30 - 11.30am	Understanding behaviour related to the sensory needs of children
zoom with Siobhann and Karen	Monday May 16th 10am - 12pm	Professional parenting - getting the best support for your child with SEND
zoom with Vicky and Sharon	Wednesday May 18th 9.30-11.30am	Let's pop the kettle on - SEND chat, laughs with a virtual cuppa
zoom with Siobhann and Sharon	Thursday May 19th 10am - 12pm	Self care for parents of children with SEND
zoom with Siobhann and Sharon	Thursday May 19th 7-9pm	Q&A with the Hertfordshire Speech, Language, Communication and Autism team (HSCLA)

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

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 @familiesinfocus
 @FIFHerts
 www.familiesinfocus.co.uk



Parent Network June 2022 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

zoom with Francine and Lesley	Monday June 6th 7-9pm	Understanding executive functioning
Under 11s zoom with Tracey and Georgie	Wednesday June 8th 9.30 - 11.30am	Introduction to completing your EHCP With Helena Marks-Dwyer, Independent SEND consultant
zoom with Siobhann and Karen	Monday June 13th 10am - 12pm	Guide to Hertfordshire SEN services
zoom with Vicky and Sharon	Wednesday June 15th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
zoom with Siobhann and Tracey	Thursday June 16th 10am - 12pm	Professional parenting - getting the most for your child with SEND
zoom with Siobhann and Sharon	Thursday June 16th 7-9pm	Managing behaviours that challenge (primary aged)
Teens 15+ zoom with Finola and Karen	No session in June	Returns on Tuesday July 19th

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FIFHerts](https://twitter.com/FIFHerts) www.familiesinfocus.co.uk



Parent Network July 2022 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

zoom with Francine and Lesley	Monday July 4th 7-9pm	School transitions to new class and SEND (under 11s)
zoom with Siobhann and Karen	Monday July 11th 10am-12pm	Transition planning during the holidays for back to school
Under 11s zoom with Tracey and Georgie	Wednesday July 13th 9.30-11.30am	Support and planning for getting out and about in the summer holidays
zoom with Siobhann and Tracey	Thursday July 14th 10am - 12pm	Guide to Hertfordshire SEN support services
zoom with Siobhann and Sharon	Thursday July 14th 7-9pm	Surviving the summer holidays with children with SEND
Teens 15+ zoom with Finola and Karen	Tuesday July 19th 7-9pm	Wills and Trusts with Richard Horwood, Longmores Solicitors
zoom with Vicky and Sharon	Wednesday July 20th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

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TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Wednesdays 7.45-9.15pm
20th Apr-25th May
Course 508

Thursdays 7.45-9.15pm
9 Jun-14th July
Course 509

TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)



Diagnosis
not
essential

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

Thursdays 9.45-11.15am
7th Jun-12th July
Course 500

Wednesdays 8.00-9.30pm
8th Jun-13th Jul
Course 502



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk



These courses are provided free to parents by
Hertfordshire County Council



**Parent and Carer Support
Online Courses
Summer Term 2022**



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- 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.



**Wednesdays 9.45-11.15am
20th Apr-25th May
Course 503**

**Tuesdays 8.00-9.30pm
21st Apr-26th May
Course 504**

**Tuesdays 8.00-9.30pm
7th June-12th Jul
Course 505**

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

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



**Wednesdays 7.45-9.15pm
20th Apr-25th May
Course 506**

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID



ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963



FREE ONLINE SUMMER 2022 WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our [website](http://www.add-vance.org).

