

Provider	Course/Booking NEW LISTING	Key Topics
QUICK GLANCE NEW LISTINGS		
ADD-Vance	Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Thu 5 Jan 2023 at 10:00 Eventbrite	Diagnosing ADHD/Autism
	Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Thu 5 Jan 2023 at 10:00 Eventbrite	6 Week Course – Understanding Teens with ADHD and Autism
	Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Thu 5 Jan 2023 at 19:00 Eventbrite	6 Week Course – Understanding ADHD and Autism (Evenings)
	Understanding Girls with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Fri 6 Jan 2023 at 10:00 Eventbrite	6 Week Course – Understanding Girls with ADHD and Autism
	Understanding ADHD - FREE ONLINE WORKSHOP Tickets, Mon 9 Jan 2023 at 10:00 Eventbrite	Understanding ADHD
	Caring for Your Child (and Yourself) - FREE ONLINE WORKSHOP Tickets, Tue 10 Jan 2023 at 10:00 Eventbrite	Caring for your Child (and Yourself)
	ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 10 Jan 2023 at 13:00 Eventbrite	Online Support Group (Primary School aged)
	Tips & Tools to Build Self-Esteem - FREE ONLINE WORKSHOP Tickets, Wed 11 Jan 2023 at 10:00 Eventbrite	Building Self Esteem
	Tips & Tools for Sleep - FREE ONLINE WORKSHOP Tickets, Wed 11 Jan 2023 at 19:00 Eventbrite	Tips for Sleep
SPACE Herts	Children's Japanese Forest Spirit Art Session Tickets, Fri 6 Jan 2023 at 17:00 Eventbrite	Japanese Forest Sprit Art Session

	Junior Online Cooking Tickets, Mon 9 Jan 2023 at 17:30 Eventbrite	Junior Cooking Session
	Senior Online Cooking Tickets, Mon 9 Jan 2023 at 18:45 Eventbrite	Senior Cooking Session
	Puberty and Neurodiversity Tickets, Wed 11 Jan 2023 at 19:00 Eventbrite	Puberty and Neurodiversity
	Understanding ADHD Workshop Tickets, Thu 12 Jan 2023 at 19:00 Eventbrite	Understanding ADHD
	Navigating the SEND World Post 16 Tickets, Mon 16 Jan 2023 at 10:00 Eventbrite	Navigating the SEND World Post-16
Child Wellbeing Practitioners	General Emotional Wellbeing and Regulation Tips for Parents Tickets, Thu 15 Dec 2022 at 18:00 Eventbrite	General Emotional Wellbeing and Regulation Tips for Parents

Use **Ctrl F** to search topics

HOLIDAY AND TERM TIME ACTIVITIES		
Provider	Course/Booking NEW LISTING	Key Topics
IMAGINATION DANCE	SEND Dance & Activity Workshops Participants must be able to participate independently without parent/carer. FREE spaces for children in receipt of free school meals. Westmill Community Centre, Hitchin 23 December (10am to 12:30pm for 7 to 11 yrs) (1:30pm to 4pm for 12 to 16 yrs) £5 Pixmore Junior School, Letchworth 28 December (10am to 12:30pm for 7 to 11 yrs) (1:30pm to 4pm for 12 to 16 yrs) £5 info.imaginationarts@yahoo.com 07394 934 911 https://imaginationarts.co.uk/	Holiday – SEND Dance & Activity
HERTFORDSHIRE FAMILY CENTRE SERVICE	SEND DROP IN Chestnut Tree Family Centre, c/o Garden City Academy, Letchworth. 1 st Thursday in every month 10am to 11:30am. Children welcome to attend with you or can attend on your own. No diagnosis needed.	SEND Drop-In (Early Years)
HERTS DISABILITY SPORT FOUNDATION	Find an activity : Find an Activity - Herts Disability (hdsf.co.uk)	Sport Activities

