



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	CYPMHS Service Directory - SW (justtalkherts.org)	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
	NESSie	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network) Herts Mind Network	First Steps ED
	Just Talk Herts	The Ollie Foundation	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		Carers in Herts (CAMHS Support)	Young Minds
	Courses Coming Up Hertfordshire Mind Network (hertsmindnetwork.org)		SandBox	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) 		<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 	



	<ul style="list-style-type: none"> Capa First Response You are not alone - Capa First Response 	<ul style="list-style-type: none"> Home (hertssendias.org.uk)
SEND 0-25 Advice Lines		

SCROLL DOWN FOR NEW AND UPCOMING COURSES

Secondary School Information Day Survey	https://mailchi.mp/070db245f4e8/transitionsurvey	
	For parents/carers of Year 6 SEND children following the open days at Secondary Schools.	
Provider	Course/Booking	Key Topics
AUTISM / ADHD / SEND		
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	A Christmas Carol - Booster Cushion Theatre Company Tickets, Sun 19 Nov 2023 at 10:30 Eventbrite	FREE – A Christmas Carol Stevenage
	Understanding Autism Workshop Tickets, Mon 20 Nov 2023 at 19:00 Eventbrite	Understanding Autism
	Navigating the SEND World Course - 4 week course Tickets, Thu 23 Nov 2023 at 18:30 Eventbrite	Navigating the SEND World – 4 week course



	Understanding and Supporting Executive Functioning Difficulties Tickets, Fri 24 Nov 2023 at 10:00 Eventbrite			Understanding and Support Executive Functioning Difficulties
Angels Support Group	Virtual Meeting via Zoom 10am to 12pm	Face to Face Letchworth	Face to Face meeting Stevenage/ Evening Meeting via Zoom	Support Groups and workshops, Meet up and Chat www.angelssupportgroup.org.uk / Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group
	<ul style="list-style-type: none"> • 21 Nov – Parent/Carer Support Group with Lorraine Jones • 28 Nov – Workshop Specialist Advisory Support Service – Masking in School: Things to help 		<ul style="list-style-type: none"> • 16 Nov – Parent/Carer Support Group with Lorraine Jones • 23 Nov – Meet up and Chat • 30 Nov – Parent/Carer Support Group with Lorraine Jones 	
	<ul style="list-style-type: none"> • 5 Dec – Parent/Carer Support Group with Lorraine Jones • 12 Dec – Workshop Services for Young People – Post 16 Provision • 19 Dec – Parent/Carer Support Group with Lorraine Jones 	<ul style="list-style-type: none"> • 6 Dec – Meet Up and Chat 	<ul style="list-style-type: none"> • 7 Dec – Meet up and Chat • 14 Dec – Parent/Support Group with Lorraine Jones 	
ADD-vance Eventbrite	Understanding ADHD and Autism-FREE 6 WEEK COURSE FOR DADS PLUS WIDER FAMILY Tickets, Wed 1 Nov 2023 at 10:00 Eventbrite			Understanding ADHD and Autism – 6 week course for Dads plus wider family
	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 in the Early Years for Dads-FREE 6 WK COURSE Tickets, Thu 2 Nov 2023 at 19:00 Eventbrite			Understanding ADHD and Autism in the Early Years for Dads – 6 week course
	Tips & Tools to Build Self-Esteem - FREE ONLINE WORKSHOP Tickets, Mon 20 Nov 2023 at 10:00 Eventbrite			Tips & Tools to Build Self-Esteem
	ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 21 Nov 2023 at 19:30 Eventbrite			Online Support Group – parents/carers of 16-24 year olds
	Understanding Medication Options - FREE ONLINE WORKSHOP Tickets, Wed 22 Nov 2023 at 10:00 Eventbrite			Understanding Medication Options
Understanding Neurodiverse Teens - FREE ONLINE WORKSHOP Tickets, Mon 27 Nov 2023 at 19:00 Eventbrite			Understanding Neurodiverse Teens	



