

Provider	Course/Booking NEW LISTING	Key Topics
QUICK GLANCE NEW LISTINGS Use Ctrl F to search topics		
NEW MHFA England	Mental Health First Aid (MHFA)- 1 day course for Parents & Carers Tickets, Wed 1 Feb 2023 at 09:30 Eventbrite 1 Day Champion Course for Parents and Carers of 8-18 Year Olds. FREE Understanding of common mental health issues and how they can affect young people. Ability to spot signs of mental ill health in young people and guide them to a place of support. Knowledge and confidence to advocate for mental health awareness. Skills to support positive wellbeing.	Mental Health First Aid – 1 day champion course for parents
REMINDER 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
REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	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 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 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) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.	Digital Wellbeing Services New website from 3 Oct Digital directory Gaming App - Anxiety Help
NEW Woolgrove School	Supporting Communication How to support non-verbal or children with communication needs to develop alternative communication skills. Wednesday, 25 January 2023 4pm to 5:30pm	Supporting Communication (please ask for flyer)

	£10 per person, includes a sample pack of resources. Suitable for parents/carers and professionals. Booking: training@woolgrove.herts.sch.uk (reference Communication)	
NEW Woolgrove School	Sign along Course £150 per person, incl certificate provided from Signalong, on completion of the course and a Phase 1 Signalong book. (FREE to Woolgrove School Staff and Parents, a book and certificate can be purchased for £40) Max 12 spaces. 7 Sessions 1:15pm to 2:45pm Tuesdays from 7 Feb to 28 March (not incl half term). Venue: Woolgrove School, Letchworth. Suitable for Parents and Professionals. Booking: training@woolgrove.herts.sch.uk	Sign Along Course (please ask for flyer)
NEW Woolgrove School	Play and Learn How to support children with additional needs and young children in the Early Years to develop independent play skills to support learning. Wednesday, 1 February 2023 4pm to 5:30pm at Woolgrove School. £10 per person includes a sample pack of resources. Booking: training@woolgrove.herts.sch.uk (Reference PAL)	Play and Learn (please ask for flyer)
NEW ADD-Vance	Working in Partnership with School - FREE ONLINE WORKSHOP Tickets, Mon 16 Jan 2023 at 10:00 Eventbrite	Working in Partnership With School
NEW ADD-Vance	Tips & Tools to Support Communication - FREE ONLINE WORKSHOP Tickets, Wed 18 Jan 2023 at 10:00 Eventbrite	Tips & Tools to Support Communication
NEW ADD-Vance	Understanding Autism - FREE ONLINE WORKSHOP Tickets, Wed 18 Jan 2023 at 19:00 Eventbrite	Understanding Autism
NEW ADD-Vance	Applying for an EHCP - FREE ONLINE WORKSHOP Tickets, Mon 23 Jan 2023 at 10:00 Eventbrite	Applying for an EHCP
NEW SPACE Herts	Understanding ADHD Workshop Tickets, Thu 12 Jan 2023 at 19:00 Eventbrite	Understanding ADHD
NEW SPACE Herts	Navigating the SEND World Post 16 Tickets, Mon 16 Jan 2023 at 10:00 Eventbrite	Navigating the SEND World Post-16

