

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 Autumn term 2022



DSPL7

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

Autumn courses

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

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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: [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.facebook.com/HENRY.HealthyFamilies)
- [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

Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.



"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."

This course will enable you and your family to:

- ✔ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✔ Attain awareness of a child's sensory world and the affect on behaviour
- ✔ Understand how anger and other emotions live in your family
- ✔ Increase your understanding of triggers that cause angry outbursts
- ✔ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✔ Discover creative ways to support children to 'let go' of anger safely
- ✔ Gain effective empathic communication techniques to reduce angry outbursts
- ✔ Meet and share experiences with other parents



Funded by Hertfordshire
County Council

Where: Online via Zoom

When: Monday evenings 6.30-8.30pm
September 12th, 19th, 26th
October 3rd, 10th, 17th

Only 12 free places available. Bookings open on June 1st by emailing bookings@familiesinfocus.co.uk with name and date of course

www.familiesinfocus.co.uk Copyright © 2021 Families in Focus CIC info@familiesinfocus.co.uk

HERTFORDSHIRE DYSLEXIA ASSOCIATION

ASSISTIVE TECHNOLOGY IN ACTION

How can technology help you or your child in school, work & everyday life

SATURDAY 17TH SEPTEMBER 2022

13:30-16:30

BISHOP HATFIELD SCHOOL
WOOD AVENUE, HATFIELD, AL10 8NL

Speakers Arran Smith (Dyslexia Show) & Myles Pilling (AccessAbility Solutions) will demonstrate how you can get the best out of Microsoft, Chrome, Apple, Google & beneficial apps in this hands-on seminar. As well as covering some specialist software/hardware.

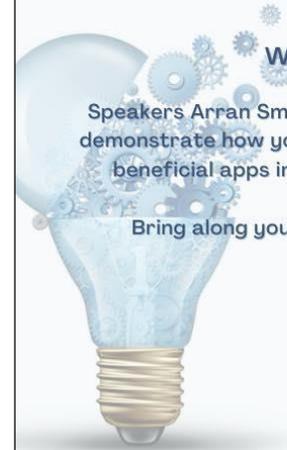
Bring along your device so you can immediately benefit from the session

HDA MEMBER : FREE VIA EMAIL

hdacentral@gmail.com

NON-HDA MEMBERS : £5 VIA LINK

<https://assistivetech.eventbrite.co.uk/>



hertsdyslexia.co.uk

TALKING ADDITIONAL NEEDS



WEDNESDAYS
14th September - 19th October 2022
9.30-11.30am

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. 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 the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Fleetville Family Centre
Off Woodstock Rd South
ST ALBANS AL1 4QJ
Parking available in Morrisons supermarket.

'I was in a lot of distress as I had no idea how to deal with my daughter's anger and frustration, now I have harmony in my home and I feel more in control and less

Pre-booking essential

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

07512 709556

bookings@supportinglinks.co.uk

QUOTING REFERENCE SL526



This course is provided free to parents by Hertfordshire County Council



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."

Where: Hemel Hempstead venue TBC

When: Wednesday mornings 9.30-11.30am
September 14th, 21st, 28th
October 5th, 12th, 19th
November 2nd, 9th, 16th, 23rd



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Only 12 free places available. Bookings open on June 1st by emailing bookings@familiesinfocus.co.uk with name and date of course

www.familiesinfocus.co.uk

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info@familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



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- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
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Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Only 12 free places available. Bookings open on June 1st by emailing bookings@familiesinfocus.co.uk with name and date of course

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Parent and Carer Support Online Courses Autumn 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.

Tuesdays 9.45-11.15am
13th Sep-18th Oct
Course 528

Tuesdays 8.00-9.30pm
13th Sep-18th Oct
Course 530

We are also running face to face in: Stevenage

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
14th Sep-19th Oct
Course 531

Thursdays 7.45-9.15pm
3rd Nov-8th Dec
Course 532

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

Page 1 of 2

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.

Mondays 7.45-9.15pm
12th Sept-17th Oct
Course 533

Mondays 7.45-9.15pm
31st Oct-5th Dec
Course 534

TALKING 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.

