



HIGHLIGHTS	Understanding & Supporting Emotional <a href="#">Regulation</a>	Local Offer <a href="#">Webinar</a>	Youth <a href="#">Council</a>	Area SEND inspection: surveys <a href="#">Parent/Carers</a> <a href="#">Children</a>
Tip: Ctrl F to search key words				
<b>QUICK LINKS</b>				
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	Down's <a href="#">Syndrome</a> Listening Service	
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) Herts Mind <a href="#">Network</a>	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		<a href="#">SandBox</a>	<a href="#">Young</a> Minds This May <a href="#">Help</a>
Parenting & Young People	Services for <a href="#">Young</a> People	<a href="#">Family</a> Lives	<a href="#">Supporting</a> Links	Families Feeling <a href="#">Safe</a>
	<a href="#">Families</a> in Focus	<a href="#">Families First</a> ( <a href="http://hertfordshire.gov.uk">hertfordshire.gov.uk</a> )	<a href="#">The Hertfordshire Local Offer</a>	<a href="#">Carewaves and Newsletters - Carers In Herts</a>
Further Signposting	<ul style="list-style-type: none"> <li><a href="#">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li><a href="#">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li><a href="#">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li><a href="#">Herts Parent Carer Involvement (hertparentcarers.org.uk)</a></li> <li><a href="#">Webinars   Herts Parent Carer Involvement (hertparentcarers.org.uk)</a></li> </ul>		<ul style="list-style-type: none"> <li><a href="#">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li><a href="#">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li><a href="#">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li><a href="#">The Dyslexia-SpLD Trust - Parents</a></li> <li><a href="#">Home (hertssendiass.org.uk)</a></li> </ul>	



### SCROLL DOWN FOR NEW AND UPCOMING COURSES

Provider	Course/Booking	Key Topics
<p><b>Area SEND inspection: survey information for parents and carers</b></p>	<p>Ofsted and the Care Quality Commission (CQC) are visiting your area, as part of an inspection. We will be looking at arrangements for children and young people with special educational needs and/or disabilities (SEND). We would like to hear <b>your views</b> about the support that your child receives. You can provide your views by completing an online survey at the following link: This survey is for parents/carers of children and young people with SEND aged 0-25. The survey is voluntary, and you do not have to take part. The responses will complement the evidence collected by inspectors during the inspection. We do not ask for your name. If you complete this survey, you consent to the transfer of your information from SmartSurvey to Ofsted. For more information about how CQC and Ofsted collect and use data during inspections please see their individual privacy policies: <a href="#">CQC privacy statement</a>; <a href="#">Ofsted privacy policy</a></p>	<p><a href="https://ofsted.smartsurvey.co.uk/p/AreaSend/10266964">https://ofsted.smartsurvey.co.uk/p/AreaSend/10266964</a></p> <p>Your views are important to us and will help inspectors understand your child’s experience of the SEND arrangements within your area. The survey will close at <b>9am on Tuesday 4<sup>th</sup> July 2023.</b></p>
<p><b>Area SEND inspection: survey information for children and young people</b></p>	<p>Ofsted and the Care Quality Commission (CQC) are visiting your area as part of an inspection. We will be looking at arrangements for children and young people with special educational needs and/or disabilities (SEND). We would like to hear <b>your views</b> about the support that you get and how it is helping you. You can do this by completing an online survey at the link below: You do not have to take part if you do not want to. We do not ask for your name. If you complete the survey, you agree to SmartSurvey sending your information to Ofsted.  To learn about how CQC and Ofsted collect and use information during inspections please see their privacy policies: <a href="#">CQC privacy statement</a>; <a href="#">Ofsted privacy policy</a></p>	<p><a href="https://ofsted.smartsurvey.co.uk/p/AreaSend/10266964">https://ofsted.smartsurvey.co.uk/p/AreaSend/10266964</a></p> <p>Your views are important to us. They will help inspectors understand your experience of SEND arrangements in your area. The survey will close at <b>9am on 04 July 2023.</b></p>



