



| Tip: Ctrl F to search key words | | 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 | ADHD Foundation |
| 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 | Services for Young People | Family Lives | The Hertfordshire Local Offer | Carewaves and Newsletters - Carers In Herts |
| | Families in Focus | Families First (hertfordshire.gov.uk) | Capa First Response You are not alone - Capa First Response We support families and professionals impacted by child or adolescent on parent abuse. Child/adolescent on parent abuse support | |
| | Supporting Links | Families Feeling Safe | | |
| 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) Capa First Response You are not alone - Capa First Response | | <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) | |



SEND 0-25
Advice Lines

SCROLL DOWN FOR NEW AND UPCOMING COURSES

| Provider | Course/Booking | Key Topics |
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| AUTISM / ADHD / SEND | | |
| SHOWCASE OF AUTISM IN SCHOOLS PROGRAMME | <p>16 November 2023 at Robertson House Stevenage Morning Session 9:30am to 12:30pm (arrival from 9am) Afternoon Session 1pm to 4pm (arrival from 12:30pm).</p> <p>An amazing opportunity to hear from Hertfordshire Professionals about supporting children and young people with autism. Join us to hear about the success of the programme. Open to all Hertfordshire school staff, professionals and parent/carers.</p> | <p>You're your Place: www.hertfordshire.gov.uk/hsasp23 See Flyer</p> |
| Hertfordshire Autism | <p>Level 1 Autism Training eLearning This online training will take about 30 minutes to complete. It aims to develop an understanding of: Some basic principles of autism, challenging some myths and stereotypes The strengths and areas of difference Simple reasonable adjustments and strategies for practitioners to consider. To complete the training please follow the link, you will be prompted to complete a short form and be re-directed to the training: Autism elearning form (contensis.com)</p> | Level 1 Autism Training e-learning |
| SPACE Herts | EHCP Annual Reviews Workshop Tickets, Wed 18 Oct 2023 at 10:00 Eventbrite | EHCP Annual Reviews |
| | Questions and Answers on... EHCP Mythbusting! Tickets, Wed 18 Oct 2023 at 19:00 Eventbrite | Q&A EHCP Mythbusting |



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| | Understanding Specific Literacy Difficulties Including Dyslexia. Tickets, Thu 19 Oct 2023 at 10:00 Eventbrite | | | Understanding Specific Literacy Difficulties incl. Dyslexia |
| | No Two Brains are the Same. What is Neurodiversity? Tickets, Mon 30 Oct 2023 at 10:00 Eventbrite | | | No two brains are the same, what is Neurodiversity? |
| | Tourette's Workshop Tickets, Mon 30 Oct 2023 at 18:30 Eventbrite | | | Tourette's workshop |
| | Neurodiversity in Girls and Women (ADHD and Autism) - a 4 week course Tickets, Tue 31 Oct 2023 at 18:30 Eventbrite | | | 4 Week Course – Neurodiversity in Girls and Women (ADHD & Autism) |
| | Navigating the SEND World Post 16 Tickets, Wed 1 Nov 2023 at 10:00 Eventbrite | | | Navigating the SEND World |
| | Anger and Conflict Tickets, Thu 2 Nov 2023 at 10:00 Eventbrite | | | Anger & Conflict |
| Angels Support Group | Virtual Meeting via Zoom | Face to Face Letchworth | Face to Face meeting Stevenage/ Evening Meeting via Zoom | Support Groups and workshops, Meet up and Chat www.angelsupportgroup.org.uk / Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group |
| | | | 12 Oct 10am to 12pm Stevenage Parent/Carer Support Group | |
| | 17 Oct 10am to 12pm Parent/Carer Support Group | 18 Oct Meet Up and Chat | 19 October 10am to 12pm Stevenage Meet Up and Chat | |
| ADD-vance Eventbrite | Working in Partnership with School - FREE ONLINE WORKSHOP Tickets, Mon 30 Oct 2023 at 10:00 Eventbrite | | | Working In Partnership with School |
| | Understanding ADHD and Autism in Girls - FREE ONLINE 6 WEEK COURSE Tickets, Tue 31 Oct 2023 at 10:00 Eventbrite | | | Understanding ADHD and Autism in Girls – 6 week course |
| | Tips & Tools to Support Learning (Executive Function) FREE ONLINE WORKSHOP Tickets, Wed 1 Nov 2023 at 10:00 Eventbrite | | | Tips/Tools to Support Learning (Executive Function) |
| | Understanding ADHD and Autism-FREE 6 WEEK COURSE FOR DADS PLUS WIDER FAMILY Tickets, Wed 1 Nov 2023 at 10:00 Eventbrite Early Years – 2 November to 7 December – ONLINE Understanding ADHD and Autism in the Early Years for Dads-FREE 6 WK COURSE Tickets, Thu 2 Nov 2023 at 19:00 Eventbrite Teen Years – 8 November to 13 December – ONLINE Understanding Teens with ADHD and Autism for Dads - FREE ONLINE COURSE Tickets, Wed 8 Nov 2023 at 19:00 Eventbrite | | | Understanding ADHD and Autism – 6 week course for Dads plus wider family |