NEW SPACE Herts	Autistic Girls Workshop Tickets, Mon 16 Jan 2023 at 19:00 Eventbrite	Autistic Girls
NEW SPACE Herts	Anger and Conflict Workshop Tickets, Tue 17 Jan 2023 at 18:30 Eventbrite	Anger & Conflict
NEW SPACE Herts	ADHD in Girls and Women Tickets, Wed 18 Jan 2023 at 10:00 Eventbrite	ADHD in Girls & Women
NEW SPACE Herts	Navigating the SEND World Tickets, Thu 19 Jan 2023 at 19:00 Eventbrite	Navigating the world of SEND
NEW NHS Herts Community Trust	Supporting Your Child's Self-esteem Tickets, Thu 9 Feb 2023 at 18:00 Eventbrite	Self-Esteem (spaces are booked quickly)
NEW NHS Herts Community Trust	Exam Stress Tickets, Tue 14 Feb 2023 at 10:00 Eventbrite	Exam Stress
NEW NHS Herts Community Trust	Supporting Adolescents with Sleep Difficulties Tickets, Wed 15 Feb 2023 at 12:00 Eventbrite	Supporting with Sleep Difficulties
NEW Angels Support Group	Virtual Meetings Via Zoom (10am to 12pm) 10 Jan – Executive Function Dysfunction 17 Jan – Parent/Carer Support Group with Lorraine Jones 24 Jan – Workshop: Emotionally Based School Avoidance 31 Jan – Parent/Carer Support Group with Lorraine Jones 7 Feb – Q&A on Education issues, EHCPs, Graduated Response, including the chance to feed these back to DSPL 1 to get your voices heard.	
NEW Angels Support Group	Face to Face Meeting in Stevenage (10am to 12pm) 12 Jan – Parent/Carer Support Group with Lorraine Jones 19 Jan – Meet up and chat 26 Jan – Parent/Carer Support Group with Lorraine Jones 2 Feb – Meet up and Chat	
NEW Angels Support Group	Virtual Evening Meetings (7:30pm to 8:30pm) 19 Jan – Parent/Carer Support Group 9 Feb – Parent/Carer Support Group	

Use **Ctrl F** to search topics

AUTISM & ADHD

Provider	Course/Booking NEW LISTING	Key Topics
NESSie		
ADD-vance ADD-vance Eventbrite	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
	Working in Partnership with School - FREE ONLINE WORKSHOP Tickets, Mon 16 Jan 2023 at 10:00 Eventbrite	Working in Partnership With School
	Tips & Tools to Support Communication - FREE ONLINE WORKSHOP Tickets, Wed 18 Jan 2023 at 10:00 Eventbrite	Tips & Tools to Support Communication
	Understanding Autism - FREE ONLINE WORKSHOP Tickets, Wed 18 Jan 2023 at 19:00 Eventbrite	Understanding Autism
	Applying for an EHCP - FREE ONLINE WORKSHOP Tickets, Mon 23 Jan 2023 at 10:00 Eventbrite	Applying for an EHCP
	Navigating the SEND World Tickets, Thu 19 Jan 2023 at 19:00 Eventbrite	Navigating the world of SEND

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 	Support Groups
	Virtual Meetings Via Zoom (10am to 12pm) 10 Jan – Executive Function Dysfunction 17 Jan – Parent/Carer Support Group with Lorraine Jones 24 Jan – Workshop: Emotionally Based School Avoidance 31 Jan – Parent/Carer Support Group with Lorraine Jones 7 Feb – Q&A on Education issues, EHCPs, Graduated Response, including the chance to feed these back to DSPL 1 to get your voices heard.	
	Face to Face Meeting in Stevenage (10am to 12pm) 12 Jan – Parent/Carer Support Group with Lorraine Jones 19 Jan – Meet up and chat 26 Jan – Parent/Carer Support Group with Lorraine Jones 2 Feb – Meet up and Chat	
	Virtual Evening Meetings (7:30pm to 8:30pm) 19 Jan – Parent/Carer Support Group 9 Feb – Parent/Carer Support Group	
SPACE Autism/ ADHD Neurodiverse Conditions	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
	Autistic Girls Workshop Tickets, Mon 16 Jan 2023 at 19:00 Eventbrite	Autistic Girls
	Anger and Conflict Workshop Tickets, Tue 17 Jan 2023 at 18:30 Eventbrite	Anger & Conflict
	ADHD in Girls and Women Tickets, Wed 18 Jan 2023 at 10:00 Eventbrite	ADHD in Girls & Women

AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Lending SPACE	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
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
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.</p> <p>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>

AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Ambitious About Autism	<p>Join the Ambitious Youth Network (ambitiousaboutautism.org.uk)</p> <p>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.</p> <p>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.</p> <p>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.</p>	Autism / Youth
Families in Focus CIC	<p>Handling anger in your primary aged child with ASD or ADHD</p> <p>Families in Focus – Looking forward together</p> <p>FREE Funded by HCC</p> <p>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.</p> <p>Thursday morning: 9:30am to 11:30am (via Zoom)</p> <p>5, 12, 19, 28 January, 3, 10 February</p> <p>Booking: bookings@familiesinfocus.co.uk</p>	Anger – ASD / ADHD
Families in Focus CIC	<p>Handling Anger in your family</p> <p>Families in Focus – Looking forward together</p> <p>FREE Funded by HCC</p> <p>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.</p> <p>Wednesdays 6:30pm to 8:30pm</p> <p>4, 11, 18, 25 January 1, 8 February</p> <p>Bookings: bookings@familiesinfocus.co.uk</p>	Anger

<p>Families in Focus CIC</p> <p>Potential Kids</p>	<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@familiesinfocus.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>

SEND

Provider	Course/Booking NEW LISTING	Key Topics
Woolgrove School	Supporting Communication How to support non-verbal or children with communication needs to develop alternative communication skills. Wednesday, 25 January 2023 4pm to 5:30pm £10 per person, includes a sample pack of resources. Suitable for parents/carers and professionals. Booking: training@woolgrove.herts.sch.uk (reference Communication)	
Woolgrove School	Sign along Course £150 per person, incl certificate provided from Signalong, on completion of the course and a Phase 1 Signalong book. (FREE to Woolgrove School Staff and Parents, a book and certificate can be purchased for £40) Max 12 spaces. 7 Sessions 1:15pm to 2:45pm Tuesdays from 7 Feb to 28 March (not incl half term). Venue: Woolgrove School, Letchworth. Suitable for Parents and Professionals. Booking: training@woolgrove.herts.sch.uk	
Woolgrove School	Play and Learn How to support children with additional needs and young children in the Early Years to develop independent play skills to support learning. Wednesday, 1 February 2023 4pm to 5:30pm at Woolgrove School. £10 per person includes a sample pack of resources. Booking: training@woolgrove.herts.sch.uk (Reference PAL)	

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
MHFA England	Mental Health First Aid (MHFA)- 1 day course for Parents & Carers Tickets, Wed 1 Feb 2023 at 09:30 Eventbrite 1 Day Champion Course for Parents and Carers of 8-18 Year Olds. FREE Understanding of common mental health issues and how they can affect young people. Ability to spot signs of mental ill health in young people and guide them to a place of support. Knowledge and confidence to advocate for mental health awareness. Skills to support positive wellbeing.	Mental Health First Aid
NHS Herts Community Trust Children's Wellbeing Practitioners Service	Supporting Your Child's Self-esteem Tickets, Thu 9 Feb 2023 at 18:00 Eventbrite	Self-Esteem (spaces are booked quickly)
	Exam Stress Tickets, Tue 14 Feb 2023 at 10:00 Eventbrite	Exam Stress
	Supporting Adolescents with Sleep Difficulties Tickets, Wed 15 Feb 2023 at 12:00 Eventbrite	Supporting with Sleep Difficulties
	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
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

