



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.hertsendiass.org.uk">Home (hertsendiass.org.uk)</a></li> </ul>	

**SCROLL DOWN FOR NEW AND UPCOMING COURSES**



AUTISM / ADHD		
Provider	Course/Booking <b>NEW LISTING</b>	Key Topics
<p><b>The Sandbox</b></p> <p>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p>	<p><b>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b></p> <p>The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p> <p>The Sandbox team would like to hear from young people and professionals working with them, to find out what resources/topics would be useful, so please let them know your ideas by emailing: <a href="mailto:nhs.operations@mindler.co.uk">nhs.operations@mindler.co.uk</a>.</p> <p>This new free NHS funded service launches on 1 April 2023 and offer a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs</p>	<ul style="list-style-type: none"> <li>• Website: 24/7</li> <li>• Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays</li> <li>• Live Chat: 10am-8pm Mondays-Fridays</li> </ul> <p>Signing up is easy and doesn't require a referral from a professional: <a href="https://www.getcerebral.co.uk">Sandbox Homepage (getcerebral.co.uk)</a></p>
<b>SURVEYS</b>	<p><a href="https://www.hertsparentcarers.org.uk/230302-Autism-Voice-Qs.pdf">230302-Autism-Voice-Qs.pdf (hertsparentcarers.org.uk)</a></p> <p>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 <b>views of children and young people</b> in this, in a way that is accessible to them, to confirm and further develop autism training.</p>	<p>Please see link for details – send contributions to <a href="mailto:autism.voice@hertfordshire.gov.uk">autism.voice@hertfordshire.gov.uk</a> by 31 March 2023.</p>
HCC Consultation	<a href="#">Consultation on Home School Transport   Hertfordshire County Council</a>	Transport Survey Closing date 26 March 2023
Young Wellbeing Hub	<p><a href="#">Free Webinar on Social Masking Tickets, Tue 28 Mar 2023 at 20:00   Eventbrite</a></p> <p>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.</p>	Social Masking
NESSie & Angels Support Group	<p>Supporting Children with ASC/ADHD: Relationships, Puberty and Staying Safe</p> <p>28 March 2023 1pm to 2:30pm</p> <p><a href="#">Nessie Public Booking Platform (procfu.com)</a></p>	ASC/ADHD Relationships, Puberty and Staying Safe
NORTH HERTS FAMILY CENTRE	<p>SEND DROP IN – held monthly</p> <p><a href="#">What's On North Herts District (mailchi.mp)</a></p>	SEND Drop-In
SPACE Herts	<a href="#">No two brains are the same. What is neurodiversity? Tickets, Fri 24 Mar 2023 at 10:00   Eventbrite</a>	No two brains are the same – what is neurodiversity?



