



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	230302-Autism-Voice-Qs.pdf (hertsparentcarers.org.uk) The Specialist Advisory Team offers autism-specific training, Hertfordshire Autism Training (HAT), to schools and colleges in Hertfordshire. We are seeking to develop further, the way in which we include the views of children and young people in this, in a way that is accessible to them, to confirm and further develop autism training.	Please see link for details – send contributions to autism.voice@hertfordshire.gov.uk by 31 March 2023.
HCC Consultation	Consultation on Home School Transport Hertfordshire County Council	Transport Survey Closing date 26 March 2023
Young Wellbeing Hub	Free Webinar on Social Masking Tickets, Tue 28 Mar 2023 at 20:00 Eventbrite Hosted by Dr David Lee, Clinical Director at Young Wellbeing Hub and Special Guest Cathy Wassell, CEO of Autistic Girls Network and Author of Nurturing Your Autistic Young Person.	Social Masking
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	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
SPACE Herts	Teen Online Art - 'Make Lemonade' Tickets, Fri 17 Mar 2023 at 19:00 Eventbrite	Teen Online Art
SPACE Herts	Anxiety and SEND Workshop Tickets, Mon 20 Mar 2023 at 10:00 Eventbrite	Anxiety and SEND Workshop
SPACE Herts	Understanding and Supporting Emotional Regulation Tickets, Mon 20 Mar 2023 at 18:30 Eventbrite	Understanding and Supporting Emotional Regulation
SPACE Herts	No two brains are the same. What is neurodiversity? Tickets, Fri 24 Mar 2023 at 10:00 Eventbrite	No two brains are the same – what is neurodiversity?
NHS Herts Community Trust	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
	Exam Stress Tickets, Tue 11 Apr 2023 at 10:00 Eventbrite	Exam Stress
	Developing Your Child’s Emotional Literacy Tickets, Tue 18 Apr 2023 at 10:00 Eventbrite	Developing Child’s Emotional Literacy
	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	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 www.angelssupportgroup.org.uk Angels Support Group and NESSie workshops	Support Groups and workshops, Meet up and Chat
	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	Sensory Needs
	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	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
	Support Groups » Autism Bedfordshire	Support Group
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	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



ADD-vance Eventbrite	Tips & Tools to Support Social Skills - FREE ONLINE WORKSHOP Tickets, Mon 20 Mar 2023 at 10:00 Eventbrite	Tips & Tools to Support Social Skills
ADD-vance Eventbrite	Thinking about College? - FREE ONLINE WORKSHOP Tickets, Tue 21 Mar 2023 at 10:00 Eventbrite	Thinking about College?
ADD-vance Eventbrite	SCHOOL ANXIETY ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 21 Mar 2023 at 13:00 Eventbrite	School Anxiety Online Support Group
ADD-vance Eventbrite	Thinking about University? - FREE ONLINE WORKSHOP Tickets, Wed 22 Mar 2023 at 10:00 Eventbrite	Thinking about University?
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 .
Phoenix Group for Deaf Children	Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children	Connecting Families Event

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 22 March 2023
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	Digital Wellbeing Services



	<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)</p> <p>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 directory</p> <p>Gaming App - Anxiety Help</p>
<p>HCC Services for Young People</p>	<p>Services for Young People North Herts Wellbeing Project at Hitchin Young People’s Centre If you're aged 12-15 and struggling w... Services for Young People Listings</p>	<p>12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time</p>

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
<p>Foundations of Numeracy</p>	<p>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.</p>	<p>Playskill ❤️ Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties)</p>
<p>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</p>	<p>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.</p>	<p>Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk</p>



Family Lives	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
	Discussing Difficult Issues Tickets, Tue 28 Mar 2023 at 19:00 Eventbrite	Discussing Difficult Issues (£15)
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"> 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
	Bringing up confident ADHD/ASD Children (6 weeks online course) Tuesday 18 April to 23 May 7pm to 9pm Contact Louise: 0204 522 8700 or 8701 email services@familylives.org.uk	Bring up confident ADHD/ASD Children
Phase	Phase Hitchin - Passionate about helping young people (phase-hitchin.org)	Resources for parents and young people – wellbeing and resilience
Hope UK	Home - Hope UK	Alcohol and drug advice for parents and young people
Mixed Ability Rugby – Hertford RFC	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.	For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072
Potential Kids	Find courses and things to do (hertfordshire.gov.uk) Welcome to Potential Kids - Potential Kids	Minecraft Session, Hatfield 6:30pm