360 Play STEVENAGE SEN SESSIONS	<p>SEN Evenings – a safe, inclusive and secure environment with friendly, experienced staff. Booking essential. 1st Friday of every month 6:30pm to 8:30pm Adult £0, Child – SEN £7.00 SEN (360playshop.co.uk)</p>	Play Sessions
Gravity Trampoline SEN Sessions	<p>SEN Sessions – making the thrill of Gravity inclusive fun for everyone. Use code COMPCARER at checkout for 1 x Free Carer with SEN session. SEN Sessions Stevenage Gravity Trampoline Park (gravity-uk.com)</p>	Trampoline Sessions
FLYERZ HOCKEY	<p>St Albans Flyerz is a disability hockey project which makes hockey available to ALL via inclusive sessions supported by St Albans Hockey Club. See website for further details. flyerzac@gmail.com St. Albans HC Flyerz (stalbanshc.co.uk) St Albans Flyerz (stalbanshc.co.uk)</p>	Hockey

HOLIDAY AND TERM TIME ACTIVITIES

Provider	Course/Booking NEW LISTING	Key Topics
LETCWORTH GARDEN CITY EAGLES	INCLUSIVE FOOTBALL Hertfordshire County Ground, Letchworth SG6 2EN Letchworth Garden City Eagles have teamed up with partners Herts Sports Partnership and Hertfordshire Football Association to deliver weekly sessions for players with any disabilities. The disability sessions will initially run for 12 weeks and are aimed at all differing impairments. The sessions will provide a safe fun learning environment for all players taking part. Run by a qualified coach, all sessions will take place on the Hertfordshire FA state of the art 3G pitch and offer the opportunity to participate in exciting and engaging practices. As well as developing skills within football, the program will also help improve social skills and confidence. The aim of the coaching program is to create an enjoyable and safe environment for everybody to enjoy sport. During the program, we will look to develop sporting skills, as well as social skills and confidence. jason.valentine@letchworth.com 07788 391 609 Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC (letchwortheagles.org.uk)	Football
NORTH HERTS FOOTBALL FACILITY	JUNIOR ABILITY COUNTS – Open to any children 7-16 years old with a disability or special education need who is able to walk. Hitchin Town Community FC, The Arena, Norton Road, Baldock SG7 5AU. www.northhertsarena.co.uk info@htcfc.co.uk 01462 720088	Football
PHOENIX GROUP FOR DEAF	PHOENIX GROUP Various activities for children, young people and adults through the year. info@phoenixgroup.org.uk 07748 690989 www.phoenixgroup.org.uk / @PheonixDeaf	Activities for children who are deaf
Hertfordshire Additional Needs HAND	HAND ADDITIONAL NEEDS DATABASE Hertfordshire Additional Needs Database (HAND) You can choose to join the register. The database helps to: identify and plan for the needs of children with special educational needs and disabilities and their families. Monitor services. HAND can offer you: A free digital HAND card can give you perks and discounts to lots of places for family days in in Herts. You can also subscribe to SEND News. hand@hertfordshire.gov.uk	HAND database
Potential Kids	Activities - Potential Kids	Activities and online events and support

AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
NESSie		
Autism Hertfordshire	<p>Autism Hertfordshire Transition Service for 16-20 year olds. Autism Hertfordshire are offering a transition support service to young autistic adults and their families. Workshops, Social Groups, Parent/Carer Support Sessions. Contact Rachel.hatton@autismherts.org 01727 743246</p> <p>Transitions service is open to anyone with an autism diagnosis aged 16-20. We provide workshops and courses, as well as a fortnightly social group. For more information, the link to our website is here: Support for Adults in Hertfordshire » Autism Bedfordshire</p> <p>Helpline which is open Monday to Friday, 9am until 5pm. The telephone number is 01727 743246. This is open to anyone for information, advice and guidance on all aspects of Autistic Spectrum Conditions. Helpline for autistic individuals: Monday to Friday 9am to 5pm 01727 743246 enquiries@autismherts.org</p> <p>Transition Service 16-25 In person social group 6:30pm to 8:30pm For more details : 01727 743246 rachel.hatton@autismherts.org Monthly Online Social Group Wednesday 6pm to 7:30pm email Rachel.hatton@autismherts.org</p>	<p>Transition 16-20 – Autism</p> <p>Helpline for Autistic Individuals</p> <p>Parent/Carer Support</p> <p>Post 16</p>
	<p>December Workshops 16 to 25 year olds All workshops take place Tuesdays 1:30pm to 2:30pm Bookings: Rachel.hatton@autismherts.org 01727 743246 13 December: Managing Social Exhaustion 20 December: Being safe online</p>	<p>For 16 to 25 year olds</p> <p>Managing Social Exhaustion</p> <p>Being Safe Online</p>
ADD-vance ADD-vance Eventbrite	Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Thu 5 Jan 2023 at 10:00 Eventbrite	Diagnosing ADHD/Autism
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<u>Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Thu 5 Jan 2023 at 19:00 Eventbrite</u>	6 Week Course – Understanding ADHD and Autism (Evenings)
<u>Understanding Girls with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Fri 6 Jan 2023 at 10:00 Eventbrite</u>	6 Week Course – Understanding Girls with ADHD and Autism
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<u>Caring for Your Child (and Yourself) - FREE ONLINE WORKSHOP Tickets, Tue 10 Jan 2023 at 10:00 Eventbrite</u>	Caring for your Child (and Yourself)
<u>ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 10 Jan 2023 at 13:00 Eventbrite</u>	Online Support Group (Primary School aged)
<u>Tips & Tools to Build Self-Esteem - FREE ONLINE WORKSHOP Tickets, Wed 11 Jan 2023 at 10:00 Eventbrite</u>	Building Self Esteem
<u>Tips & Tools for Sleep - FREE ONLINE WORKSHOP Tickets, Wed 11 Jan 2023 at 19:00 Eventbrite</u>	Tips for Sleep

AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Angels Support Group	<ul style="list-style-type: none"> See website for full Autumn Term Programme Parent / Carer Support Group 15 December – Parent/Carer Support Group 10am to 12pm (Stevenage) 20 December – Parent/Carer Support Group 10am to 12pm (online)	Support Groups
	13 December – Emotional Literacy 10am to 12pm (online)	Emotional Literacy
SPACE Autism/ ADHD Neurodiverse Conditions	Children's Japanese Forest Spirit Art Session Tickets, Fri 6 Jan 2023 at 17:00 Eventbrite	Japanese Forest Sprit Art Session
	Junior Online Cooking Tickets, Mon 9 Jan 2023 at 17:30 Eventbrite	Junior Cooking Session
	Senior Online Cooking Tickets, Mon 9 Jan 2023 at 18:45 Eventbrite	Senior Cooking Session
	Puberty and Neurodiversity Tickets, Wed 11 Jan 2023 at 19:00 Eventbrite	Puberty and Neurodiversity
	Understanding ADHD Workshop Tickets, Thu 12 Jan 2023 at 19:00 Eventbrite	Understanding ADHD
	Navigating the SEND World Post 16 Tickets, Mon 16 Jan 2023 at 10:00 Eventbrite	Navigating the SEND World Post-16
Lending SPACE	Understanding and Supporting Emotional Regulation Tickets, Mon 12 Dec 2022 at 18:30 Eventbrite	Emotional Regulation
	Hertfordshire's only specialist equipment library: sensory, educational and practical resources FREE for families to borrow. Friendly advice: help on equipment for your child's specific needs. A listening ear: emotional and practical. Signposting: knowledge and understanding of local resources as well as community and statutory service. Unit 19, The Maltings Business Centre, Roydon Road, Stanstead Abbots, SG12 8HG Mon, Weds, Sat 9:30am to 12:30pm. Lendingspace@spaceherts.org.uk 07565 258 694	Specialist Equipment Library

AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
SPRINGBOARD	One year full time course for young people aged between 16-24 with Asperger's Syndrome, high functioning Autism or anxiety who may experience social, emotional and mental health difficulties. Aim to equip young people with confidence, independence and social skills needed to reach their full potential and move successfully into mainstream college or employment (ages 16 to 24) Discover Springboard (SEND) courses - North Hertfordshire College (nhc.ac.uk)	16 – 24 Provision
Ambitious About Autism	Join the Ambitious Youth Network (ambitiousaboutautism.org.uk) The Ambitious about Autism youth network is a fun and friendly space for autistic young people, between the ages of 16-25 , to meet other autistic young people and be themselves. It offers them a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel. Young people will be able to take part in peer support sessions which are held on Tuesday and Thursday evenings between 5:45-6:45 over Zoom. These sessions are a chance to meet new autistic young people across the country, share experiences and find volunteering, work experience and employment opportunities. Sessions are a safe environment where you can stay within your comfort zone, there is no pressure to turn on your camera or microphone. You can choose to participate or just observe. The sessions are led by Ambitious staff trained in safeguarding, who you may contact at any point if you are uncomfortable or feel unsafe. Every session has a different theme, past sessions have included arts and crafts, comedy night, DJ sessions, language lessons, and a monthly general knowledge quiz. Youth network members over the age of 18 also have a chance to instant message each other on the platform. To access the peer sessions, you will need to request to join the youth network .	Autism / Youth
Families in Focus CIC	Handling anger in your primary aged child with ASD or ADHD Families in Focus – Looking forward together FREE Funded by HCC 6 Session CANparent Quality Award: gain understanding, awareness of child's sensory world, understand triggers, learn healthy anger management strategies, empathic communication techniques, meet and share experiences with other parents. Thursday morning: 9:30am to 11:30am (via Zoom) 5, 12, 19, 28 January, 3, 10 February Booking: bookings@familiesinfocus.co.uk	Anger – ASD / ADHD
Families in Focus CIC	Handling Anger in your family Families in Focus – Looking forward together FREE Funded by HCC 6 Sessions CANparent Quality Award: understanding anger dynamics in your family, root causes or triggers, proven and effective strategies, new ways to communicate, emotional regulation. Wednesdays 6:30pm to 8:30pm 4, 11, 18, 25 January 1, 8 February Bookings: bookings@familiesinfocus.co.uk	Anger

Families in Focus CIC	<p>A complete guide to parenting children with ALL Special Educational Needs Free for parents living in Hertfordshire and caring for a primary aged child inclusive of awaiting diagnosis or with a diagnosis of Special Educational Needs, Autism, ADHD and associated needs. Tuesday evenings 6:30pm to 8:30pm (via Zoom) 10, 17, 24, 31 January 7, 21, 28 February 7, 14, 21 March Bookings: bookings@familiesinfoocus.co.uk</p> <p>In person on Tuesday mornings 9:30am to 11:30am (Welwyn/Hatfield venue – TBC) 10, 17, 24, 31 January 7, 21, 28 February 7, 14, 21 March</p>	Parenting of children with ALL SEND
	<p>Sleep solutions for all children Families in Focus – Looking forward together FREE funded by HCC Understand stages of sleep and impact of sleep deprivation, identify causes, support ways to bring balance to your child's sleep issues, managing sleep problems Friday Mornings 9:30am to 11:30am (via Zoom) 6, 13, 20, 27 January 3, 10 February Activities - Potential Kids</p>	<p>Sleep Solutions</p> <p>Activities and online events and support</p>
Potential Kids		
SEND		
Provider	Course/Booking NEW LISTING	Key Topics
NHS Herts Community Trust		

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
Children's Wellbeing Practitioners Service	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
	Supporting Your Child With Sleep Difficulties Tickets, Thu 8 Dec 2022 at 18:00 Eventbrite	Sleep Difficulties
	General Emotional Wellbeing and Regulation Tips for Parents Tickets, Thu 15 Dec 2022 at 18:00 Eventbrite	General Emotional Wellbeing and Regulation Tips for Parents
Togetherall	Clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register Togetherall	Peer Support for 16+ feeling low/depressed
Mind Hertfordshire Network CYP Digital Wellbeing	<p>With YOUth - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October</p> <p>CYP aged 5to18 will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. www.withyouth.org (live from 3 Oct)</p> <p>Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.</p> <p>Lumi Nova: Therapeutic Digital Intervention Gaming App 7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis</p>	Digital Wellbeing Services New website from 3 Oct Digital directory Gaming App - Anxiety Help

