



QUICK LINKS				
SEND	Local Offer	Up on Downs	DS Achieve	Lending SPACE
	North Herts Family Centre	Abilities in Me	Down's Syndrome Listening Service	
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) Herts 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		SandBox	Young Minds
	This May Help	Parenting & Young People	Supporting Links	Families Feeling Safe
		Family Lives	Services for Young People	Families in Focus
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 (hertsparentcarers.org.uk) Webinars Herts Parent Carer Involvement (hertsparentcarers.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



Mental Health Awareness Week 15 May to 21 May

[Mental Health Awareness Week | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

NHS Hertfordshire and Mid Essex Talking Therapies: Mental Health Awareness Weds, 17 May 2023 10am to 11am. Book your place: [Registration \(gotowebinar.com\)](https://gotowebinar.com)

Understanding Anxiety 17 May 1pm to 2pm, 15 June 10am to 11am, 17 July 2023 1pm to 2pm, 29 August 11am to 12pm

[Understanding Anxiety | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

Relaxation skills 17 May 5:30pm to 6:30p, 8 June 1pm to 2pm, 10 July 2pm to 3pm, 8 Aug 1pm to 2pm

[Relaxation skills | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

- [Mindfulness: reconnect with your true self | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [Managing employment and emotional wellbeing | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [How to cope with stress | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [Menopause and Emotional Wellbeing | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [Managing Worry | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

Provider	Course/Booking	Key Topics
SURVEYS	EMWiE Emotional and Mental Wellbeing in Education Team The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people struggling to regularly attend school . They are asking parents and carers to share their experiences in this survey.	Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)
NORTH HERTS FAMILY CENTRE	SEND DROP IN – held monthly 4 May 2023 10am to 11:30am at Chestnut Tree Family Centre, Letchworth What's On North Herts District (mailchi.mp)	SEND Drop-In



AUTISM / ADHD / SEND		
SPACE Herts	Tourette's Tickets, Tue 9 May 2023 at 18:30 Eventbrite	Tourette's
SPACE Herts	Teens Online Toadstool Art Session Tickets, Fri 28 Apr 2023 at 19:00 Eventbrite	Art Session for teens
SPACE Herts	Understanding and Supporting Executive Functioning Difficulties Tickets, Tue 2 May 2023 at 18:30 Eventbrite	Understanding and Supporting Executive Functioning Difficulties
SPACE Herts	Sleep Workshop Tickets, Fri 5 May 2023 at 10:00 Eventbrite	Sleep
SPACE Herts	Navigating the SEND World Tickets, Wed 10 May 2023 at 10:00 Eventbrite	Navigating the SEND World
SPACE Herts	Family SEND Event at Hertford Fire Station Tickets, Sat 10 Jun 2023 at 11:00 Eventbrite	Family Fire Station Day - Hertford
NHS Herts Community Trust	Exam Stress Tickets, Tue 9 May 2023 at 18:00 Eventbrite	Exam Stress
	Supporting Your Child's Self-esteem Tickets, Wed 10 May 2023 at 18:00 Eventbrite	Self-Esteem
	Adolescent Self-esteem Workshop Tickets, Thu 25 May 2023 at 18:00 Eventbrite	Self-Esteem – BOOK EARLY TO AVOID DISAPPOINTMENT
	Sleep Workshop (Child and Adolescent) Tickets, Tue 6 Jun 2023 at 18:00 Eventbrite	Sleep Workshop - BOOK EARLY TO AVOID DISAPPOINTMENT
	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
Hertfordshire Community NHS Trust	Understanding your child's sensory preferences Tickets, Thu 11 May 2023 at 10:00 Eventbrite	Understanding your child's sensory preferences
	Understanding your child's sensory preferences Tickets, Wed 7 Jun 2023 at 11:00 Eventbrite	Understanding your child's sensory preferences
	Understanding your child's sensory preferences Tickets, Tue 4 Jul 2023 at 10:00 Eventbrite	Understanding your child's sensory preferences
	Supporting your child's motor skills development Tickets, Tue 27 Jun 2023 at 10:00 Eventbrite	Supporting your child's motor skills development