Date	Time	Topic
Thursday 21st April	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 25th April	10 – 11.30 am	Understanding ADHD
Monday 25th April	7 – 8.30 pm	Tips & Tools for Sleep
Tuesday 26th April	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 28th April	10 – 11.30 am	Tips & Tools to Build Self-Esteem
Tuesday 3rd May	10 – 11.30 am	Working in Partnership with School
Wednesday 4th May	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 5th May	7 – 8.30 pm	Understanding Autism
Monday 9th May	10 – 11.30 am	Applying for an EHCP
Tuesday 10th May	10 – 11.30 am	Understanding PDA
Wednesday 11th May	10 – 11.30 am	Tips & Tools to Teach Emotional Literacy
Thursday 12th May	7 – 8.30 pm	Tips & Tools for Toileting
Monday 16th May	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 18th May	10 – 11.30 am	Understanding ADHD in Girls
Thursday 19th May	10 – 11.30 am	Tips & Tools to Support Learning
Monday 23rd May	7 – 8.30 pm	Support for Dads
Wednesday 25th May	10 – 11.30 am	Understanding Autism in Girls
Thursday 26th May	10 – 11.30 am	Tips & Tools to Manage Everyday Change
Monday 6th June	10 – 11.30 am	Supporting Siblings
Wednesday 8th June	10 – 11.30 am	Understanding Challenging Behaviour
Thursday 9th June	7 – 8.30 pm	Tips & Tools to Manage Anger
Friday 10th June	10 – 11.30 am	Tips & Tools for Self Harm
Monday 13th June	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 15th June	10 – 11.30 am	Understanding Sensory Differences
Thursday 16th June	7 – 8.30 pm	Tips & Tools to Manage Sensory Differences
Monday 20th June	10 – 11.30 am	Supporting Transition into Secondary School
Tuesday 21st June	10 – 11.30 am	Understanding Anxiety
Wednesday 22nd June	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 23rd June	7 – 8.30 pm	Tips & Tools to Manage Anxiety
Monday 27th June	10 – 11.30 am	Tips & Tools for Positive Behaviour
Tuesday 28th June	10 – 11.30 am	Preparing for Adulthood 14+
Thursday 30th June	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 4th July	10 – 11.30 am	Tips & Tools to Teach Social Skills
Tuesday 5th July	10 – 11.30 am	Thinking About College
Thursday 7th July	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

'I have some great new ideas to try at home'

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders. We will not pass your personal information on to any third parties. Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.



ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE ONLINE Introductory 6-Week Courses for Parents/Carers

Understanding ADHD and Autism

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception). The Early Years course is for parents/carers of children aged 2 – 5 yrs.

Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. **The sessions will not be recorded so attendance at all 6 sessions is essential.**

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Tuesdays	19 th April to 24 th May	9.30 – 11.30 am	Early Years Course
Wednesdays	20 th April to 25 th May	7 – 9 pm	
Fridays	22 nd April to 27 th May	10 am – 12 pm	
Wednesdays*	8 th June to 13 th July	10 am – 12 pm	
Wednesdays*	8 th June to 13 th July	7 – 9 pm	Dads/male carers only

*Bookings open on 14th May at 8 am

For more information and to book your FREE place please visit our course page on [eventbrite](https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-516-for-parentscarers-in-herts-registration-302374037887).

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



Registered Charity No: 115 8968
Helpdesk: 01727 833963 Email: herts@add-vance.org Web: www.add-vance.org

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs



**Tuesday 5th July
7.30-9.30pm**

Workshop 515 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-515-registration-302320467657>

- 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.

COPING with CHANGE



**Monday 23rd May
7.30-9.30pm**

Workshop 514 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-for-parentscarers-in-herts-514-registration-302290758797>

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

TECH USE



**Monday 13th July
12.30-2.30pm**

Workshop 516 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-516-for-parentscarers-in-herts-registration-302374037887>

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

SCHOOL AVOIDANCE



**Thursday 9th June
7.30-9.30pm**

Workshop 517 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-517-registration-302615209237>

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Page 2 of 2



Parent & Carer Support TALKING ASD & ADHD Workshops Summer Term 2022



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

ANXIETY and STRESS

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.