SPACE Herts	<a href="#">The EHCP Process from Submission to Finalisation Tickets, Mon 27 Mar 2023 at 19:00   Eventbrite</a>	EHCP Process from Submission to Finalisation
SPACE Herts	<a href="#">Autism Plus: Co-occurring Conditions and Cognitive Theories Tickets, Tue 28 Mar 2023 at 10:00   Eventbrite</a>	Autism Plus: Co-occurring Conditions and Cognitive Theories
SPACE Herts	<a href="#">Understanding Autism Workshop Tickets, Wed 29 Mar 2023 at 10:00   Eventbrite</a>	Understanding Autism
SPACE Herts	<a href="#">Old MacDonald and the 3 Pigs plus..... - Booster Cushion Theatre Company Tickets, Sun 2 Apr 2023 at 10:30   Eventbrite</a>	Booster Cushion Theatre (£)
SPACE Herts	<a href="#">Junior Online Cooking Tickets, Mon 3 Apr 2023 at 17:30   Eventbrite</a>	Jnr online cooking
	<a href="#">Senior Online Cooking Tickets, Mon 3 Apr 2023 at 18:45   Eventbrite</a>	Snr online cooking
	<a href="#">Children's Pottery Painting Tickets, Wed 12 Apr 2023 at 10:00   Eventbrite</a>	Children's pottery (£)
	<a href="#">Children's Online Goomba Races Art Session Tickets, Fri 14 Apr 2023 at 17:00   Eventbrite</a>	Goomba Race Art Session
NHS Herts Community Trust	<a href="#">Sleep Workshop (Child and Adolescent) Tickets, Tue 4 Apr 2023 at 12:00   Eventbrite</a>	Sleep Workshop
	<a href="#">Exam Stress Tickets, Tue 11 Apr 2023 at 10:00   Eventbrite</a>	Exam Stress
	<a href="#">Developing Your Child's Emotional Literacy Tickets, Tue 18 Apr 2023 at 10:00   Eventbrite</a>	Developing Child's Emotional Literacy
	<a href="#">Supporting Your Child's Self-esteem Tickets, Wed 19 Apr 2023 at 10:00   Eventbrite</a>	Child's self-esteem
	<a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Tue 25 Apr 2023 at 10:00   Eventbrite</a>	Emotional Wellbeing and Regulation Tips
	<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
Angels Support Group	23 March 10am to 12pm Meet Up and Chat (Stevenage) 30 March 10am to 12pm Support Group (Stevenage) also 7:30pm to 8:30pm  <a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a>  Angels Support Group and NESSie <a href="#">workshops</a>	Support Groups and workshops, Meet up and Chat
	<b>Women and Girls on the Spectrum and ADHD Workshop</b> 28 March 10am to 12pm <a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a>	Women and Girls



Autism Hertfordshire Transition Service for 16-20 year olds	Membership (free) is required: <a href="#">Membership Application Form - Angels Support Group</a>	
	Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> Parents & Carers of autistic young adults (16-25) 21 Feb – <b>Sensory Difference</b>	Sensory Difference
	<a href="#">Support Groups » Autism Bedfordshire</a>	Support Group
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Thinking about College? - FREE ONLINE WORKSHOP Tickets, Tue 28 Mar 2023 at 10:00   Eventbrite</a>	Thinking about College
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.	<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> .
Phoenix Group for Deaf Children	<a href="#">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">About Us - The Phoenix Group for Deaf Children</a>	Connecting Families Event

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking <b>NEW LISTING</b>	Key Topics
JustTalkHerts	The Real Bodies in Herts Campaign <a href="#">Just Talk (justtalkherts.org)</a> Resources and Webinars <a href="#">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> <a href="#">Homepage   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Managing Worry – For Adults 27 April 2023



<p>REMINDER Mind Hertfordshire Network CYP Digital Wellbeing</p>	<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>
<p>HCC Services for Young People</p>	<p><a href="#">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</a></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 <b>NEW LISTING</b>	Key Topics
<p>Foundations of Numeracy</p>	<p>Foundations of Numeracy with Charlotte Kohnhorst (Teacher &amp; 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><a href="#">Playskill ❤️ Foundations of Numeracy with Charlotte Kohnhorst (Teacher &amp; Assessor of Specific Learning Difficulties)</a></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. <b>Runs on Tuesday evenings.</b> Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport &amp; Games, Arts &amp; Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.</p>	<p><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></p>



Family Lives	<a href="#">Discussing Difficult Issues Tickets, Tue 28 Mar 2023 at 19:00   Eventbrite</a>	Discussing Difficult Issues (£15)
Family Lives	<a href="#">Building resilience in children and teens   Family Lives</a>	Infographic – building resilience
	<b>Bringing up confident ADHD/ASD Children</b> (6 weeks online course) Tuesday 18 April to 23 May 7pm to 9pm Contact Louise: 0204 522 8700 or 8701 email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a>	Bring up confident ADHD/ASD Children
Phase	<a href="https://www.phase-hitchin.org">Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</a>	Resources for parents and young people – wellbeing and resilience
Hope UK	<a href="#">Home - Hope UK</a>	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 <a href="mailto:projectrugby@saracens.net">projectrugby@saracens.net</a> or call Matt Thompson 07974 785072
Potential Kids	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">Welcome to Potential Kids - Potential Kids</a>	Minecraft Session, Hatfield 6:30pm