Tuesdays 9.45-11.15am
1st Nov-6th Dec
Course 529

**We are also running
face to face in:
St Albans**



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



ADD-vance

The ADHD and Autism Trust

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



FREE ONLINE AUTUMN 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
Wednesday 14 th September	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 19 th September	10 – 11.30 am	Understanding Autism
Wednesday 21 st September	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 22 nd September	10 – 11.30 am	Tips & Tools for Sleep
Thursday 22 nd September	7 – 8.30 pm	Tips & Tools to Build Self-Esteem
Monday 26 th September	10 – 11.30 am	Working in Partnership with School
Wednesday 28 th September	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 29 th September	7 – 8.30 pm	Understanding ADHD
Monday 3 rd October	10 – 11.30 am	Applying for an EHCP
Tuesday 4 th October	10 – 11.30 am	Understanding PDA
Wednesday 5 th October	10 – 11.30 am	Tips & Tools for Toileting
Thursday 6 th October	7 – 8.30 pm	Tips & Tools to Support Emotional Literacy
Monday 10 th October	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 12 th October	10 – 11.30 am	Understanding ADHD in Girls
Thursday 13 th October	7 – 8.30 pm	Tips & Tools to Support Learning
Monday 17 th October	7 – 8.30 pm	Support for Dads
Wednesday 19 th October	10 – 11.30 am	Understanding Autism in Girls
Thursday 20 th October	10 – 11.30 am	Tips & Tools to Manage Everyday Change
	HALF	TERM
Monday 31 st October	10 – 11.30 am	Understanding Self Harm
Wednesday 2 nd November	10 – 11.30 am	Supporting Siblings
Thursday 3 rd November	7 – 8.30 pm	Understanding Challenging Behaviour
Friday 4 th November	10 – 11.30 am	Tips & Tools to Manage Anger
Monday 7 th November	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 9 th November	7 – 8.30 pm	Understanding Sensory Differences
Friday 11 th November	10 – 11.30 am	Tips & Tools to Manage Sensory Differences
Monday 14 th November	10 – 11.30 am	Supporting Transition into Secondary School
Wednesday 16 th November	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 17 th November	7 – 8.30 pm	Understanding Anxiety
Friday 18 th November	10 – 11.30 am	Tips & Tools to Manage Anxiety
Monday 21 st November	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wednesday 23 rd November	10 – 11.30 am	Preparing for Adulthood 14+
Wednesday 23 rd November	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 28 th November	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wednesday 30 th November	10 – 11.30 am	Thinking About College
Thursday 1 st December	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 Introductory 6-Week Courses for Parent/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).

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 and in person with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks.

The online 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. 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 online sessions will not be recorded so attendance at all 6 sessions is essential.**

Wednesdays	14 th September to 19 th October	10 am to 12 pm	Parents/Carers of Girls Leavesden Green Community Hub, Watford
Wednesdays	14 th September to 19 th October	7 – 9 pm	Online
Fridays	16 th September to 21 st October	10 am – 12 pm	Quaker Meeting Room, Hitchin

For more information and to book your FREE place please visit our course page on [eventbrite](https://www.eventbrite.com).

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

TALKING



FAMILIES



Because parents don't get training for the toughest job on earth!



TUESDAYS

1st November - 6th December 2022

7.00 - 9.00pm

Our FREE 6 week course for parents and carers of children aged 0-12 will help you to:

- Understand and respond to challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to outbursts and difficult feelings in children
- Feel good about your parenting and more positive in your relationship with your children

'It was a brilliant course and has made a huge difference already, I can't thank you enough'

**Stevenage Family Centre
Herts
(Exact venue to be confirmed)**

'It has taught me new skills to deal with family life, and the group were really non-judgemental'

Pre-booking essential

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

07512 709556

bookings@supportinglinks.co.uk

QUOTING REFERENCE SL380

www.supportinglinks.co.uk



This course is provided free to parents by Hertfordshire County Council

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- 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

- 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

- 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

- 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.



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**Wednesday 2nd November
7.30-9.30pm**

Workshop 540 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-540-registration-374140453167>



**Monday 3rd October
12.30-2.30pm**

Workshop 539 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-transition-change-for-parentscarers-in-herts-538-registration-373592714867>



**Tuesday 11th October
7.30-9.30pm**

Workshop 541 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-541-for-parentscarers-in-herts-registration-374147955607>



**Thursday 10th November
12.30-2.30pm**

Workshop 542 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-542-registration-374164133997>



ADD-vance

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

FREE 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.

Courses will be delivered online via Zoom and face to face with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks.

The online 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. 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.

Mondays	12 th September to 17 th October	7 – 9 pm	Online
Thursdays	15 th September to 20 th October	10 am – 12 pm	Chaulden Community Centre, Hemel Hempstead

For more information and to book your FREE place please visit our course page on [eventbrite](https://www.eventbrite.com).