**Tuesday 3rd May
9.30-11.30am**

Workshop 510 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-510-registration-300778415337>

**Tuesday 28th June
7.30-9.30pm**

Workshop 511 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-511-registration-302365111187>

**Monday 25th April
7.30-9.30pm**

Workshop 513 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-513-registration-297914449137>

**Wednesday 13th July
9.30-11.30am**

Workshop 512 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-512-registration-302300818887>



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



Workshops are open to parents and carers living in Hertfordshire

Page 1 of 2



ADD-vance

The ADD-vance ADHD and Autism Trust
Passionate about Understanding, Embracing and Celebrating Neurodiversity

FREE ONLINE 6-Week Courses for Parents/Carers of Teens

Understanding Teens with ADHD and Autism

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

This course will be delivered face to face in East Herts with a maximum of 14 participants. It will run as a series of 2-hour sessions over six weeks.

One course will be running on the following dates:

Wednesdays	8 th June to 13 th July	10 am – 12 pm	East Herts venue tbc
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*Bookings open on 14th May 2022 at 8 am.

This course is funded by Hertfordshire County Council and are open to residents of Hertfordshire only



Registered Charity No: 115 8968
Helpdesk: 01727 833963 Email: herts@add-vance.org Web: www.add-vance.org



ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963

NEWSLETTER
Summer 2022
First Half Term

At ADD-vance we are passionate about understanding, embracing and celebrating neurodiversity!

That's because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, Autism and related conditions. In our opinion, nobody understands the needs of neurodiverse families better than parents and carers who 'walk the walk' every day! Sometimes we all need a helping hand, whether that's a simple chat or something a bit more structured. We want to help you develop plans and strategies that work for your family so that everyone can thrive.

Get in touch to find out more about our range of services in Hertfordshire.

Need someone to talk to about ADHD or Autism?



Please call the ADD-vance
Telephone Helpline
01727 833963

For parents and professionals

Lines are open from 9am-1pm Monday to Friday
Alternatively you can email herts@add-vance.org

Need information or support right now?



You can post anonymously on the
ADD-vance Private Facebook Page
and get ideas from over 5000
parent and professional members of ADD-vance!

To join the group click:
<http://www.add-vance.org/parents/>
and follow the Facebook link.
(You'll be asked 3 simple questions to check your identity)

The group is moderated by
Specialist Family Coaches and Trainers from ADD-vance.

Please note, this is not an emergency service.

Want to understand your child better?



Please sign up for one of our
FREE ONLINE Six-Week Courses
generously funded by Hertfordshire County Council.

Three courses will be running after Easter
*including one specifically for
pre-school children*

Courses will be delivered via Zoom with
a maximum of 14 participants per group.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>

Worried about your child?



Please join us for our weekly
FREE ONLINE Support Groups
via Zoom

We have separate groups for:
Parents/carers of primary-aged children
Parents/carers of secondary-aged children
Parents/carers of young people aged 16-25 yrs

Maximum 10 participants (plus two coaches) per group.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>



Autism | ADHD
Neurodiverse Conditions

WORKSHOPS / COURSES SUMMER TERM 2022 - JUNE / JULY

Understanding Autism Workshop	Tuesday 7 th June	11:00 - 12:00
ASD and Tourettes Talk	Thursday 9 th June	18:30 - 20:00
Talking SENSory - Signs, Signals and Solutions Workshop	Tuesday 14 th June	19:00 - 21:00
PDA, ODD and ADHD 'Understanding The Difference' Workshop	Thursday 16 th June	10:00 - 12:00
EHCP - New Application Workshop	Thursday 16 th June	19:00 - 21:00
Understanding Specific Maths Difficulties (Dyscalculia)	Friday 17 th June	10:00 - 12:00
Understanding Autism and ADHD Workshop	Monday 20 th June	19:00 - 21:00
Therapeutic Thinking - What Lies Beneath Behaviour? Workshop	Tuesday 21 st June	10:00 - 12:00
Navigating the SEND World Workshop	Thursday 23 rd June	19:00 - 21:00
Sleep Tight Course - 4 weeks - East Herts Residents	Friday 24 th June	10:00 - 11:30
Mental Health in Neurodiverse Children/Young People Workshop	Tuesday 5 th July	18:00 - 20:00
Navigating the SEND World Workshop	Thursday 7 th July	10:00 - 12:00
Autism and Complex Needs Workshop	Thursday 14 th July	10:00 - 12:00



www.spaceherts.eventbrite.co.uk

All workshops and courses can be booked via Eventbrite
and will be posted on our social media in due course