| | Tips & Tools to Manage School Avoidance - FREE ONLINE WORKSHOP Tickets, Thu 2 Nov 2023 at 10:00 Eventbrite | Tips/Tools Manage School Avoidance | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Supporting Links | <p>Workshops: We have a number of single session workshops for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend. See website for flyers and links: New What's On (supportinglinks.co.uk)</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th>Workshop</th> <th>Link to book</th> <th>ID</th> <th>Date</th> <th>Day</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>School Avoidance</td> <td>Book here</td> <td>607</td> <td>19th Oct 2023</td> <td>Thu</td> <td>9.30-11.15am</td> </tr> <tr> <td>Tech Use</td> <td>Book here</td> <td>608</td> <td>15th Nov 2023</td> <td>Wed</td> <td>9.30-11.15am</td> </tr> <tr> <td>Teenage Years</td> <td>Book here</td> <td>609</td> <td>22nd Nov 2023</td> <td>Wed</td> <td>7.30-9.15pm</td> </tr> </tbody> </table> | Workshop | Link to book | ID | Date | Day | Time | School Avoidance | Book here | 607 | 19th Oct 2023 | Thu | 9.30-11.15am | Tech Use | Book here | 608 | 15th Nov 2023 | Wed | 9.30-11.15am | Teenage Years | Book here | 609 | 22nd Nov 2023 | Wed | 7.30-9.15pm | <p>School Avoidance</p> <p>Tech Use</p> <p>Teenage years</p> | | | | | | | | | | | | | | | | | |
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| Courses: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Family Lives | <p>Anxiety around ADHD Understand what ADHD is, why it makes sense for a child to be anxious, strategies, signposting. Tuesday 7 Nov 9:30am to 11:30am Online via MS Teams</p> | Anxiety around ADHD | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



