



QUICK LINKS				
SEND	<a href="#">Local</a> Offer	Up on <a href="#">Downs</a>	DS <a href="#">Achieve</a>	<a href="#">Lending</a> SPACE
	North Herts <a href="#">Family</a> Centre	<a href="#">Abilities</a> in Me		
Autism, ADHD, Neurodiversity	Angels <a href="#">Support</a> Group	<a href="#">ADD</a> -vance	<a href="#">SPACE</a> in Herts	<a href="#">Potential</a> Kids
	<a href="#">Ambitious</a> About Autism	Autism <a href="#">Hertfordshire</a> Transition Service for 16-20 year olds	<a href="#">SPRINGBOARD</a>	
Mental Health & Wellbeing	<a href="#">NESSie</a>	NHS Herts <a href="#">Community</a> Trust	Children's <a href="#">Wellbeing</a> Practitioners Courses and Resources	NHS <a href="#">HPFT</a> IAPT Improving Access to Psychological Therapies – online portal for mental health services
	Just <a href="#">Talk</a> Herts	<a href="#">Mind</a> Hertfordshire Network CYP Digital Wellbeing	<a href="#">WithYouth</a> (Mind Network)	First Steps <a href="#">ED</a>
	The <a href="#">Ollie</a> Foundation	Carers in Herts ( <a href="#">CAMHS</a> Support)	<a href="#">Togetherall</a>	<a href="#">BeeZee</a> Bodies
	<a href="#">Lumi Nova   Herts Mind Network Children and Young People (withyouth.org)</a> Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties			
Parenting & Young People	<a href="#">Family</a> Lives	<a href="#">Families</a> in Focus	<a href="#">Supporting</a> Links	Families Feeling <a href="#">Safe</a>
	Services for <a href="#">Young</a> People			
Further Signposting	<ul style="list-style-type: none"> <li><a href="https://www.hertfordshire.gov.uk">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li><a href="https://www.hertfordshirefamiliesfirst.org.uk">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li><a href="https://www.hertfordshire.gov.uk">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li><a href="https://www.hertparentcarers.org.uk">Herts Parent Carer Involvement (hertparentcarers.org.uk)</a></li> <li><a href="https://www.hertparentcarers.org.uk">Webinars   Herts Parent Carer Involvement (hertparentcarers.org.uk)</a></li> </ul>		<ul style="list-style-type: none"> <li><a href="https://www.hertfordshire.gov.uk">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li><a href="https://www.hertfordshire.gov.uk">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li><a href="https://www.hertfordshire.gov.uk">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li><a href="https://www.hertfordshire.gov.uk">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li><a href="https://www.hertfordshire.gov.uk">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li><a href="https://www.hertfordshire.gov.uk">The Dyslexia-SpLD Trust - Parents</a></li> <li><a href="https://www.hertssendiass.org.uk">Home (hertssendiass.org.uk)</a></li> </ul>	