For further information please email: training@spaceherts.org.uk or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at time of printing

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

WORKSHOPS / COURSES SUMMER TERM 2022 - APRIL / MAY

Understanding ADHD Workshop	Wednesday 20 th April	11:00 - 12:00
Sleep Tight Course - 4 weeks - DSPL3	Thursday 21 st April	10:00 - 11:30
EHCP 'Annual Review' Workshop	Thursday 21 st April	19:00 - 20:30
Sleep Workshop	Monday 25 th April	10:00 - 12:00
PDA, ODD and ADHD	Wednesday 27 th April	10:00 - 12:00
Navigating the SEND World Workshop	Thursday 28 th April	19:00 - 21:00
ADHD Skills Building 4 Week Course (4 sessions)	Tuesday 3 rd May	18:30 - 20:30
Anxiety and SEND Workshop	Wednesday 4 th May	10:00 - 12:00
Anger and Conflict Workshop	Friday 6 th May	10:00 - 12:00
Talking SENsory - Signs, Signals and Solutions Workshop - DSPLS	Monday 9 th May	09:30 - 11:30
ADHD Skills Building 2 Day Course - DSPL3 - TBC	Monday 9 th May	09:30 - 14:30
Talking SENsory - Signs and Signals Workshop	Tuesday 10 th May	10:00 - 12:00
Navigating the SEND World Workshop	Monday 16 th May	10:00 - 12:00
ADHD Skills Building 2 Day Course - DSPL3 - TBC	Monday 16 th May	09:30 - 14:30
Talking SENsory - Solutions Workshop	Tuesday 17 th May	10:00 - 12:00
Supporting Learners With Demand Avoidance Workshop	Thursday 19 th May	18:00 - 20:00
Autistic Girls Workshop	Monday 23 rd May	10:00 - 11:30
Puberty and Neurodiversity Workshop	Tuesday 24 th May	10:00 - 12:00



www.spaceherts.eventbrite.co.uk

All workshops and courses can be booked via Eventbrite and will be posted on our social media in due course. For further information please email: training@spaceherts.org.uk or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at time of printing

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

We are delighted to announce our complete programme of

FREE ONLINE Workshops for Parents/Carers

will be running throughout Summer Term 2022 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.

'I feel so much better prepared for what lies ahead'

THE SEND JOURNEY
Identifying ADHD and/or Autism in your child
Caring for your Neurodiverse Child (and yourself!)
Working in Partnership with School to support your Neurodiverse Child
Applying for an EHCP for your Neurodiverse Child
Preparing for an EHCP Annual Review for your Neurodiverse Child
Supporting Siblings
Support for Dads
Managing the Transition to Primary School
Managing the Transition to Secondary School
Preparing for Adulthood
Thinking about College?
Thinking about University?

PSYCHOEDUCATION WORKSHOPS
Understanding ADHD
Understanding Autism
Understanding Pathological Demand Avoidance (PDA)
Understanding Sensory Differences
Understanding ADHD in Girls
Understanding Autism in Girls
Understanding Challenging Behaviour
Understanding Anxiety
Understanding Neurodiverse Teens

'I finally understand my child!'

'I have some great new ideas to try at home'

SKILL-BUILDING WORKSHOPS
Tips and Tools to Build Self-Esteem
Tips and Tools to Manage Sensory Differences
Tips and Tools to Support Communication
Tips and Tools to Teach Emotional Literacy
Tips and Tools to Manage Everyday Transitions
Tips and Tools to Support Learning (Executive Function)
Tips and Tools to Teach Social Skills
Tips and Tools to Manage Anxiety
Tips and Tools to Manage Anger
Tips and Tools for Positive Behaviour
Tips and Tools for Toileting
Tips and Tools for Sleep
Tips and Tools for Puberty
Tips and Tools to Manage Self-Harm

Wondering if you or your child has ADHD?