Supporting Links	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)																																									
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	SPRING TERM Talking ASD/ADHD: The Teenage Years – Tuesday, 23 January 2024 Talking ASD and ADHD: The teenage years. For parents/carers in Herts (631) Registration, Tue 23 Jan 2024 at 19:30 Eventbrite						ASD/ADHD The Teenage Years																																			
	Talking ASD/ADHD: Tech use – Wednesday, 28 February 2024 Talking ASD and ADHD: Tech Use (630). For parents/carers in Herts. Registration, Wed 28 Feb 2024 at 19:30 Eventbrite						AS/ADHD Tech use																																			
	Talking ASD/ADHD: Sibling Struggles – Monday, 25 March 2024 Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (629) Registration, Mon 25 Mar 2024 at 19:30 Eventbrite						ASD/ADHD – Sibling Struggles																																			



	<p>Talking Teens</p> <ul style="list-style-type: none"> • 4 Jan to 8 Feb Thursdays 7:45pm to 9:15pm Online Course ID 624 • 7 Feb to 20 Mar Wednesdays 7:45pm to 9:15pm Course ID 625 <p>6 weekly sessions for parents and carers of children aged 12-19 The Teen Brain – physical/emotional changes. Link between behaviour and communicating difficult feelings. Maintain relationship and good communication. Understanding risk taking behaviour. Negotiate/Reduce conflict. New What's On (supportinglinks.co.uk) Booking: bookings@supportinglinks.co.uk</p>	Talking Teens – 6 week course
	<p>Talking Anger in Teens</p> <ul style="list-style-type: none"> • 23 Jan to 5 Mar (no half term session) Tuesdays 7:45pm to 9:30pm Course ID 626 <p>6 weekly sessions for parents and carers of children aged 12-19 Understanding why young people and adults get angry. Develop strategies to handle anger in yourself and others. Recognise the early signs of anger. Reduce conflict. Encourage positive behaviour. Booking: bookings@supportinglinks.co.uk</p>	Talking Anger in Teens – 6 week course
	<p>Talking Dads</p> <ul style="list-style-type: none"> • 3 Jan to 7 Feb Wednesdays 7:45pm to 9:15pm Course ID 627 • 6 Feb to 19 Mar Tuesdays 7:45pm to 9:15pm Course ID 628 <p>6 weekly sessions for dads/male carers of all ages. Improved listening and communication skills. A healthy dad-child relationship now and in the future. Effective strategies for dealing with anger and conflict. How to enforce boundaries. Being the Dad you want to be. Booking: bookings@supportinglinks.co.uk</p>	Talking Dads – 6 week course
	<p>Talking Anxiety in Families</p> <ul style="list-style-type: none"> • 29 Jan to 11 Mar, Mondays 7:45pm to 9:15pm Course ID 621 <p>6 weekly sessions for parents/carers of children aged 12-19 Understand why young people and adults get anxious. Develop strategies to handle anxiety in yourself and others. Recognise the early signs of anxiety/avoid escalation. Reduce stress and tension. Encourage resilient behaviour and strengthen relationships. Booking: bookings@supportinglinks.co.uk</p>	Talking Anxiety in Families – 6 week course
	<p>Talking Families</p> <ul style="list-style-type: none"> • 1 Feb to 14 Mar Thursdays 8am to 9:30am Course ID 623 <p>6 weekly sessions for parents and carers of children aged 0-12.</p>	Talking Families – 6 week course



	<p>Manage challenging behaviour with consistency. Encourage positive behaviour. Build your child's self-esteem. Set and maintain boundaries. Respond to tantrums and difficult feelings. Develop strong parent/child relationships now and the future.</p> <p>Booking: bookings@supportinglinks.co.uk</p>	
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.</p>	A complete guide to parenting neurodiverse children – FREE 10 week course (with diagnosis or waiting for assessment)



	<p>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> <p>Booking: bookings@familiesinfocus.co.uk</p>	
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)	
	<p>Support Groups » Autism Bedfordshire</p> <p>Upcoming Events » Autism Bedfordshire</p>	<p>Support Group</p> <p>Upcoming Events</p>
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
Woolgrove School	<p>Sign along Introduction £30 per person (free to Woolgrove Staff and Parents) 15 November 9:30am to 11am at Woolgrove School Booking: training@woolgrove.herts.sch.uk</p>	Sign Along Introduction
	<p>Sign along Course £150 per person, incl cert provided from Singalong, on completion of the course and a Phase 1 Signalong book. (Free to Woolgrove School Staff and Parents, book and cert can be purchased for £40).</p>	Sign Along Course