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



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. The online groups are for six weeks and delivered via Microsoft Teams.

- **Thursday 15th September to 20th Oct, 9.30 - 11.30**
- **Tuesday 4th October to 15th November, 9.30-11.30**
- **Tues 8th November to 13th December 7.30pm - 9.30pm**
- **Wednesday 9th November to 14th December, 9.30 - 11.30**

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.

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 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.

RESPONDING TO ANGER

- 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.
- Where to access further help and support, both locally and nationally.



**Wednesday 23rd November
9.30-11.30am**

Workshop 535 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-535-registration-368851594047>

**Thursday 29th September
7.30-9.30pm**

Workshop 536 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-536-registration-369897783227>

**Thursday 20th October
9.30-11.30am**

Workshop 537 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-for-parentscarers-in-herts-537-registration-369911333757>

**Wednesday 7th December
7.30-9.30pm**

Workshop 538 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parentscarers-in-herts-538-registration-369918374817>



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

Follow on:



Workshops are open to parents and carers living in Hertfordshire

Page 1 of 2



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 ENGLAND AND WALES NO. 117 6178



Time to Talk about Pre-Teens and Teens Online group

Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free 6 week online group for valuable advice and help on how to support and manage their behaviour.

When: Thursday 6th October to 17th November

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

www.familylives.org.uk

@FamilyLivesHertsandBeds



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Families Feeling Safe

Supporting families with Protective Behaviours

BUSHEY
starting
SEPTEMBER 2022

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



Tuesdays 11.30am to 1.30pm
(arrival 11.00am to 11.15am)
20, 27 Sept, 4, 11, 18 Oct, 1, 8 & 15 Nov
2022

at
The Hub, Bournehall Primary School,
Bournehall Ave, Bushey, WD23 3AX



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 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

Course No: LSD2



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



Autism | ADHD
Neurodiverse Conditions

SEPTEMBER WORKSHOPS AND COURSES

Starting SPACE (2 weeks)	Friday 9th Sept	10:00 - 12:00
Sleep Tight Course (5 weeks)	Monday 12th Sept	10:00 - 12:00
Autistic Girls Workshop	Tuesday 13th Sept	19:00 - 21:00
Puberty and Neurodiversity Workshop	Thursday 15th Sept	19:00 - 21:00
PDA, ODD and ADHD Workshop	Friday 23rd Sept	10:00 - 12:00
ASD and Tourettes Talk	Monday 26th Sept	19:00 - 20:30
Navigating the SEND World Workshop	Tuesday 27th Sept	19:00 - 21:00
Parenting ADHD Course (4 weeks)	Wednesday 28th Sept	10:00 - 12:00

Please use the Eventbrite link below to reserve your place:

spaceherts.eventbrite.co.uk

Limited Places Available



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

STEVENAGE
starting
SEPTEMBER 2022

Families Feeling Safe

Supporting families with Protective Behaviours

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



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

Wednesday mornings
9.30am—11.30am
21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23
Nov 2022

At
The Oak Suite, Peartree Spring Primary School, Hydean Way, Stevenage, SG2 9GG

Stevenage - DSPL Area 2
DSPL | Delivering Special Provision Locally
Achieving quality outcomes





Please like us on Facebook for further updates @familiesfeelingsafe

"I wish I had done the course sooner"

Places are 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

Course No: LSD7



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Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
September 2022

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



Tuesday evenings Online
7.30pm - 9.00pm

13, 20, 27 Sept, 4, 11 & 18 Oct 2022
Sessions will run on Zoom

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 in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please

Email: enquiries@familiesfeeling-safe.co.uk

Course No: L4E1

Tel: 07748 332606



Please like us on Facebook for further updates @familiesfeeling-safe



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TRAINING PROGRAMME AUTUMN 2022



1) Transition to Special School, and Transport

Trainer: Gillian Warwick-Thompson
28th September, 7:30 - 9pm
Parent carers ONLY; [BOOK HERE](#)



2) Supporting Children with Down Syndrome in Education

Trainer: Helen Long
4 day course: 30th Sept, 21st Oct,
11th Nov, 9th Dec
Parent carers and Professionals
[BOOK HERE](#)



3) Visual Development in Babies, Children and Young People with Down Syndrome

Trainer: Dr. Maggie Woodhouse OBE
22ND November, 9:30am - 2:30pm
Parent carers and Professionals
[BOOK HERE](#)

info@dsachieve.org 07824 467471