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
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) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people. 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>	<p>Digital Wellbeing Services</p> <p>New website from 3 Oct</p> <p>Digital directory</p> <p>Gaming App - Anxiety Help</p>
First Steps ED	<p>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</p>	Body image/eating disorder
HPFT IAPT	HPFT IAPT Virtual Workshop Registration Form HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing Worry – For Adults
BeeZee Bodies	<p>BeeZee Bodies BZ Families (5-15 year olds and their families) - FREE, fun, family-focused programme. 12 weeks. Call 01707 248 638 Email beezeebodies@nhs.net Online Award Winning Weight Loss Programmes Behaviour change for good (beezeebodies.com)</p> <p>You(th) Health and Wellbeing Programmes for 13-17 years. 10 week programme. Health, Wellbeing and Weight Management Support for Teens • BeeZee Bodies</p>	<p>BeeZee Healthy Family focused On a budget</p>
Carers in Herts – CAMHS Support	<p>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)</p>	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
	Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30 Eventbrite	Autism/ADHD – Coping with Change
	Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (560) Registration, Wed 22 Feb 2023 at 19:30 Eventbrite	Autism/ADHD – Anxiety / Stress
	Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts (562) Registration, Mon 16 Jan 2023 at 19:30 Eventbrite	Autism/ADHD – Responding to Anger
	Talking ASD and ADHD: The teenage years. For parents/carers in Herts (564) Registration, Mon 23 Jan 2023 at 19:30 Eventbrite	Autism/ADHD – The Teenage Years
	Talking ASD and ADHD: Tech Use (565). For parents/carers in Herts. Registration, Mon 27 Feb 2023 at 09:30 Eventbrite	Autism/ADHD – Tech Use
	Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (566) Registration, Tue 31 Jan 2023 at 19:30 Eventbrite	Autism/ADHD – School Avoidance

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

<p>Family Lives</p>	<p>Building resilience in children and teens Family Lives</p> <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> <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> <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> <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>	<p>Infographic – building resilience</p> <p>Confident Children – for parents/carers of children with ADHD/Autism</p> <p>Getting on with Pre-Teen / Teenager</p> <p>Confident Children – for parents/carers of children with SEN</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>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



Looking after your mental health and wellbeing through winter

Winter can be difficult for many of us, darker nights and a drop in temperature can be hard on our mental health and the rising costs of living are causing emotional strain for many people who might be worrying about their families, their health, jobs and finances. It's normal to feel anxious and if you're worried about the effects on your mental health, you are not alone. The following organisations are delivering services to support you to look after your mental health and well-being through winter.

You can self-refer to most of these services without needing to see your GP or a mental health professional. Please visit the websites or give them a call to find out more.

Herts Mind Network deliver peer support, community support, domestic abuse services, complex needs services, dementia and carers support. Plus, a range of online services and Wellbeing Courses. More information can be found at www.hertsmindnetwork.org or call [0203 727 3600](tel:02037273600).

Mind in Mid-Herts In person and online mental health courses and workshops, social groups, exercise groups including football and walking, psychological therapies, 1-1 calls, LGBTQ+ and male/female groups as well as vocational support. Live daily mindfulness sessions. To access any of their services contact them on [03303 208100](tel:03303208100), email admin@mindinmidherts.org.uk or visit the website: www.mindinmidherts.org.uk

Hertfordshire Partnership Foundation Trust (HPFT) Wellbeing Service support for adults experiencing common mental health problems i.e., depression and anxiety. The service offers free access to digital video and telephone based talking therapies. Info & self-referral wellbeingservice/hertfordshire

Rethink Mental Illness offers a befriending service to adults with a mental difficulty in East Herts and carers support across the whole of Hertfordshire. Contact rethinkcompanions@rethink.org, jonathan.clack@rethink.org or call [07760615342](tel:07760615342)

Guideposts Watford offers support with mental health problems, disability, or caring responsibilities. Group and social activities, physical activities, 1:1 support and crisis management, courses, outreach support, peer support, Carers support.info at www.guideposts.org.uk/hertfordshire-services/ or call [01923 223 554](tel:01923223554).

Support for autistic adults

Autism Hertfordshire provides support to autistic people, parents, carers and professionals. There is a helpline open Monday to Friday, 9am – 5pm, you can reach us on [01727 743246](tel:01727743246) or email enquiries@autismherts.org. Autism Hertfordshire is also able to provide support with: Pre and Post Diagnosis Support, Transitions support, adult skills development course and workshops, carers support, social activities.

Support for refugees and asylum seekers

Flourish provide advice, information, onward referral and holistic support to refugees and asylum seekers who are experiencing mental ill health or need support with their mental wellbeing. Please visit [Flourish – Refugee Service – Hertfordshire Mind Network \(hertsmindnetwork.org\)](https://hertsmindnetwork.org), or phone [020 3727 3600](tel:02037273600).