**SCROLL DOWN FOR NEW AND UPCOMING COURSES**



AUTISM / ADHD		
Provider	Course/Booking <b>NEW LISTING</b>	Key Topics
<b>SURVEYS</b>	<b>Parents of children with SEND in Year 6 to complete</b> <a href="https://surveymonkey.co.uk">Secondary School Transition Information (Open Day) Survey 2022 (surveymonkey.co.uk)</a>	Transition to Secondary School Open Day Survey
HCC Survey	<a href="#">Consultation on Home School Transport   Hertfordshire County Council</a>	Transport Survey
NORTH HERTS FAMILY CENTRE	SEND DROP IN – held monthly <a href="https://mailchi.mp">What's On North Herts District (mailchi.mp)</a>	SEND Drop-In
SPACE Herts	<a href="#">Understanding ADHD Workshop Tickets, Fri 3 Mar 2023 at 10:00   Eventbrite</a>	Understanding ADHD
SPACE Herts	<a href="#">Children's Online Shark Art Session Tickets, Fri 3 Mar 2023 at 17:00   Eventbrite</a>	Shark Art Session
SPACE Herts	<a href="#">Autistic Girls Workshop Tickets, Wed 8 Mar 2023 at 10:00   Eventbrite</a>	Autistic Girls Workshop
SPACE Herts	<a href="#">Ranger Stu's Virtual Zoo Tickets, Wed 8 Mar 2023 at 17:30   Eventbrite</a>	Virtual Zoo
SPACE Herts	<a href="#">ADHD in Girls and Women Tickets, Thu 9 Mar 2023 at 19:00   Eventbrite</a>	ADHD in Girls
SPACE Herts	<a href="#">PDA, ODD and ADHD: Understanding the Differences Workshop Tickets, Fri 10 Mar 2023 at 10:00   Eventbrite</a>	PDA, ODD and ADHD Understanding the differences
SPACE Herts	<a href="#">Starting SPACE Tickets, Fri 10 Mar 2023 at 10:00   Eventbrite</a>	Starting SPACE
SPACE Herts	<a href="#">Navigating the SEND World Tickets, Tue 14 Mar 2023 at 10:00   Eventbrite</a>	Navigating the SEND World
NHS Herts Community Trust	<a href="#">Developing Your Child's Emotional Literacy Tickets, Tue 7 Mar 2023 at 10:00   Eventbrite</a>	Emotional Literacy
	<a href="#">Supporting Your Child's Self-esteem Tickets, Thu 9 Mar 2023 at 10:00   Eventbrite</a>	Self-Esteem
	<a href="#">Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 15 Mar 2023 at 18:00   Eventbrite</a>	Emotional Wellbeing
	<a href="#">Exam Stress Tickets, Wed 22 Mar 2023 at 18:00   Eventbrite</a>	Exam Stress
	<a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance



<p><b>Angels Support Group</b></p>	<p>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) <a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a></p>	<p>Support Groups and workshops, Meet up and Chat</p>
<p><b>Autism Hertfordshire Transition Service for 16-20 year olds</b></p>	<p>Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> 1 Feb <b>Body Image</b> Parents &amp; Carers of autistic young adults (16-25) 21 Feb – <b>Sensory Difference</b></p>	<p>16 – 25 Body Image / Sensory Difference</p>
<p>ADD-vance <a href="#">Eventbrite</a></p>	<p><a href="#">Supporting the Transition to Secondary School - FREE ONLINE WORKSHOP Tickets, Mon 6 Mar 2023 at 10:00   Eventbrite</a></p>	<p>Transition to Secondary School</p>
<p>ADD-vance <a href="#">Eventbrite</a></p>	<p><a href="#">Understanding Anxiety - FREE ONLINE WORKSHOP Tickets, Tue 7 Mar 2023 at 10:00   Eventbrite</a></p>	<p>Understanding Anxiety</p>
<p>ADD-vance <a href="#">Eventbrite</a></p>	<p><a href="#">CHALLENGING BEHAVIOUR ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 7 Mar 2023 at 13:00   Eventbrite</a></p>	<p>Challenging Behaviour</p>
<p>ADD-vance <a href="#">Eventbrite</a></p>	<p><a href="#">Tips &amp; Tools to Support Puberty - FREE ONLINE WORKSHOP Tickets, Wed 8 Mar 2023 at 10:00   Eventbrite</a></p>	<p>Tips &amp; Tools to Support Puberty</p>
<p>ADD-vance <a href="#">Eventbrite</a></p>	<p><a href="#">Tips &amp; Tools to Manage Anxiety - FREE ONLINE WORKSHOP Tickets, Wed 8 Mar 2023 at 19:00   Eventbrite</a></p>	<p>Tips &amp; Tools to Manage Anxiety</p>
<p>ADD-vance <a href="#">Eventbrite</a></p>	<p><a href="#">Tips &amp; Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 13 Mar 2023 at 10:00   Eventbrite</a></p>	<p>Tips &amp; Tools for Positive Behaviour</p>
<p>ADD-vance <a href="#">Eventbrite</a></p>	<p><a href="#">SELF HARM ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 14 Mar 2023 at 13:00   Eventbrite</a></p>	<p>Self Harm Online Support Group</p>
<p><b>SfYP Services for Young People</b></p>	<p>SING Autism Project –discussion group 8 March 2023, 5:30pm FREE Focolare Centre, Welwyn Garden City For young people aged 13-17 with Asperger’s syndrome or autism. Opportunity to meet others and join in discussion. Supportive discussions with youth workers and other young people who have autism. Relationships, confidence and resilience, staying safe, emotional wellbeing, healthy lifestyles, food, nutrition and cooking, managing money and budgeting.</p>	<p><b>Booking Info:</b> Booking always needed. <b>Contact:</b> Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email <a href="mailto:sfyp.welwynhatfield@hertfordshire.gov.uk">sfyp.welwynhatfield@hertfordshire.gov.uk</a>.</p>



MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking <b>NEW LISTING</b>	Key Topics
JustTalkHerts	The Real Bodies in Herts Campaign <a href="https://www.justtalkherts.org">Just Talk (justtalkherts.org)</a> Resources and Webinars <a href="https://www.justtalkherts.org">Real Bodies in Herts (justtalkherts.org)</a>	The Real Bodies Campaign
Nip In the Bud	<a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a> Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
HPFT IAPT	<a href="#">HPFT IAPT Virtual Workshop Registration Form   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Managing Worry – For Adults 22 March 2023
REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	<p><b>Lumi Nova:</b> 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><b>With YOUTH</b> - Children &amp; 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><b>CYP aged 5 to18</b> 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. <a href="http://www.withyouth.org">www.withyouth.org</a> (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 <b>NEW LISTING</b>	Key Topics
Foundations of Numeracy	Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties) For children aged 3 upwards. This talk will focus on what is known about how number awareness develops in the early years and what you can do to help your child build firm foundations for maths.	<a href="#">Playskill ❤️ Foundations of Numeracy with Charlotte Kohnhorst (Teacher &amp; Assessor of Specific Learning Difficulties)</a>
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	7 March 2023 at 6:30pm to 8:30pm FREE Bowes Lyon Young People's Centre, Stevenage Join in, have some fun and make new friends. Runs on Tuesday evenings. Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport & Games, Arts & Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.	<b>Booking Essential:</b> Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: <a href="mailto:sfyp.stevenage@hertfordshire.gov.uk">sfyp.stevenage@hertfordshire.gov.uk</a>
Supporting Links	<a href="#">Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts (561) Registration, Tue 7 Mar 2023 at 12:30   Eventbrite</a>	Autism/ADHD – Responding to Anger
	<a href="#">Talking Teens (573). An online workshop for parents &amp; carers Tickets, Tue 14 Mar 2023 at 17:00   Eventbrite</a>	Talking Teens
	<a href="#">Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30   Eventbrite</a>	Autism/ADHD – <b>Coping with Change</b>
	<a href="#">Discussing Difficult Issues Tickets, Tue 28 Mar 2023 at 19:00   Eventbrite</a>	Discussing Difficult Issues (£15)
	<a href="#">Building resilience in children and teens   Family Lives</a>	Infographic – building resilience
	<a href="#">Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks)</a> <ul style="list-style-type: none"> <li>21 Feb to 28 Mar 7pm to 9pm</li> </ul> <a href="mailto:services@familylives.org.uk">. services@familylives.org.uk</a> or call us on 0204 522 8700	Confident Children – for parents/carers of children with ADHD/Autism
	<b>Time to Talk about Pre Teens / Teens (6 weeks – face to face)</b> <ul style="list-style-type: none"> <li>Thursday evening 3 21 Feb to 28 Mar 9:30am to 11:30am Hatfield, Herts</li> </ul> <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> or call us on 0204 522 8700	Getting on with Pre-Teen / Teenager
Family Lives		



<a href="#">Families Feeling Safe</a>	<a href="#">A FREE Online course for Dads, Step-Dads and Male Carers • Families Feeling Safe</a>	Mums, Dads, Step-Parents and Carers
Mixed Ability Rugby – Hertford RFC	<a href="#">A FREE course for Mums, Dads, Step-Parents and Carers of children pre-birth-11yrs • Families Feeling Safe</a>  8 March 2023 5:30pm FREE Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby's sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier.	Pre-birth to 11 years  For more information contact <a href="mailto:projectrugby@saracens.net">projectrugby@saracens.net</a> or call Matt Thompson 07974 785072