

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 Home (hertssendiass.org.uk) 	

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
NORTH HERTS FAMILY CENTRE	SEND DROP IN – held monthly What's On North Herts District (mailchi.mp)	SEND Drop-In
SPACE Herts	Sleep Tight - 3 week course Tickets, Mon 20 Feb 2023 at 10:00 Eventbrite	Sleep
SPACE Herts	Navigating the SEND World Tickets, Thu 23 Feb 2023 at 19:00 Eventbrite	Navigating SEND World
SPACE Herts	Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Fri 24 Feb 2023 at 10:00 Eventbrite	Behaviour as Communication
SPACE Herts	Navigating the SEND World Post 16 Tickets, Tue 28 Feb 2023 at 10:00 Eventbrite	Post 16 Navigating SEND World
SPACE Herts	Navigating the SEND World Tickets, Wed 1 Mar 2023 at 10:00 Eventbrite	Navigating SEND World
SPACE Herts	Tourette's Tickets, Thu 2 Mar 2023 at 10:00 Eventbrite	Tourettes
SPACE Herts	Understanding ADHD Workshop Tickets, Fri 3 Mar 2023 at 10:00 Eventbrite	Understanding ADHD
SPACE Herts	Children's Online Shark Art Session Tickets, Fri 3 Mar 2023 at 17:00 Eventbrite	Shark Art Session
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-Esteem
	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

NHS Herts Community Trust	Exam Stress Tickets, Wed 22 Mar 2023 at 18:00 Eventbrite	Exam Stress
Angels Support Group	28 February – 10am to 12pm Workshop: getting your point across in a meeting. Knowing your rights. (online) 2 March – 10am to 12pm Parent/Carer Support Group with Lorraine Jones (Stevenage) 2 March 7:30pm to 8:30pm Parent/Carer Support Group 7 March 10am to 12pm Parent/Carer Support Group with Lorraine Jones (online) 9 March 10am to 12pm Meet Up and Chat (Stevenage) www.angelssupportgroup.org.uk	Support Groups and workshops, Meet up and Chat
Autism Hertfordshire Transition Service for 16-20 year olds	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
ADD-vance Eventbrite	Supporting the Transition to Primary School - FREE ONLINE WORKSHOP Tickets, Mon 27 Feb 2023 at 10:00 Eventbrite	Transition to Primary School
ADD-vance Eventbrite	Understanding Sensory Differences - FREE ONLINE WORKSHOP Tickets, Tue 28 Feb 2023 at 10:00 Eventbrite	Understanding Sensory Differences
ADD-vance Eventbrite	ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 28 Feb 2023 at 13:00 Eventbrite	Online Support Group – Secondary Aged Children
ADD-vance Eventbrite	Understanding Self-Harm - FREE ONLINE WORKSHOP Tickets, Wed 1 Mar 2023 at 10:00 Eventbrite	Understanding Self-Harm
ADD-vance Eventbrite	Tips & Tools to Manage Sensory Differences - FREE ONLINE WORKSHOP Tickets, Wed 1 Mar 2023 at 19:00 Eventbrite	Manage Sensory Differences
ADD-vance Eventbrite	Supporting the Transition to Secondary School - FREE ONLINE WORKSHOP Tickets, Mon 6 Mar 2023 at 10:00 Eventbrite	Transition to Secondary School
ADD-vance Eventbrite	Understanding Anxiety - FREE ONLINE WORKSHOP Tickets, Tue 7 Mar 2023 at 10:00 Eventbrite	Understanding Anxiety

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
JustTalkHerts	The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)	The Real Bodies Campaign
Nip In the Bud	https://youtu.be/uMdDB8Gxono 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
REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	<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> <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 5 to18 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.</p>	<p>Digital Wellbeing Services</p> <p>Digital directory</p> <p>Gaming App - Anxiety Help</p>

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Supporting Links		
	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
	Building resilience in children and teens Family Lives	Infographic – building resilience
Family Lives	Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks) • 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) • 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	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