<p><a href="#">The Hertfordshire Local Offer</a></p>	<p><b>Introduction to the SEND Local Offer – webinar</b> The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.</p> <p>A friendly face from the Local Offer team will take you through what’s on the website and how you can use it to find the right services and support.</p>	<p>(For professionals AND parent carers) Wednesday 5 July 7.30 – 8.30pm – please email <a href="mailto:nhdspl@wymondley.herts.sch.uk">nhdspl@wymondley.herts.sch.uk</a> for the link.</p> <p><i>A quick note: The Local Offer website is different to Short Breaks (SBLO). We won't be going into detail about SBLO.</i></p>
<p>Hertfordshire and West Essex Integrate Care Board</p>	<p><b>YOUTH COUNCIL</b> Opportunity for young people aged between 12-19 yrs old or up to 25 for young people with Special Education Needs or Disabilities, to join the newly established ICB Youth Council. Are you interested in:</p> <ul style="list-style-type: none"> <li>• Representing the voices of young people within the healthcare system?</li> <li>• Working in partnership with health sector professionals to improve health services for young people.</li> </ul> <p>Email: <a href="mailto:hweicbenh.cypsteam@nhs.net">hweicbenh.cypsteam@nhs.net</a> What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many other organisations to improve the health of the population.</p>	
<p>SURVEYS</p>	<p><b>EMWIE: Emotional and Mental Wellbeing in Education Team</b> The Emotional and Mental Wellbeing in Education Team want to understand more about why there’s been an increase of children and young people <b>struggling to regularly attend school</b>. They are asking parents and carers to share their experiences in this survey.</p>	<p><a href="#">Parent and Carer Feedback regarding their Young Person’s School Avoidance (smartsurvey.co.uk)</a></p>
<p>NORTH HERTS FAMILY CENTRE</p>	<p><b>SEND DROP IN – held monthly</b> 6 July 2023 10am to 11:30am at Chestnut Tree Family Centre, Letchworth</p>	<p>SEND Drop-In <a href="#">What's On North Herts District (mailchi.mp)</a></p>
<p>AUTISM / ADHD / SEND</p>		
<p>SPACE Herts</p>	<p><a href="#">Understanding and Supporting Executive Functioning Difficulties Tickets, Thu 29 Jun 2023 at 10:00   Eventbrite</a></p>	<p>Executive Functioning, Difficulties</p>
<p>SPACE Herts</p>	<p><a href="#">Navigating the SEND World Post 16 Tickets, Fri 30 Jun 2023 at 10:00   Eventbrite</a></p>	<p>Navigating the SEND World Post 16</p>
<p>SPACE Herts</p>	<p><a href="#">Understanding and Supporting Emotional Regulation Tickets, Mon 3 Jul 2023 at 18:30   Eventbrite</a></p>	<p>Understanding &amp; Supporting Emotional Regulation</p>
<p>SPACE Herts</p>	<p><a href="#">Understanding ADHD Workshop Tickets, Tue 4 Jul 2023 at 19:00   Eventbrite</a></p>	<p>Understanding ADHD</p>
<p>SPACE Herts</p>	<p><a href="#">Autistic Girls Workshop Tickets, Thu 6 Jul 2023 at 18:30   Eventbrite</a></p>	<p>Autistic Girls Workshop</p>
<p>SPACE Herts</p>	<p><a href="#">Navigating the SEND World Tickets, Mon 10 Jul 2023 at 10:00   Eventbrite</a></p>	<p>Navigating the SEND World</p>



Hertfordshire Community NHS Trust	<a href="#">Understanding your child's sensory preferences Tickets, Tue 4 Jul 2023 at 10:00   Eventbrite</a>	Understanding your child's sensory preferences
NHS Herts Community Trust	<a href="#">School Transitions: Managing Anxiety &amp; Worries in Children &amp; Young People Tickets, Thu 6 Jul 2023 at 18:00   Eventbrite</a>	School Transitions
NHS Herts Community Trust	<a href="#">Supporting Your Child's Self-esteem Tickets, Wed 12 Jul 2023 at 10:00   Eventbrite</a>	Supporting your child's self-esteem
NHS Herts Community Trust	<a href="#">Adolescent Self-esteem Workshop Tickets, Mon 24 Jul 2023 at 10:00   Eventbrite</a>	Adolescent Self-Esteem
NHS Herts Community Trust	<a href="#">Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Tue 25 Jul 2023 at 10:00   Eventbrite</a>	Emotional Wellbeing Workshop
NHS Herts Community Trust	<a href="#">Sleep Workshop (Child and Adolescent) Tickets, Tue 1 Aug 2023 at 10:00   Eventbrite</a>	Sleep Workshop (Child and Adolescent)
NHS Herts Community Trust	<a href="#">Developing Your Child's Emotional Literacy Tickets, Tue 11 Jul 2023 at 18:00   Eventbrite</a>	Developing your child's literacy
NHS Herts Community Trust	<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	<a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a> <a href="#">Angels Summer Term Programme (half 2) (angelssupportgroup.org.uk)</a> Angels Support Group and NESSie <a href="#">workshops</a>	Support Groups and workshops, Meet up and Chat
	<b>Tuesdays via Zoom 10am to 12pm</b> 4 July – Workshop: <b>Understanding and Supporting ADHD</b> 11 July – Parent/Carer Support Group with Lorraine Jones 18 July – Workshop: <b>How to support your child's sensory needs.</b>	Support group Understanding and Supporting ADHD <b>How to support your child's sensory needs</b>
	<b>Wednesday 10am to 12pm The Pod, Northfields Letchworth</b> 12 July - Meet up and Chat in partnership with Letchworth Family Support Team	Meet up and chat
	<b>Thursdays – 10am to 12pm The Phoenix Group, Stevenage</b> 29 June – Meet Up and Chat 6 July - Parent/Carer Support Group with Lorraine Jones 13 July – Meet Up and Chat 20 July - Parent/Carer Support Group with Lorraine Jones	Parent/Carer Support
	<b>Thursdays via Zoom 7:30pm to 8:30pm</b> 6 July - Evening Parent/Carer Support Group	Evening Parent/Carer Support



