

QUICK LINKS				
SEND	Local Offer	Up on Downs	DS Achieve	Lending SPACE
	North Herts Family Centre	Abilities in Me		
Autism, ADHD, Neurodiversity	Angels Support Group	ADD -vance	SPACE in Herts	Potential Kids
	Ambitious About Autism	Autism Hertfordshire Transition Service for 16-20 year olds	SPRINGBOARD	
Mental Health & Wellbeing	NESSie	NHS Herts Community Trust	Children's Wellbeing Practitioners Courses and Resources	NHS HPFT IAPT Improving Access to Psychological Therapies – online portal for mental health services
	Just Talk Herts	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network)	First Steps ED
	The Ollie Foundation	Carers in Herts (CAMHS Support)	Togetherall	BeeZee Bodies
	Lumi Nova Herts Mind Network Children and Young People (withyouth.org) Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties			
Parenting & Young People	Family Lives	Families in Focus	Supporting Links	Families Feeling Safe
	Services for Young People			
Further Signposting	<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 (hertparentcarers.org.uk) • Webinars Herts Parent Carer Involvement (hertparentcarers.org.uk) 		<ul style="list-style-type: none"> • 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 	

SCROLL DOWN FOR NEW AND UPCOMING COURSES

AUTISM / ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
SURVEYS	Parents of children with SEND in Year 6 to complete Secondary School Transition Information (Open Day) Survey 2022 (surveymonkey.co.uk)	Transition to Secondary School Open Day Survey
HCC Survey	Consultation on Home School Transport Hertfordshire County Council	Transport Survey
NEW SPACE Herts	Sleep Tight - 3 week course Tickets, Mon 20 Feb 2023 at 10:00 Eventbrite	Sleep
NEW SPACE Herts	Understanding Specific Literacy Difficulties Including Dyslexia. Tickets, Mon 20 Feb 2023 at 18:30 Eventbrite	SpLD incl Dyslexia
NEW SPACE Herts	Understanding Dual Diagnosis: Autism & ADHD Tickets, Wed 22 Feb 2023 at 10:00 Eventbrite	Autism/ADHD
	Check In and Chat - Tourettes & Autism and Q&A Tickets, Wed 22 Feb 2023 at 19:00 Eventbrite	Tourettes & Autism Q&A
	Navigating the SEND World Tickets, Thu 23 Feb 2023 at 19:00 Eventbrite	Navigating SEND World
NEW NHS Herts Community Trust	Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Thu 23 Feb 2023 at 10:00 Eventbrite	Wellbeing and Regulation
	Supporting Your Child's Self-esteem Tickets, Thu 9 Mar 2023 at 10:00 Eventbrite	Self-Eseem
	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 15 Mar 2023 at 18:00 Eventbrite	Emotional Wellbeing
	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
	Developing Your Child's Emotional Literacy Tickets, Tue 7 Mar 2023 at 10:00 Eventbrite	Emotional Literacy
NEW Angels Support Group	Virtual Evening Meetings (7:30pm to 8:30pm) 9 Feb – Parent/Carer Support Group	Support Group

Autism Hertfordshire Transition Service for 16-20 year olds ADD-vance Eventbrite ADD-vance Eventbrite ADD-vance Eventbrite ADD-vance Eventbrite ADD-vance Eventbrite ADD-vance Eventbrite ADD-vance Eventbrite	Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org 1 Feb Body Image Parents & Carers of autistic young adults (16-25) 21 Feb – Sensory Difference	16 – 25 Body Image / Sensory Difference
	Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Tue 21 Feb 2023 at 19:00 Eventbrite	6 Week Course – Understanding Teens with ADHD/Autism.
	Understanding Challenging Behaviour - FREE ONLINE WORKSHOP Tickets, Tue 21 Feb 2023 at 10:00 Eventbrite	Challenging Behaviour
	ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 21 Feb 2023 at 13:00 Eventbrite	Online Support Group
	Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Tue 21 Feb 2023 at 19:00 Eventbrite	Understanding Teens with ADHD/Autism
	How to Claim DLA and Appeal a Decision - FREE ONLINE WORKSHOP Tickets, Wed 22 Feb 2023 at 10:00 Eventbrite	How to Claim DLA and Appeal a Decision
	Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE FOR DADS Tickets, Wed 22 Feb 2023 at 19:00 Eventbrite	ADHD and Autism – 6 week course
	Tips & Tools to Manage Anger - FREE ONLINE WORKSHOP Tickets, Wed 22 Feb 2023 at 19:00 Eventbrite	Manage Anger
NHS Herts Community Trust Children's Wellbeing Practitioners Service	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
MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
Nip In the Bud	https://youtu.be/uMdB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
HPFT IAPT	HPFT IAPT Virtual Workshop Registration Form HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing Worry – For Adults

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Supporting Links	Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (560) Registration, Wed 22 Feb 2023 at 19:30 Eventbrite	Autism/ADHD – Anxiety and Stress
	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: Responding to Anger. For parents/carers in Herts (561) Registration, Tue 7 Mar 2023 at 12:30 Eventbrite	Autism/ADHD – Responding to Anger
	Talking Teens (573). An online workshop for parents & carers Tickets, Tue 14 Mar 2023 at 17:00 Eventbrite Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30 Eventbrite	Talking Teens Autism/ADHD – Coping with Change
Family Lives	Building resilience in children and teens Family Lives	Infographic – building resilience
	Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks) <ul style="list-style-type: none"> • 26 Jan to 9 Mar 7pm to 9pm • 21 Feb to 28 Mar 7pm to 9pm . services@familylives.org.uk or call us on 0204 522 8700	Confident Children – for parents/carers of children with ADHD/Autism
	Time to Talk about Pre Teens / Teens (6 weeks – face to face) <ul style="list-style-type: none"> • Thursday evening 3 21 Feb to 28 Mar 9:30am to 11:30am Hatfield, Herts services@familylives.org.uk or call us on 0204 522 8700	Getting on with Pre-Teen / Teenager
Families Feeling Safe	Bringing Up Confident SEN Children – Online (6 weeks) <ul style="list-style-type: none"> • Weds 25 Jan to 8 Mar 7pm to 9pm services@familylives.org.uk or call us on 0204 522 8700	Confident Children – for parents/carers of children with SEN
	A FREE Online course for Dads, Step-Dads and Male Carers • Families Feeling Safe	Mums, Dads, Step-Parents and Carers
	A FREE course for Mums, Dads, Step-Parents and Carers of children pre-birth-11yrs • Families Feeling Safe	Pre-birth to 11 years

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

Digital directory

Gaming App - Anxiety Help