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| | services@familylives.org.uk 0204 522 8700/8701 | |
| Families in Focus | <p>Handling anger of children with Autism and ADHD (aged 4 to 11) Monday mornings 9:30am to 11:30am 30 Oct, 6, 13, 20,, 27 Nov, 4 Dec. Places are limited, Booking essential: bookings@familiesinfocus.co.uk</p> | Handling anger – Autism/ADHD |
| | <p>Handling anger of children with Autism and ADHD (aged 4 to 11) Tuesday mornings 9:30am to 11:30am 31 Oct, 7, 14, 21, 28 Nov, 5 Dec Places are limited, Booking essential: bookings@familiesinfocus.co.uk</p> | Complete guide to parenting children with SEND |
| | <p>Handling anger of primary aged children with Autism or ADHD Our award winning six-week course is funded by HCC and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire Provides practical support to understand why children and adults react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family. Monday evenings 6:30pm to 8:30pm – 29 January, 5, 12, 26 February, 4, 11, March OR Wednesday mornings 9:30am to 11:30am 10, 17, 24, 31 Jan and 7, 14 Feb OR Wednesday evenings 6:30pm to 8:30pm 10, 17, 24, 31 Jan and 7, 14 Feb Booking: bookings@familiesinfocus.co.uk</p> | Handling Anger in Primary Aged Children – Autism and ADHD – FREE 6 week course |
| | <p>Handling anger in your family Six session course funded by HCC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 yrs living in Herts. Understand more about what triggers children’s anger and parents anger. Gain more understanding of children’s common sleep issues. Learn communication techniques to increase children’s emotional regulation and decrease angry meltdowns. Thursday mornings 9:30am to 11:30am 11, 18, 25 Jan and 1, 8, 15 Feb Booking: bookings@familiesinfocus.co.uk</p> | Handling Anger in Your Family – 4 to 11 – FREE 6 week course |
| | <p>A complete guide to parenting neurodiverse children FREE 10 week course for parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged 2 to 11 yrs. Gain a greater understanding and answer the question “Why does my child do that?” Learn a range of strategies and solutions to better manage behaviours that challenge. Understand sensory needs of children. Increase understanding of children’s common sleep issues. Learn how to support siblings living with a neurodiverse sister/brother. Communicate effectively with children to increase children’s emotional regulation. Meet other parents living in families similar and share experiences. Tuesday mornings 9:30am to 11:30am 9, 16, 23, 30 Jan, 6, 13, 27 Feb, 5, 12, 19 March OR Tuesday evenings: 6:30pm to 8:30pm 9, 16, 23, 30 Jan, 6, 13, 27 Feb, 5, 12, 19 March</p> | A complete guide to parenting neurodiverse children – FREE 10 week course (with diagnosis or waiting for assessment) |



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| | Booking: bookings@familiesinfocus.co.uk | |
| Autism Hertfordshire Transition Service for 16-20 year olds | Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org Parents & Carers of autistic young adults (16-25) | |
| | Support Groups » Autism Bedfordshire Upcoming Events » Autism Bedfordshire | Support Group Upcoming Events |
| Autism UK | Social stories and comic strip conversations (autism.org.uk) | Social Stories and Comic Strip Conversations |
| ADHD Foundation | Resources Archive - ADHD Foundation : ADHD Foundation | Resources |
| The Add-Vantage | Coffee & Connection - ADHD Womens Wellbeing Community Hub Tickets, Multiple Dates Eventbrite | For Women with ADHD – Coffee & Connection |
| | Recharge Retreat Day - ADHD Womens Wellbeing Community Hub Tickets Eventbrite | For Women with ADHD – Recharge Retreat Day |
| Up on Downs | A parent run organisation that supports families of children with Down’s Syndrome. | Local Down’s Syndrome Support |
| Down’s Syndrome Association | Down’s Syndrome Listening Service Listening Service - Downs Syndrome Association (downs-syndrome.org.uk) | Down’s Syndrome Listening Service |
| Phoenix Group for Deaf Children | Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children | Local Group for Deaf Children |
| National Deaf Children’s Society | Learn British Sign Language Online National Deaf Children's Society (ndcs.org.uk) | FREE signing Courses for Families |
| NORTH HERTS FAMILY CENTRE | SEND Drop In - Free Drop In Wrigglers & Tiddlers Walsworth Baptist Church Hitchin .SG4 9SP Monthly from 9:30am-11.00am : 9th November / 14th December | SEND Drop-In What's On North Herts District Autumn 2023 (mailchi.mp) |
| | SEND Drop In - Free Drop In First Friends Royston Methodist Church, Queens Street. SG8 7AU Monthly from 9:30am to 11.00am : 24th November / 15th December | |