Angels Support Group	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> Membership (free) is required: <a href="#">Membership Application Form - Angels Support Group</a>	
Autism Hertfordshire Transition Service for 16-20 year olds	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)	
	<a href="#">Support Groups » Autism Bedfordshire</a>	Support Group
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Upcoming Events » Autism Bedfordshire</a>	Upcoming Events
	<a href="#">PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Wed 5 Jul 2023 at 13:00   Eventbrite</a>	PDA online support group
Autism Uk	<a href="https://www.autism.org.uk">Social stories and comic strip conversations (autism.org.uk)</a>	Social Stories and Comic Strip Conversations
Challenging Behaviour Foundation	<a href="#">Video challenging behaviour - Challenging Behaviour Foundation</a> <a href="#">Positive Behaviour Support - Challenging Behaviour Foundation</a>	Resource – Challenging Behaviour
Recovery College online	<a href="#">Your mental health - Recovery College Online</a>	Mental Health Recovery
Give Us a Shout	<a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a>	Free 24/7 mental health text support
Healthwatch	<a href="#">Parents and carers voice their concerns about accessing GP Practices   Healthwatch Hertfordshire</a>	Healthwatch
Down's Syndrome Association	Down's Syndrome Listening Service <a href="https://www.downs-syndrome.org.uk">Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)</a>	Down's Syndrome Listening Service
Phoenix Group for Deaf Children	<a href="https://www.hertfordshire.gov.uk">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	Key Topics
WithYouth Young People's Digital Wellbeing Services	<b>Road to Year 7 Group</b> 4pm to 5pm every Monday Starting 24 July 2023 for six weeks – Open to all year 6's. <ul style="list-style-type: none"> <li>• Create the toolkit needed to overcome any worries around starting secondary school.</li> <li>• Helping to build confidence around starting secondary school.</li> <li>• Exploring topics of change, anxiety, making new friendships, bullying and online safety.</li> </ul>	Transition to Secondary School



	For information and to register interest email: <a href="mailto:withyouth@hertsmindnetwork.org">withyouth@hertsmindnetwork.org</a>	
Mind Hertfordshire Network CYP	<p><b>Spark – A Creative Space for Young People’s Wellbeing</b> Informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along email <a href="mailto:cyp@hertsmindnetwork.org">cyp@hertsmindnetwork.org</a> This will be starting soon on Monday’s 6pm to 8pm Letchworth Wellbeing Centre. It is for those living in North Herts, there is an initial contact form to fill in on referral, a 1-1 can be arranged if interested but not sure what to expect. <a href="#">Home - WithYouth</a></p>	Creative Space for Young People
NHS Hertfordshire and Mid Essex Talking Therapies: <b>Understanding Anxiety</b> 17 July 2023 1pm to 2pm, 29 August 11am to 12pm <a href="#">Understanding Anxiety   HPFT IAPT Services (hpft-iapt.nhs.uk)</a> <b>Relaxation skills</b> 10 July 2pm to 3pm, 8 Aug 1pm to 2pm <a href="#">Relaxation skills   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	<ul style="list-style-type: none"> <li>○ <a href="#">Mindfulness: reconnect with your true self   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">Managing employment and emotional wellbeing   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">How to cope with stress   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">Menopause and Emotional Wellbeing   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">Managing Worry   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> </ul>	
<b>Mental Health First Aid Training – 1 Day Champion Course for parents &amp; carers of 8 to 18 year olds FREE</b>	<p>What you will learn:</p> <ul style="list-style-type: none"> <li>• An understanding of common health issues and how they can affect young people.</li> <li>• Ability to spot signs of mental ill health in young people and guide them to a place of support.</li> <li>• Knowledge and confident to advocate for mental health awareness.</li> <li>• Skills to support positive wellbeing.</li> </ul> <p><b>Session 1:</b> what is mental health and mental ill health, stigma and discrimination, depression and suicide. <b>Session 2:</b> mental health conditions: anxiety, self-harm, eating disorders, psychosis, recovery, resilience. For further information contact: <a href="mailto:hweicbhv.schoolsmh@nhs.net">hweicbhv.schoolsmh@nhs.net</a></p>	<p><a href="#">Mental Health First Aid (MHFA) 1 day course for Parents &amp; Carers- Stevenage Tickets, Tue 4 Jul 2023 at 09:30   Eventbrite</a></p> <p><a href="#">Mental Health First Aid (MHFA)- Champion Course (1 Day) Dacorum Tickets, Multiple Dates   Eventbrite</a></p>
<b>The <a href="#">Sandbox</a></b>  <b>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b>	<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 Signing up is easy and doesn’t require a referral from a professional: <a href="http://getcerebral.co.uk">Sandbox Homepage (getcerebral.co.uk)</a></li> </ul>