	7 sessions 4pm to 5:30pm Mondays starting 5 Feb to 25 Mar (no course on 20 Feb) at Woolgrove School. Suitable for professionals or parents. Booking: training@woolgrove.herts.sch.uk	
NORTH HERTS FAMILY CENTRE	SEND Drop In - Free Drop In Wrigglers & Tiddlers Walsworth Baptist Church Hitchin.SG4 9SP Monthly from 9:30am-11.00am : 14th December 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	SEND Drop-In What's On North Herts District Autumn 2023 (mailchi.mp)
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

Provider	Course/Booking	Key Topics
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[Just Talk Week 2023 \(justtalkherts.org\)](http://justtalkherts.org)

Just Talk Week

See website for information, signposting and resources.

Our JustTalk partners are also supporting this work, SandBox have a whole resource section on bullying to support young people, this is a great place to look at resources and signpost young people to. [The Resource Zone \(mindler.co.uk\)](http://mindler.co.uk)

Anti-Bullying Resources

WithYouth are also supporting young people through their live chat with friendship issues/conflict resolution and bullying concerns from 2-10pm everyday [Instant messaging - WithYouth](#)

All of this information and more resources can be found on our JustTalk page [Anti-Bullying Information \(justtalkherts.org\)](http://justtalkherts.org)

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

NESSie	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. 12 December 6:30pm to 8pm via MS Teams – FREE funded by HCC Nessie Public Booking Platform (procfu.com)	Hertfordshire parents - NESSie IN ED, CIC Parent/Carer Chat Connect Session
	Parent/Carer Workshop – Self-Harming Behaviours 22 November 2023 9:30am to 11am	Nessie Public Booking Platform (procfu.com)
	Parent/Carer Workshop – When Children and Young People Struggle to Attend School 6 December 2023 9:30am to 11am	Nessie Public Booking Platform (procfu.com)
	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)	Mental Health support for parents/carers – 1-1, online, support groups



	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	
Children’s Wellbeing Practitioners <i>Places are sold out quickly</i>	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 22 Nov 2023 at 18:00 Eventbrite	Emotional Wellbeing
	Supporting Your Child's Self-esteem Tickets, Tue 5 Dec 2023 at 10:00 Eventbrite	Self Esteem
	Sleep Workshop (Child and Adolescent) Tickets, Thu 7 Dec 2023 at 18:00 Eventbrite	Sleep Workshop
	Resilience Workshop Tickets, Mon 18 Dec 2023 at 18:00 Eventbrite	Resilience Workshop
	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
The Sandbox 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
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	<p>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</p>	Creative Space for Young People
This May Help	<p>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.</p>	<p>Topics:</p> <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience
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"> • <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> 	<p>CAMHS Monthly Support Group via Carers in Herts</p> <p>Carewaves and Newsletters - Carers In Herts For more information or to book a place: Call: 01992 586969</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.	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. 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
	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/uMdDB8Gxono 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 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,	Digital Wellbeing Services Digital directory Gaming App - Anxiety Help



	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.	
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
	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
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
	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	Less Shouting, More Cooperation
	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	Dads Together
	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	Sorting out arguments in the family
	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	Reducing Conflict Workshop
	Let's Play Family Lives	Online Let's Play Free course



	parenting classes online - Family Lives	Parenting Together Free Course
	<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> <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: www.familiesinfocus.co.uk Email: bookings@familiesinfocus.co.uk</u> Office hours: Monday to Thursday 8.30am to 4.30pm Term time</p>	Complete guide to parenting children with SEND
	<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>	supporting & enabling parent carers to remain emotionally healthy Parents do join our supportive Facebook
Ohana		
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
Healthwatch	Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire	Healthwatch
Capa First Response	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



Hertfordshire and West Essex
Integrate Care Board

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.

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