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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. 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 |
| MENTAL HEALTH AND WELLBEING | | |
| Young Minds | Help Your Child With ADHD Parents Guide to Support YoungMinds Autism & Mental Health Signs & Symptoms of Autism YoungMinds Transitions, Change & Mental Health Parents Guide YoungMinds | Guide: Help your child with ADHD Guide: Autism and Mental Health Guide: Transitions and Change |
| 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 |



| MENTAL HEALTH AND WELLBEING | | |
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| Provider | Course/Booking | Key Topics |
| NESSie | <p>Parent/Carer Chat and Connect Session – Hertfordshire This monthly, regular online drops in offers an informal space to share and connect with other parents/carers who have similar experience supporting their child’s mental health. These sessions are facilitated by Specialist Family Support Worker who can offer advice and support. Each month we will cover a different topic – see social media for updates. 14 November / 12 December 6:30pm to 8pm via MS Teams – FREE funded by HCC Nessie Public Booking Platform (procfu.com)</p> | <p>Hertfordshire parents - NESSie IN ED, CIC Parent/Carer Chat Connect Session</p> |
| | <p>Parent/Carer Workshop – Anxiety 8 November 9:30am to 11am</p> | <p>Nessie Public Booking Platform (procfu.com)</p> |
| | <p>Parent/Carer Workshop – Self-Harming Behaviours 22 November 2023 9:30am to 11am</p> | <p>Nessie Public Booking Platform (procfu.com)</p> |
| | <p>Parent/Carer Workshop – When Children and Young People Struggle to Attend School 6 December 2023 9:30am to 11am</p> | <p>Nessie Public Booking Platform (procfu.com)</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. 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. 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: Podio</p> | <p>Mental Health support for parents/carers – 1-1, online, support groups</p> |
| <p>Children’s Wellbeing Practitioners</p> <p><i>Places are sold out quickly</i></p> | <p>Developing Your Child’s Emotional Literacy Tickets, Tue 7 Nov 2023 at 10:00 Eventbrite</p> | <p>Child’s Emotional Literacy</p> |
| | <p>Adolescent Self-esteem Workshop Tickets, Wed 15 Nov 2023 at 18:00 Eventbrite</p> | <p>Self-Esteem</p> |
| | <p>Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 22 Nov 2023 at 18:00 Eventbrite</p> | <p>Emotional Wellbeing</p> |



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| | Supporting Your Child's Self-esteem Tickets, Tue 5 Dec 2023 at 10:00 Eventbrite | | Self Esteem |
| | 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 |
| Mental Health First Aid Training – 1 Day Champion Course for parents & carers of 8 to 18 year olds FREE | <p>What you will learn:</p> <ul style="list-style-type: none"> • An understanding of common health issues and how they can affect young people. • Ability to spot signs of mental ill health in young people and guide them to a place of support. • Knowledge and confident to advocate for mental health awareness. • Skills to support positive wellbeing. <p>Session 1: what is mental health and mental ill health, stigma and discrimination, depression and suicide.</p> <p>Session 2: mental health conditions: anxiety, self-harm, eating disorders, psychosis, recovery, resilience.</p> <p>For further information contact: hweicbhv.schoolsmh@nhs.net</p> | <p>17 October at The Pod, Northfields, Letchworth – see link for booking</p> <p>Mental Health First Aid (MHFA) 1 day course for Parents & Carers Tickets, Multiple Dates Eventbrite</p> <p>Mental Health First Aid (MHFA)- Champion Course (1 Day) Dacorum Tickets, Multiple Dates Eventbrite</p> | |
| Youth Mental Health First Aid Training | 2 Day First Aider Course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds. FREE | | Mental Health First Aid (MHFA) 2 Day Course- 7th and 9th November 23 Tickets, Multiple Dates Eventbrite |
| The Sandbox New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023 | <p>The Sandbox: 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> |
| Bereavement: Living with Grief and Loss HPFT IAPT Services (hpft-iapt.nhs.uk) | | | Bereavement and Grief |
| Care for Carers HPFT IAPT Services (hpft-iapt.nhs.uk) | | | Care for Carers |
| Carers: Managing Difficult Emotions and Building Resilience HPFT IAPT Services (hpft-iapt.nhs.uk) | | | Carers: Managing Difficult Emotions/Building Resilience |