<p>This May Help</p>	<p><a href="#">Home   ThisMayHelp</a> 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"> <li>○ Self-Harm</li> <li>○ Video Gaming</li> <li>○ Establish Trust and Boundaries</li> <li>○ Eating Disorder</li> <li>○ Mental Health</li> <li>○ Resilience</li> </ul>
<p><a href="#">NESSie</a></p>	<p><a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Parents/Carers of Children who are Gender Questioning 29 June</p>	<p>Gender Questioning</p>
<p><a href="#">NESSie</a></p>	<p>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. <b>FREE online and face-to-face workshops</b> on a range of mental health issues that affect children and young people. <b>Parent Support Line 07932 651319</b> (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups. support advice sessions 1-1 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: <a href="#">Podio</a></p>	<p>Mental Health support for parents/carers – 1-1, online, support groups</p>
<p><a href="#">Carers in Herts</a></p>	<p><b>CAMHS Online Monthly Support Group for Parents and Carers</b> 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 <a href="#">monthly online support group hosted by Carers in Herts</a>. 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"> <li>• <i>“This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent.</i></li> </ul> <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.</p>	<p>CAMHS Monthly Support Group via Carers in Herts</p> <p><a href="#">Carewaves and Newsletters - Carers In Herts</a></p> <p>For more information or to book a place: <b>Call:</b> 01992 586969 <b>Email:</b> <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a> <b>Go online:</b> CAMHS Online Support Group (<a href="http://carersinherts.org.uk">carersinherts.org.uk</a>)</p>
<p>Herts Mind <a href="#">Network</a></p>	<p><a href="#">Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org)</a> Course details coming soon</p>	<p>Coming soon : Overcoming Social Anxiety</p>



<a href="#">Young Minds</a>	<p>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.</p>	<p>CAMHS Support via Young Minds</p>
<a href="#">JustTalkHerts</a>	<p>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></p>	<p>The Real Bodies Campaign</p>
<a href="#">JustTalkHerts</a>	<p>What's Next? Let's Just Talk about the Future <a href="#">What's Next? Let's Just Talk about the Future (justtalkherts.org)</a> Thinking about the future can be worrying or stressful, take a look at some practical tools and useful information to help you look after your mental health: Manage Your Worries (Self Help Tools) Support with Future Plans Volunteering and Looking for a Job Real Hertfordshire Positive Future Stories</p>	
<p>Nip In the Bud</p>	<p><a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a> Promoting awareness of mental health disorders in children – Does my child Need help?</p>	<p>Early Intervention</p>
<p>NHS Hertfordshire and Mid-Essex Talking Therapies <a href="#">HPFT IAPT</a></p>	<p>Understanding Low Self-Esteem for adults 6 July 1pm to 2pm <a href="#">Understanding Low Self-esteem   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p>	<p>Understanding Low Self-Esteem for adults</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</a> <a href="#">  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>
<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,</p>	<p>Digital Wellbeing Services</p> <p>Digital directory</p> <p>Gaming App - Anxiety Help</p>



