



| QUICK LINKS | | | | |
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| 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 (hertsendiass.org.uk) | |

SCROLL DOWN FOR NEW AND UPCOMING COURSES



| AUTISM / ADHD | | |
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| 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 |
| NESSie & Angels Support Group | Supporting Children with ASC/ADHD: Autism, Sexuality and Gender Diversity 15 March 2023 7pm to 8:30pm Nessie Public Booking Platform (procfu.com) | ASC/ADHD Autism, Sexuality and Gender Diversity |
| NESSie & Angels Support Group | Supporting Children with ASC/ADHD: Emotionally Based School Avoidance 21 March 2023 7pm to 8:30pm Nessie Public Booking Platform (procfu.com) | ASC/ADHD Emotionally Based School Avoidance |
| NESSie & Angels Support Group | Supporting Children with ASC/ADHD: Relationships, Puberty and Staying Safe 29 March 2023 1pm to 2:30pm Nessie Public Booking Platform (procfu.com) | ASC/ADHD Relationships, Puberty and Staying Safe |
| NORTH HERTS FAMILY CENTRE | SEND DROP IN – held monthly What's On North Herts District (mailchi.mp) | SEND Drop-In |
| SPACE Herts | ADHD in Girls and Women Tickets, Thu 9 Mar 2023 at 19:00 Eventbrite | ADHD in Girls |
| SPACE Herts | PDA, ODD and ADHD: Understanding the Differences Workshop Tickets, Fri 10 Mar 2023 at 10:00 Eventbrite | PDA, ODD and ADHD Understanding the differences |
| SPACE Herts | Starting SPACE Tickets, Fri 10 Mar 2023 at 10:00 Eventbrite | Starting SPACE |
| SPACE Herts | Navigating the SEND World Tickets, Tue 14 Mar 2023 at 10:00 Eventbrite | Navigating the SEND World |
| SPACE Herts | Sensory Signs, Signals and Solutions Workshop Tickets, Thu 16 Mar 2023 at 19:00 Eventbrite | Sensory Signs, Signals and Solutions |
| SPACE Herts | Sleep Workshop Tickets, Fri 17 Mar 2023 at 10:00 Eventbrite | Sleep Workshop |
| NHS Herts Community Trust | 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 |



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| | Exam Stress Tickets, Wed 22 Mar 2023 at 18:00 Eventbrite | Exam Stress |
| | Sleep Workshop (Child and Adolescent) Tickets, Tue 4 Apr 2023 at 12:00 Eventbrite | Sleep Workshop |
| | 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 |
| Angels Support Group | <p>9 March 10am to 12pm Meet Up and Chat (Stevenage) 16 March 10am to 12pm (Stevenage) Support Group with Lorraine Jones 21 March 10am to 12pm (online) Support Group with Lorraine Jones 23 March 10am to 12pm Meet Up and Chat (Stevenage) 30 March 10am to 12pm Support Group (Stevenage) also 7:30pm to 8:30pm</p> <p>www.angelssupportgroup.org.uk</p> <p>Angels Support Group and NESSie workshops</p> | Support Groups and workshops, Meet up and Chat |
| | <p>Sensory Needs Online Workshop 14 March 10am to 12pm Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group</p> | Sensory Needs |
| | <p>Women and Girls on the Spectrum and ADHD Workshop 28 March 10am to 12pm Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group</p> | Women and Girls |
| Autism Hertfordshire Transition Service for 16-20 year olds | Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org Parents & Cares of autistic young adults (16-25) 21 Feb – Sensory Difference | Sensory Difference |
| ADD-vance Eventbrite | Tips & Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 13 Mar 2023 at 10:00 Eventbrite | Tips & Tools for Positive Behaviour |
| ADD-vance Eventbrite | SELF HARM ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 14 Mar 2023 at 13:00 Eventbrite | Self-Harm Online Support Group |
| ADD-vance Eventbrite | LUNCH & LEARN - The Language of Neurodiversity Tickets, Mon 13 Mar 2023 at 12:00 Eventbrite | Language of Neurodiversity |
| ADD-vance Eventbrite | LUNCH & LEARN - Understanding PDA Tickets, Tue 14 Mar 2023 at 12:00 Eventbrite | PDA |



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| ADD-vance Eventbrite | LUNCH & LEARN - The Benefits of Neurodiversity in the Workplace Tickets, Wed 15 Mar 2023 at 12:00 Eventbrite | Benefits of Neurodiversity in Workplace |
| ADD-vance Eventbrite | LUNCH & LEARN - Supporting Students with Health & Learning Difficulties Tickets, Thu 16 Mar 2023 at 12:00 Eventbrite | Supporting Students with Health & Learning Difficulties |
| ADD-vance Eventbrite | LUNCH & LEARN - Neurodiversity - We don't all fit in one box Tickets, Fri 17 Mar 2023 at 12:00 Eventbrite | Neurodiversity – we don't all fit in one box |
| ADD-vance Eventbrite | Preparing for Adulthood (14+) FREE ONLINE WORKSHOP Tickets, Wed 15 Mar 2023 at 10:00 Eventbrite | Preparing for Adulthood (14+) |
| ADD-vance Eventbrite | Understanding Neurodiverse Teens - FREE ONLINE WORKSHOP Tickets, Wed 15 Mar 2023 at 19:00 Eventbrite | Understanding Neurodiverse Teens |
| ADD-vance Eventbrite | How to Claim PIP and Appeal a Decision - FREE ONLINE WORKSHOP Tickets, Thu 16 Mar 2023 at 10:00 Eventbrite | How to claim PIP and Appeal a Decision |
| SfYP Services for Young People | 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. | Booking Info: Booking always needed. Contact: Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email sfyp.welwynhatfield@hertfordshire.gov.uk . |



| MENTAL HEALTH AND WELLBEING | | |
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| 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 22 March 2023 |
| 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> |



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| Families Feeling Safe | A FREE Online course for Dads, Step-Dads and Male Carers • Families Feeling Safe | Mums, Dads, Step-Parents and Carers |
| Mixed Ability Rugby – Hertford RFC | A FREE course for Mums, Dads, Step-Parents and Carers of children pre-birth-11yrs • Families Feeling Safe 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 projectrugby@saracens.net or call Matt Thompson 07974 785072 |