First Steps ED	Free online workshops for parents, carers and older siblings of young people struggling with body image and/or their relationship with food. Register interest, programme for parents/carers with YP struggling with body image/eating disorder. Skills for Carers - First Steps ED	Body image/eating disorder
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MENTAL HEALTH AND WELLBEING

Provider	Course/Booking NEW LISTING	Key Topics
HPFT IAPT	HPFT IAPT Virtual Workshop Registration Form HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing Worry – For Adults
BeeZee Bodies	BeeZee Bodies BZ Families (5-15 year olds and their families) - FREE, fun, family-focused programme. 12 weeks. Call 01707 248 638 Email beezee.bodies@nhs.net Online Award Winning Weight Loss Programmes Behaviour change for good (beezeebodies.com) You(th) Health and Wellbeing Programmes for 13-17 years. 10 week programme. Health, Wellbeing and Weight Management Support for Teens • BeeZee Bodies	BeeZee Healthy Family focused On a budget
Carers in Herts – CAMHS Support	CAMHS Online Support Group – Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS – speak to people who understand, learn more about strategies to help, support for yourself. contact@carersinherts.org.uk 01992 58 69 69. CAMHS Online Support Group (carersinherts.org.uk)	Support for parents – CAMHS/Step2

PARENTING (INCLUDING SEND) AND RELATIONSHIPS

Provider	Course/Booking NEW LISTING	Key Topics
Supporting Links		
	Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts (561) Registration, Tue 7 Mar 2023 at 12:30 Eventbrite	Autism/ADHD – Responding to Anger
	Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (559) Registration, Tue 10 Jan 2023 at 09:30 Eventbrite	Autism/ADHD – Anxiety / Stress

	<p>Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30 Eventbrite</p> <p>Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (560) Registration, Wed 22 Feb 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts (562) Registration, Mon 16 Jan 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD: The teenage years. For parents/carers in Herts (564) Registration, Mon 23 Jan 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD: Tech Use (565). For parents/carers in Herts. Registration, Mon 27 Feb 2023 at 09:30 Eventbrite</p> <p>Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (566) Registration, Tue 31 Jan 2023 at 19:30 Eventbrite</p>	<p>Autism/ADHD – Coping with Change</p> <p>Autism/ADHD – Anxiety / Stress</p> <p>Autism/ADHD – Responding to Anger</p> <p>Autism/ADHD – The Teenage Years</p> <p>Autism/ADHD – Tech Use</p> <p>Autism/ADHD – School Avoidance</p>
PARENTING (INCLUDING SEND) AND RELATIONSHIPS		
Provider	Course/Booking NEW LISTING	Key Topics
Supporting Links	<p>To view details and book : New What's On (supportinglinks.co.uk)</p> <p>Talking Families - 6 week course Parents of Children 0-12, Challenging Behaviour/Build Child Self-Esteem, Boundaries, Relationships Thursdays 8pm to 9:30pm 5 Jan to 9 Feb Course 553</p> <p>Talking Teens - 6 week course Parents of Children 12-19, Teen Brain, Behaviour, Communicating Difficult Feelings, Relationships, Risk taking: drugs, alcohol, gang culture, reduce conflict. Mondays 7:45pm to 9:15pm 20 Feb to 27 Mar Course 554 Wednesdays 7:45pm to 9:15pm 22 Feb to 29 Mar Course 555</p>	Various Courses