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

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD																																				
Provider	Course/Booking	Key Topics																																		
HCC	<b>Parenting When Separated Programme</b> 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 <a href="https://www.hertfordshire.gov.uk">Parenting When Separated Referral Form (hertfordshire.gov.uk)</a>	Separation/Divorce – Parenting																																		
Yoga Class for children with SEN	<b>The class will consist of gentle yoga poses, breathing practices and time for relaxation and mindfulness. Rach is a qualified Special yoga practitioner. <a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="https://www.hertfordshire.gov.uk">Kid's Yoga Class - SEND Yogis</a></b>																																			
<a href="#">Supporting Links</a>	<a href="#">Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30   Eventbrite</a>	Teenage Years – ADHD and Autism																																		
<a href="#">Supporting Links</a>	<a href="https://www.supportinglinks.co.uk">PowerPoint Presentation (supportinglinks.co.uk)</a> <a href="https://www.supportinglinks.co.uk">New What's On (supportinglinks.co.uk)</a> <table border="1" data-bbox="546 1173 1998 1417"> <tbody> <tr> <td>Talking Additional Needs</td> <td>Online</td> <td>575</td> <td>5th Jun to 11st Jul</td> <td>Tue</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>580</td> <td>6th Jun to 11th Jul</td> <td>Tue</td> <td>8.00-9.30pm</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>578</td> <td>7th Jun to 12th Jul</td> <td>Wes</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Teens</td> <td>WGC Face2Face</td> <td>582</td> <td>7th Jun to 12th Jul</td> <td>Wed</td> <td>7.00-9.00pm</td> </tr> <tr> <td>Talking Dads</td> <td>Online</td> <td>584</td> <td>7th Jun to 12th Jul</td> <td>Wed</td> <td>7.45-9.15pm</td> </tr> </tbody> </table>						Talking Additional Needs	Online	575	5th Jun to 11st Jul	Tue	9.45-11.15am	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	WGC Face2Face	582	7th Jun to 12th Jul	Wed	7.00-9.00pm	Talking Dads	Online	584	7th Jun to 12th Jul	Wed	7.45-9.15pm
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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. <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 & 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>
<a href="#">Family Lives</a>	<a href="#">Building resilience in children and teens   Family Lives</a>	Infographic – building resilience
<a href="#">Family Lives</a>	<a href="#">Let's Play   Family Lives</a>	Online Let's Play Free course
<a href="#">Family Lives</a>	<a href="#">parenting classes online -   Family Lives</a>	Parenting Together Free Course
	<a href="#">Getting on with your pre teen or teenager   Family Lives</a> Getting on with your pre teen or teenager 8 June to 13 July 7pm to 9pm via MS Teams – see website for full details and booking	Getting on with you pre teen or teenager
	<a href="#">Less shouting, more cooperation   Family Lives</a> 7 June to 12 July via MS Teams – see website for full details and booking	Less shouting, More cooperation
<a href="#">Family Lives</a>	<a href="#">Getting on with your pre teen or teenager   Family Lives</a> 8 June to 13 July	Getting on with your Pre-Teen
<a href="#">Families in Focus</a>	<b>Handling anger of children with Autism and ADHD</b> Tuesday evenings 6:30pm to 8:30pm 12, 19, 26 Sept and 3, 10, 17 Oct Places are limited, Booking essential: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Handling anger – Autism/ADHD
<a href="#">Families in Focus</a>	<b>Handling anger of children with Autism and ADHD</b> Tuesday mornings 9:30am to 11:30am 12, 19, 26 Sept and 3, 10, 17 Oct Places are limited, Booking essential: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Handling anger – Autism/ADHD
<a href="#">Families in Focus</a>	<b>A complete guide to parenting children with SEND</b> Wednesday mornings 9:30am to 11:30am 13, 20, 27 Sept and 4, 11, 18 Oct Places are limited, Booking essential: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Complete guide to parenting children with SEND
<a href="#">Families in Focus</a>	<b>A complete guide to parenting children with SEND</b> Wednesday evenings 6:30pm to 8:30pm	Complete guide to parenting children with SEND



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<a href="#">Families</a> in Focus	<b>Handling anger in your family</b> 6 week evidence based course for those parenting neurotypical children aged 2 to 11. Feedback: <i>"It was great to meet other mums and dads who were experiencing similar challenges and learn all together"</i> Thursday mornings 9:30am to 11:30am 14, 21, 28 Sept and 5, 12, 19 Oct	Handling anger in your family
<a href="#">Families</a> in Focus	<b>Families in Focus CIC -</b> community: <a href="https://www.facebook.com/groups/184975381651870/">https://www.facebook.com/groups/184975381651870/</a> Practitioners do join our Practitioner Facebook community: <a href="https://www.facebook.com/groups/596362130530293/">https://www.facebook.com/groups/596362130530293/</a> <u>Web:</u> <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a> <u>Email:</u> <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a> Office hours: Monday to Thursday 8.30am to 4.30pm Term time	supporting & enabling parent carers to remain emotionally healthy Parents do join our supportive facebook
Phase	<a href="http://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