Dementia

If you are concerned that you or a loved one are developing memory problems, your GP can make a referral to Hertfordshire's Early Memory Diagnostic and Support Service (EMDASS). There is a range of information and ideas to support people with symptoms of dementia through [Hertswise](#) and [Alzheimer's Society](#). Or call 01707 378365 For more information you can still talk to [Herts Help](#) on [0300 123 4044](tel:03001234044).

InTouch is a countywide emotional support line for older people, open Monday to Friday 9am – 4:30pm. Tel: 01992 629 358 or 01992 634 964 or 07538 954 189 Email: InTouch@ageukherts.org.uk

Support for unpaid carers

Carers in Hertfordshire provide information, advice and support to any carer who lives, works or cares in Hertfordshire. They can be contacted on [01992 586969](tel:01992586969) or by email on contact@carersinherts.org.uk. There are also resources on [their website](#).

Drug and Alcohol services

You can contact **Spectrum, Change Grow Live** (CGL) Drug and Alcohol Recovery Services by phone on [0800 652 3169](tel:08006523169) (0900-1700 Mon & Sat, 0900-1900 Tuesday to Friday) or emailing Herts@cgl.org.uk.

For more information visit the website on <https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

For a range of **self-help options**, information and Brief Advice training, support and where to get help, please visit Health in Herts <https://www.hertfordshire.gov.uk/services/health-in-herts/drugs-and-alcohol.aspx>

Domestic Abuse

If you are experiencing domestic abuse or worried about someone else who might be you can contact Hertfordshire **Domestic Abuse Helpline: 08 088 088 088** (freephone Mon-Fri 9am-9pm, Sat/Sun 9am-4pm) or visit the website for more information: www.hertssunflower.org

Bereavement

Cruse Bereavement Care Hertfordshire offer support for bereaved people via a telephone helpline. [01707 278389](tel:01707278389) Monday to Friday from 9am to 5pm. For helpful resources see the [Cruse website](#)

Apps / National websites

There are several apps and national websites to support your mental health and wellbeing.

Togetherall online 24/7 peer-to-peer mental health community clinically moderated, for residents of Hertfordshire aged 16 and feeling anxious, low or depressed visit <https://togetherall.com/en-gb>

Mind - www.mind.org.uk

Samaritans - <https://www.samaritans.org/>

Sane - out of hours helpline Tel: [0300 304 7000](tel:03003047000) from 4.30pm - 10.30pm every day

NHS Mental Health apps library: www.nhs.uk/apps-library/mental-health/

Stay Alive App is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. The app is available for both android and iOS.

If you are experiencing mental health crisis - this means that emotions, thoughts and behaviours risk harm to self or others

If you need help urgently but it's not an emergency

- Anyone experiencing mental health distress can call the **Crisis Helpline** for emotional support and signposting. Helpline call [01923 256391](tel:01923256391). From 7pm – 1am, 7 days a week, 365 days a year.
- Call NHS [111](tel:111) and select [Option 2](#) – they can tell you where to get help

Call 999 if:

- you or someone you know needs help in an **emergency**
- you have seriously **harmed yourself** – for example, by taking a drug overdose

HOLIDAY AND TERM TIME ACTIVITIES

Provider	Course/Booking NEW LISTING	Key Topics
CRICKET	FREE Super 1s Cricket Sessions – all disabilities welcome, between ages of 12 and 25 years. In conjunction with the Lord's Taverners Hertfordshire Cricket Ltd have joined with Lonsdale School. 16 January from 4:30pm. More Info and booking: luke.heskett@hertscricket.org Find courses and things to do (hertfordshire.gov.uk)	
IMAGINATION DANCE	SEND Dance & Activity Workshops 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	SEN Evenings – a safe, inclusive and secure environment with friendly, experienced staff. Booking essential. 1 st Friday of every month 6:30pm to 8:30pm Adult £0, Child – SEN £7.00 SEN (360playshop.co.uk)	Play Sessions
Gravity Trampoline SEN Sessions	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)	Trampoline Sessions
FLYERZ HOCKEY	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)	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