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| Dealing with Depression HPFT IAPT Services (hpft-iapt.nhs.uk) | | Dealing with Depression |
| How to sleep better HPFT IAPT Services (hpft-iapt.nhs.uk) | | How to sleep better |
| Managing Worry HPFT IAPT Services (hpft-iapt.nhs.uk) | | Managing worry |
| Understanding Low Self-esteem HPFT IAPT Services (hpft-iapt.nhs.uk) | | Understanding low self esteem |
| Becoming a parent or caregiver and emotional wellbeing HPFT IAPT Services (hpft-iapt.nhs.uk) | | Becoming a parent or caregiver |
| Mind Hertfordshire Network CYP | Spark – A Creative Space for Young People’s Wellbeing 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 cyp@hertsmindnetwork.org 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. Home - WithYouth | Creative Space for Young People |
| This May Help | Home ThisMayHelp 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. | Topics: <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience |
| Carers in Herts | 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. <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. 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. | CAMHS Monthly Support Group via Carers in Herts Carewaves and Newsletters - Carers In Herts 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) |
| Herts Mind Network | Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon | 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. | CAMHS Support via Young Minds |



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| | 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. | |
| JustTalkHerts | The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org) | The Real Bodies Campaign |
| | What's Next? Let's Just Talk about the Future What's Next? Let's Just Talk about the Future (justtalkherts.org) 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: <ul style="list-style-type: none"> • Manage Your Worries (Self Help Tools) • Support with Future Plans • Volunteering and Looking for a Job • Real Hertfordshire Positive Future Stories | What's Next? Let's Just Talk about the Future. |
| Nip In the Bud | https://youtu.be/uMdB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help? | Early Intervention |
| 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 |
| 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 to 18 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 |
| Mind in Mid Herts | Feeling Well: Supporting you to understand and manage low mood. Online course. 24 Oct to 14 Nov (4x Tuesdays 6pm to 7:30pm). Bookings: Living Well – Mind in Mid Herts | Feeling Well |



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| | Being Assertive: gaining an understanding of assertive communication and behaviour. Online workshop 25 October 2pm to 4pm . Bookings: Living Well – Mind in Mid Herts | Being Assertive |
| | Developing Self Compassion: Supporting you to combat self-criticism and develop self-compassion. Online Course 6 Nov to 13 Nov (2x Mondays 2pm to 4:30pm) Bookings: Living Well – Mind in Mid Herts | Developing Self Compassion |
| | Sleeping Well: exploring strategies to help you to improve sleep. Online workshop 9 Nov 5pm to 8pm. Bookings: Living Well – Mind in Mid Herts | Sleeping Well |
| | Staying Calm: developing strategies to effectively express difficult emotions. Online course 21 Nov to 28 Nov (2x 2pm to 4pm) Bookings: Living Well – Mind in Mid Herts | Staying Calm |
| | Building Courage: develop strategies to help you tackle anxiety. Online course. 7 Dec to 14 Dec (2x 5pm to 7:30pm) Bookings: Living Well – Mind in Mid Herts | Building Courage |
| | Learning to Relax: equipping you with the skills to manage stress effectively. Online workshop 11 Dec 1pm to 4pm Bookings: Living Well – Mind in Mid Herts | Learning to Relax |

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD

| Provider | Course/Booking | Key Topics |
|----------------------------------|---|---------------------------------------|
| Fledglings | Fledglings is a non-profit shop that helps children with additional needs by supplying products & equipment that help with everyday challenges. You'll find all sorts of things including sensory toys, incontinence swimwear and adaptive clothing. Adaptive Clothes Incontinence Swim Sensory SEN Fledglings | Additional needs products & equipment |
| HCC | 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. Parenting When Separated Referral Form (hertfordshire.gov.uk) | Separation/Divorce – Parenting |
| Yoga Class for children with SEN | 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 | |
| BEEZEE BODIES | Helping you make healthy habits as a family – FREE healthy lifestyle courses! Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com) For Families (beezeebodies.com) | Healthy Lifestyle Courses |