Family Lives	Building resilience in children and teens Family Lives	Infographic – building resilience
	<p>Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks)</p> <ul style="list-style-type: none"> 26 Jan to 9 Mar 7pm to 9pm 21 Feb to 28 Mar 7pm to 9pm <p>This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential. Sessions will cover : * ADHD - a whole-family issue / * Understanding your child's behaviour / * Helping your child manage their feelings and outbursts / * Balancing support of siblings / * Learning new parenting strategies to address challenging behaviour and to make a difference in your family life. services@familylives.org.uk or call us on 0204 522 8700</p>	Confident Children – for parents/carers of children with ADHD/Autism
	<p>Time to Talk about Pre Teens / Teens (6 weeks – face to face)</p> <ul style="list-style-type: none"> Thursday evening 3 21 Feb to 28 Mar 9:30am to 11:30am Hatfield, Herts <p>This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of: * Risky behaviour online through social media / * Attraction to or involvement in gangs / * Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour. services@familylives.org.uk or call us on 0204 522 8700</p>	Getting on with Pre-Teen / Teenager
	<p>Bringing Up Confident SEN Children – Online (6 weeks)</p> <ul style="list-style-type: none"> Weds 25 Jan to 8 Mar 7pm to 9pm <p>This programme provides support, information and resources to parents/carers and adult family members so they can help adult family members so they can help their child reach their full potential. Sessions will cover: understanding your child's behaviour, helping your child to manage their feelings and outbursts, balances support of siblings, learning new parenting strategies to address challenging behaviours and to make a difference in your family life. services@familylives.org.uk or call us on 0204 522 8700</p>	Confident Children – for parents/carers of children with SEN
	<p>We accept referrals from professionals as well as self-referrals. Please click here referral form for the online referral form. Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to services@familylives.org.uk with the password sent in a separate email. Parents can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.</p> <p>Helpline We offer a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm</p> <p>Live Chat Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between 10.30am to 9pm. You can contact us about any family or parenting issue. To start a chat, you can click on the 'Live chat' button when the service is available. Please note, the service is closed on weekends and bank holidays.</p> <p>Email You can contact askus@familylives.org.uk about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.</p> <p>Forum Our forums are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life. If you are concerned about a post or experiencing technical issues, you can email us.</p> <p>www.facebook.com/FamilyLivesHertsandBeds</p>	

Families Feeling Safe	The courses are fully funded by HCC for families who have needs in Hertfordshire. Please would you kindly promote the following courses to parents and carers and to other colleagues on your networks. For all enquiries and to make a referral, please email enquiries@familiesfeelingsafe.co.uk	
	A FREE Online course for Mums, Dads, Step-Parents and Carers • Families Feeling Safe	Mums, Dads, Step-Parents and Carers
	A FREE Online course for Dads, Step-Dads and Male Carers • Families Feeling Safe	Male Carers
	A FREE course for Mums, Dads, Step-Parents and Carers of children pre-birth-11yrs • Families Feeling Safe	Pre-birth to 11 years
Carers in Herts	Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – (HPFT or Step 2) – delivered by Carers in Herts- parents need to book on but its free CAMHS Online Support Group (carersinherts.org.uk)	Support Groups
	CAMHS Support Group - Carers In Herts 6 December 7pm to 9pm Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS? Would you like to speak to people who understand? Would you like to learn more about the strategies to help your child towards recovery? Would you like support for yourself? Come along to our group. We welcome new parents/carers. CAMHS Support Group - Carers In Herts	Support - CAMHS/Step2

DOWN SYNDROME		
Provider	Course/Booking NEW LISTING	
DS Achieve	<p>DS Achieve – Sarah Billingham from Confident Kids will be running through how to prepare for the annual review. During the 30 minute session (live via Facebook, or catch up with the recording later). Tips for things to consider ahead of the meeting. How to double check the paperwork is all in order. Ideal if new to the annual review process or for extra ideas for the more experienced.</p> <p>Empowering Families, Fulfilling Potential. (dsachieve.org)</p> <p>Events — Empowering Families, Fulfilling Potential. (dsachieve.org)</p> <p>Find courses and things to do (hertfordshire.gov.uk)</p>	Preparing for the annual review
Up on Downs SIGNPOSTING & INFORMATION	<p>UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire Family Support Meeting - Up On Downs</p> <p>See website for details of Family Support Meetings, Teen Fitness, Christmas, Social Communication Group Choices after school club. Friday evenings, weekly see Website: www.upondowns.com for more details. Contact Email: magdapol75@hotmail.com / Telephone: 07940 224165</p>	Down Syndrome – Family Support Meeting
	<p>4 December – Up on Down's Christmas Party 16 – 22 December – Treefest St Saviour's Christmas Tree Festival St Albans Fridays – Choices Youth Group 6:15pm to 8pm Mondays - Teen Fitness Group – via zoom 5:45pm Thursdays – Teen Social Communications Group – via zoom 6:30pm Saturdays – Speech Development Group Meetings – with Symbol trained practitioners at various locations on Saturday mornings</p>	Update on activities