Angels Support Group	www.angelssupportgroup.org.uk Angels Summer Term Programme (half 1) (angelssupportgroup.org.uk)	Support Groups and workshops, Meet up and Chat
Angels Support Group	Angels Support Group and NESSie workshops Tuesdays via Zoom 10am to 12pm 9 May – Parent/Carer Support Group with Lorraine Jones 16 May – Workshop What makes a good EHCP and Annual Review 23 May – Parent/Carer Support Group with Lorraine Jones	Support Groups and Workshops
Angels Support Group	Weds – Letchworth Meet Up and Chat 10 May in partnership with Letchworth Family Support Team	Meet Up and Chat
Angels Support Group	Thursdays Stevenage 10am to 12pm at Greenside School 4 May – Parent/Carer Support Group with Lorraine Jones 11 May – Meet Up and Chat 18 May – Parent/Carer Support Group with Lorraine Jones	Support Groups
Angels Support Group	Thursday – via Zoom 7:30pm to 8:30pm 11 May – Evening Parent/Carer Support Group	Support Groups
	Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group	
Autism Bedfordshire	Hear Me, See Me - Voice Group Tickets, Wed 10 May 2023 at 11:00 Eventbrite Going to the doctor or being admitted to hospital can be worrying experience if you are autistic.	Visiting a Doctor/being admitted to hospital – group sessions listen to healthcare experience of autistic adults.
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)	
	Support Groups » Autism Bedfordshire	Support Group
	Upcoming Events » Autism Bedfordshire	Upcoming Events
ADD-vance Eventbrite	Support for Dads - FREE ONLINE WORKSHOP Tickets, Mon 15 May 2023 at 19:00 Eventbrite	Support for Dads
ADD-vance Eventbrite	SCHOOL ANXIETY ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 9 May 2023 at 13:00 Eventbrite	School Anxiety – online support group



ADD-vance Eventbrite	Understanding Autism - FREE ONLINE WORKSHOP Tickets, Wed 10 May 2023 at 19:00 Eventbrite	Understanding Autism
ADD-vance Eventbrite	INTRODUCTION & WELCOME - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 09:30 Eventbrite	Adulthood Conference: Introduction and Welcome
ADD-vance Eventbrite	A WORLD OF OPPORTUNITIES - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 10:15 Eventbrite	Adulthood Conference: A world of opportunities
ADD-vance Eventbrite	GETTING THE BEST FROM BENEFITS - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 11:30 Eventbrite	Adulthood Conference: Getting the best from benefits
ADD-vance Eventbrite	ACHIEVING HEALTHY INDEPENDENCE - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 13:00 Eventbrite	Adulthood Conference: Achieving Healthy Independence
ADD-vance Eventbrite	TRANSITIONING TO HIGHER EDUCATION - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 14:15 Eventbrite	Adulthood Conference: Transitioning to higher education
ADD-vance Eventbrite	TRANSFERRING TO ADULT MH SERVICES - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 15:30 Eventbrite	Adulthood Conference: Transferring to Adult MH Services
ADD-vance Eventbrite	NAVIGATING THE TRANSITION TO WORK - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 19:00 Eventbrite	Adulthood Conference: Navigating the transition to work
ADD-vance Eventbrite	Support for Dads - FREE ONLINE WORKSHOP Tickets, Mon 15 May 2023 at 19:00 Eventbrite	Support for Dads
Autism Uk	Social stories and comic strip conversations (autism.org.uk)	Social Stories and Comic Strip Conversations
Challenging Behaviour Foundation	Video challenging behaviour - Challenging Behaviour Foundation Positive Behaviour Support - Challenging Behaviour Foundation	Resource – Challenging Behaviour
Recovery College online	Your mental health - Recovery College Online	Mental Health Recovery
Give Us a Shout	Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)	Free 24/7 mental health text support
Healthwatch	Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire	Healthwatch



Down's Syndrome Association	Down's Syndrome Listening Service Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)	Down's Syndrome Listening Service
SfYP Services for Young People	SING Autism Project –discussion group 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
<p>The Sandbox</p> <p>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p>	<p>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</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: nhs.operations@mindler.co.uk.</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"> • Website: 24/7 • Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays • Live Chat: 10am-8pm Mondays-Fridays <p>Signing up is easy and doesn't require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)</p>
This May Help	<p>Home ThisMayHelp</p> <p>Topics include: How to support your child's mental health. How to help someone who self harms. How to moderate your child's video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn't want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness.</p>	<p>Topics:</p> <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience



NESSie		
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers with Children with Self-Harming Behaviours 4 May 2023 – 9:30am to 11am	Self-Harm
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers of Children with Emotional Based School Avoidance 10 May 2023 – 10am to 11:30am	Emotional Based School Avoidance
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers with Children Gender Questioning 16 May 2023 – 10am to 11:30am	Gender Questioning
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Children with Bereavement and Loss 24 May 2023 – 1pm to 2:30pm	Bereavement
NESSie	NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools. FREE online and face-to-face workshops on a range of mental health issues that affect children and young people. Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups 1-1 support advice sessions 1-2 Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio	Mental Health support for parents/carers – 1-1, online, support groups