Please book in for a **QbCheck at ADD-vance**

This online test measures the three core symptoms of ADHD. It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit www.add-vance.org/adhd_service/qbcheck/ for more information or to arrange a booking.

Feeling stuck as a family?



Please enquire about the ADD-vance **Family Coaching Service** currently being delivered online via Zoom.

For tailored one-to-one support to move your family forward visit <https://www.add-vance.org/parents/coaching/> for more information and to download the referral form.

Need help with your EHCP application or annual review?



Get in touch to arrange a consultation with our **EHCP Specialist Advisors**
Email coaching@add-vance.org for more information and costs.

Did you know that ADD-vance does not receive any regular statutory funding?

DONATE

We rely on the passion and goodwill of private donors and fundraising activities to help us reach even more families in Herts!

Please support us by organising a fundraising activity, shopping online using Amazon Smile or Easy Fundraising, making a text donation or using our QR code:

To donate £1, text ADDV to 70201
To donate £3, text ADDV to 70331
To donate £5, text ADDV to 70970
To donate £10, text ADDV to 70191



Donations are vital to our work and we REALLY appreciate all contributions, no matter how small.

* Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org.

Thank you!



Bringing up confident children for parents of children with SEN (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Monday, 6th June to 11th July 2022

Time: 7.00pm - 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together



Find us on Facebook @FamilyLivesHertsandBeds



Hertfordshire



www.familylives.org.uk

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



Autism | ADHD
Neurodiverse Conditions



Welcome to “Lending SPACE”



**SPACE Equipment Lending Library will be open in April.
We will be lending out sensory, practical and educational
resources to families who live in Hertfordshire with children
and young people with additional needs**

For enquires please email: lendingSPACE.herts@gmail.com

#lendingSPACE







SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY 1077722 AND 1179776



Little Achievers

WEEKLY TEACHING CLASSES AND STAY AND PLAY GROUP FOR CHILDREN AGED 0-5YRS WITH DOWN SYNDROME



Join our weekly class with a focus on early skills in the areas of literacy, numeracy, fine motor skills, physical development and communication. Plus you can also join our optional 'Stay and Play' sessions that will provide an opportunity for you to meet other parents and for your children to socialise. The Stay and Play sessions will also involve a story and a Sing and Sign session using Makaton. There will be opportunities for all families to have appointments with private therapists (OT, physio and SALT) during the term, for the therapist to provide guidance and advice, and to answer parent/carer questions.

BOOK HERE WWW.EVENTBRITE.CO.UK/E/162045168461



Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Tuesday, 7th June to 12th July 2022

Time: 7.00pm to 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together

 Find us on Facebook @FamilyLivesHertsandBeds

www.familylives.org.uk



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. This is an online group and will be delivered via MS Teams.

When: Wednesday, 8th June to 13th July 2022

Time: 9.30am 11.30am

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
April 2022

A FREE course for Mums,
Dads, Step-parents and
Carers



Tuesday mornings Online
10.00am—11.30am

19, 26 April, 3, 10, 17 & 24 May
2022

Sessions will run on Zoom



Please like us on Facebook for further updates @familiesfeelingsafe

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

- Understand the links between Feelings, Thoughts and Behaviour
- 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 and have problem-solving skills for life

"I wish I had done the course sooner"

Places are funded by HCC for families living in Hertfordshire and there are eligibility criteria

For eligibility and to book your FREE place please email:
enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

Tuesday evenings Online
7.30pm - 9.00pm

9, 16, 23, 30 June, 7 & 14 July 2022
Sessions will run on Zoom

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
April 2022

A FREE course for Dads,
Step-Dads and Male Carers



Tuesday evenings Online
7.30pm - 9.00pm

19, 26 April, 3, 10, 17 & 24 May
2022

Sessions will run on Zoom



Please like us on Facebook for further updates @familiesfeelingsafe

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

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"I wish I had done the course sooner"

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606



Tuesday evenings Online
7.30pm - 9.00pm

7, 14, 21, 28 June, 5 & 12 July 2022
Sessions will run on Zoom