Provider	Course/Booking NEW LISTING	Key Topics
The Hertfordshire Local Offer	Local Offer This short video (less than a minute) is designed to give an understanding of what the Local Offer website is, and what kind of information and resources they can find on there. You can see the video on YouTube here: https://youtu.be/hmcGbFgmsl8	Local Offer
Services for Young People	Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin young People's Centre. Ages 13-17 Wednesdays, 6:30pm to 8:30pm / Term Time Only / Bookings always needed - FREE Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD sfyp.northherts@hertfordshire.gov.uk / 01438 843340 or text: 07860 065 178 Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin Young People's Centre The Services for Young People North H... Services for Young People Listings	Young People with Learning Disabilities
Family Centre SEND Drop-In	First Thursday of each month Herts Family Centre Service - North Herts District Events Eventbrite School nurses in Hertfordshire (hertsfamilycentres.org)	Family Centre SEND Drop-In / School Nurses
Mental Health Support	Young Minds – young people's mental health Parents' Guide to CAMHS Guide for Parents YoungMinds	Young People's Mental Health
Mental Health Support	If your child is too anxious to go to school (hertfordshire.gov.uk) School Avoidance/Anxiety - Webinar and Resources: Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk)	Too anxious to go to school
SIGNPOSTING & INFORMATION		
Provider	Course/Booking NEW LISTING	Key Topics
	Togetherall clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register	Peer support 16+
	Just Talk Herts Just Talk (justtalkherts.org) Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)	Resources

	<ul style="list-style-type: none"> • NHS England » What to do if you're a young person and it's all getting too much • NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health • Home :: Hertfordshire and West Essex Healthier Together (hwehealthiertogether.nhs.uk) • Services for Mental health and wellbeing (hertfordshire.gov.uk) 	Support
	Skills for Carers - First Steps ED	Body Image
SPACE Herts	<p>All ages, borrow sensory, educational practical</p> <p>If you live in Hertfordshire and your child has additional needs, SPACE operate Hertfordshire's only specialist equipment lending library. Visit them to:</p> <ul style="list-style-type: none"> • borrow sensory, educational and practical resources for free • get some friendly advice and help on equipment for your child's specific needs • find a listening ear for emotional and practical support • benefit from signposting: knowledge and understanding of local resources, as well as community and statutory services <p>Stay for a drink and a chat with the SPACE team and other parents /carers. Children are welcome! Mondays, Wednesdays and Saturdays 9.30am - 12.30pm - Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE For more information or queries please follow our Lending SPACE Facebook page or email lendingspace@spaceherts.org.uk.</p>	Lending Library
The Abilities in Us	<p>The Abilities In Us - The Abilities In Me</p> <p>Book range based on real families and conditions.</p>	Book Series
SEND Support	<ul style="list-style-type: none"> • Contact a SEND service (hertfordshire.gov.uk) • ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk) • Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk) • Herts Parent Carer Involvement (hertsparentcarers.org.uk) • Webinars Herts Parent Carer Involvement (hertsparentcarers.org.uk) • Preparing for adulthood (hertfordshire.gov.uk) • Help for children who aren't attending school regularly (hertfordshire.gov.uk) • Caring for your health into adulthood (hertfordshire.gov.uk) • Deaf and Hearing Support Service (hertfordshire.gov.uk) • SEND documents and resources (hertfordshire.gov.uk) • The Dyslexia-SpLD Trust - Parents 	SEND S