Carers in Herts	<p>CAMHS Online Monthly Support Group for Parents and Carers Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a monthly online support group hosted by Carers in Herts. The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information. The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom.</p> <ul style="list-style-type: none"> “This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent. <p>Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen. For more information or to book a place: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk)</p>	CAMHS Monthly Support Group via Carers in Herts
Herts Mind Network	<p>Overcoming Anxiety and Fear (online) – Hertfordshire Mind Network (hertsmindnetwork.org) 3 May to 24 May from 10:30am to 12:30pm £10</p>	Overcoming Anxiety and Fear
Herts Mind Network	<p>Understanding Anger and Other Emotions – Hertfordshire Mind Network (hertsmindnetwork.org) 1 June to 29 June from 10:30am to 12:30pm £10</p>	Understanding Anger and Other Emotions
Herts Mind Network	<p>Mental Health and Work – Hertfordshire Mind Network (hertsmindnetwork.org) Taking place online every Wednesday for 4 weeks 3 May to 24 May 5pm to 7:30pm £10</p>	Mental Health and Work
Herts Mind Network	<p>Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon</p>	Coming soon : Overcoming Social Anxiety



Young Minds	If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.	CAMHS Support via Young Minds
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) Homepage HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing Worry – For Adults 27 April 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 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 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.	Digital Wellbeing Services Digital directory Gaming App - Anxiety Help
HCC Services for Young People	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	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time



BEEZEE BODIES	<p>Helping you make healthy habits as a family – FREE healthy lifestyle courses! Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com)</p> <p>For Families (beezeebodies.com)</p>	Healthy Lifestyle Courses
---------------	--	---------------------------

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
HCC	<p>Parenting When Separated Programme A practical and positive evidence based course for parents who are preparing for or have gone through a separation or divorce. It is a six-week course, FREE to attend. Both parents can attend but it is recommended you attend separate groups. Sessions are 2.5hrs with up to 12 parents. Face to face: 13 June at The Shephall Centre Parenting When Separated Referral Form (hertfordshire.gov.uk)</p>	Separation/Divorce - Parenting
Yoga Class for children with SEN	<p>The class will consist of gentle yoga poses, breathing practices and time for relaxation and mindfulness. Rach is a qualified Special yoga practitioner. Find courses and things to do (hertfordshire.gov.uk) Kid's Yoga Class - SEND Yogis</p>	
Supporting Links	Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (585) Registration, Mon 22 May 2023 at 09:30 Eventbrite	Sibling Struggles – ADHD and Autism
Supporting Links	Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30 Eventbrite	Teenage Years – ADHD and Autism



Supporting Links	PowerPoint Presentation (supportinglinks.co.uk) New What's On (supportinglinks.co.uk)					
	Additional Needs	Online	576	18th Apr to 23rd May	Tue	8.00-9.30pm
	Talking Additional Needs	Online	575	5th Jun to 11st Jul	Tue	9.45-11.15am
	Talking Families	Online	577	20th Apr to 25th May	Thu	9.45-11.15am
	Talking Families	Online	579	20th Apr to 25th May	Thu	8.00-9.30pm
	Talking Families	Online	580	6th Jun to 11th Jul	Tue	8.00-9.30pm
	Talking Families	Online	578	7th Jun to 12th Jul	Wes	9.45-11.15am
	Talking Teens	Online	581	19th Apr to 24th May	Wed	7.45-9.15pm
	Talking Teens	WGC Face2Face	582	7th Jun to 12th Jul	Wed	7.00-9.00pm
	Talking Dads	Online	583	18th Apr to 23rd May	Tue	7.45-9.15pm
Talking Dads	Online	584	7th Jun to 12th Jul	Wed	7.45-9.15pm	
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	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.					Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk
Family Lives	Building resilience in children and teens Family Lives					Infographic – building resilience
	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
Family Lives	Let's Play Family Lives					Online Let’s Play Free course
Family Lives	parenting classes online - Family Lives					Parenting Together Free Course
	Less shouting, more cooperation Family Lives 7 June to 12 July via MS Teams – see website for full details and booking Sorting out arguments in your family Family Lives 18 May to 29 June via MS Teams – see website for full details and booking					



Family Lives	Getting on with your pre teen or teenager Family Lives 8 June to 13 July	Getting on with your Pre-Teen
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	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