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| <p>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</p> | <p>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> |
| <p>Family Lives</p> | <p>Building resilience in children and teens Family Lives</p> | <p>Infographic – building resilience</p> |
| | <p>Less Shouting, More Cooperation – 6 week group Do you feel you are constantly nagging/shouting, tired of losing your cool, want a calmer house. Learn how you can change the way you communicate with your child, respond better and feel more in control. Thursday, 5 Oct to 16 Nov 7pm to 9pm online via MS Teams services@familylives.org.uk 0204 522 8700/8701</p> | <p>Less Shouting, More Cooperation</p> |
| | <p>Dads Together (face to face 6 week group) Are you a Dad who feels you are constantly nagging/shouting, tired of losing your cool, want a calmer house. Learn how you can change the way you communicate with your child, respond better and feel more in control. Tuesday, 7 Nov to 12 Dec 7:30pm to 9:30pm Canary Club, Fishponds Road, Hitchin SG5 1NU services@familylives.org.uk 0204 522 8700/8701</p> | <p>Dads Together</p> |
| | <p>Sorting out Arguments in the Family – 6 week group Feel everything ends in an argument, constantly trying to keep the peace. Help improve communication, reduce the reactions, create a culture of teamwork in your family. Wednesday, 8 Nov to 13 Dec 9:30am to 11:30am Online via MS Teams services@familylives.org.uk 0204 522 8700/8701</p> | <p>Sorting out arguments in the family</p> |
| | <p>Reducing Conflict workshop Explores different types of conflict, provides support in understanding causes and impact, gives practical steps and strategies. Thursday 7 Dec 9:30am to 11:30am Online via MS Teams services@familylives.org.uk 0204 522 8700/8701</p> | <p>Reducing Conflict Workshop</p> |
| | <p>Let's Play Family Lives</p> | <p>Online Let’s Play Free course</p> |
| <p>parenting classes online - Family Lives</p> | <p>Parenting Together Free Course</p> | |



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| | <p>Handling anger in your family (aged 4 to 11) Tuesday evenings 6:30pm to 8:30pm 31 Oct, 7, 14, 21, 28 Nov, 5 Dec Places are limited, Booking essential: bookings@familiesinfocus.co.uk</p> | Complete guide to parenting children with SEND |
| | <p>Families in Focus CIC - community: https://www.facebook.com/groups/184975381651870/ Practitioners do join our Practitioner Facebook community: https://www.facebook.com/groups/596362130530293/ <u>Web:</u> www.familiesinfocus.co.uk <u>Email:</u> bookings@familiesinfocus.co.uk Office hours: Monday to Thursday 8.30am to 4.30pm Term time</p> | supporting & enabling parent carers to remain emotionally healthy Parents do join our supportive Facebook |
| Ohana | <p>Ohana Hertfordshire County Council Ohana is a free to attend support group for young parents who are in care or who are care leavers – meet other parents, support each other, hear from guest speakers. See website for Summer Events.</p> | |
| Phase | <p>Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</p> | Resources for parents and young people – wellbeing and resilience |
| Hope UK | <p>Home - Hope UK</p> | Alcohol and drug advice for parents and young people |
| Healthwatch | <p>Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire</p> | Healthwatch |
| Capa First Response | <p>Capa First Response You are not alone - Capa First Response We support families and professionals impacted by child or adolescent on parent abuse.</p> | Child/adolescent on parent abuse support |



Hertfordshire and West Essex
Integrate Care Board

SURVEYS

YOUTH COUNCIL

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:

- Representing the voices of young people within the healthcare system?
- Working in partnership with health sector professionals to improve health services for young people.

Email: hweicbenh.cypsteam@nhs.net

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.

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 \(smartsurvey.co.uk\)](#)