

What has DSPL done in 2017?

- Parent network meetings added to structure.
- SENCO Elklan training provided.
- Speech and language training provided.
- Part funding of Wellcomm for EY settings.
- Funding of Wellcomm packs for settings to borrow.
- Autism training provided for professionals and parents.
- Autism contact established in 87% of schools and settings.
- NESSie staff delivering bespoke training in settings and to offer interventions which can be delivered in schools and settings.
- NESSie staff support forums set up in each area responding to each area needs.
- Funding made available to all 4 areas to fund Family Support Workers to work with/support children with SEND and vulnerabilities particularly in transition.
- SENCO to SENCO sessions organised to support SEND children in transition Y6-Y7.
- Parent training overall:
 - 100% of responses rated strongly agree or agree that “The training has increased my level of knowledge and understanding”.
 - 100% of responses rated strongly agree or agree that “I will be able to apply the knowledge learned today”.
- Professionals training overall:
 - 98.5% of responses rated strongly agree or agree that “The training has increased my level of knowledge and understanding”.
 - 100% of responses rated strongly agree or agree that “I will be able to apply the knowledge learning today”.
- Strong links with autism leads in every setting has led to sharing of good practice and skills.

Future plans and development for DSPL

- Raise awareness of autism in girls.
- Parent forums for SEMH issues to be set up in each area (NESSie).
- Improve access by EY settings to high quality Speech and Language assessment and intervention.
- Set up parent forums for SEMH/Behaviour issues in each area.
- Access by DSPL to high quality training from Outreach specialists and other providers will benefit all schools and settings.
- Monitor STEPS training in schools.

Parent Networks

Sharon Lawton of Natural Flair Coaching Ltd will be provided a session on: **How to get your point understood – making your communication effective. For parents/carers of children with SEND.** We had some great feedback from the Network:

“The interactions I have with all the people around me can be much easier” “I wish we could have explored longer – I really enjoyed it”



Our next Parent Network is on Saturday, 3 March 2018 – venue in Baldock and crèche available.

Workshops/Training for Parents & Carers

Bookings: parentdspl@wilshere.herts.sch.uk

10 January Or 31 January 9:30am to 11:00	Anxiety & Resilience Training	Explore & develop an understanding of a range of anxiety disorders such as panic attacks, social anxiety, post-traumatic stress disorder (PTSD), phobias and obsessional compulsive disorders (OCD). Provider: NESSie
24 January 9:30am to 2pm	Managing Anxiety (ADHD/ Autism)	Have a better understanding of why children and young people with Autism and ADHD are more likely to experience anxiety and distressed behaviour. Learn, share and develop strategies for dealing with and preventing anxiety. Discuss challenging and distressed behaviour and anger. Identify a low arousal approach for support through stressful situations. Provider: ADD-vance
8 March 9:30am to 2pm	Sensory Needs (ADHD/ Autism)	Consider the different sensory systems and how they work together. How sensory information may be processed differently. Discuss how children with autism/ADHD may have different sensory experiences. Share approaches and strategies. Provider: ADD-vance
19 April 10am to 12pm	Moving On (Transition)	Tips to ensure a smooth transition for your child- What you can do as a parent before they start. Important information to give to your child's school. How to help and prepare your child before they start. Tips on good organisation skills. What are your child's needs when moving on to Year 7? Discuss common anxieties and worries to help alleviate fears and misconceptions. To introduce and clarify terminology used at high school. Provider: Sharon Lawton, Natural Flair Coaching

Setting & School Transitions

Parents	Moving On (Transition) Workshop Thursday, 19 April 2018 10am to 12pm – Letchworth Bookings – parentdspl@wilshere.herts.sch.uk
Professionals	SENCO Transition Days (aka 'speed-dating') An opportunity for Primary and Secondary SENCOs to discuss pupils with SEND needs transitioning in Hitchin. Dates: 24 May 2018 & 6 June 2018.
Early Years	We are planning to organise Transition Days for Early Years settings. We will contact settings with further information. We would not be replacing any good practice already taking place just provide more opportunities for settings to do this work.

SENCO Day – 13 March 2018

SENCOs Please let us know what you would like from this day.

The feedback from last year's SENCO Day was that you found the afternoon useful for group discussion.

We could look at transition; forms, arrangements, passports and the benchmarking tool. Email:

nhdspmanager@wilshere.herts.sch.uk

DSPL 1 Autism Update

I just wanted to give everyone a bit of an update and check whether there are any changes needed for my Autism Leads contact list! Please let me know if you are no longer the Autism Lead for your setting or if you would like anyone to be added to the contact list.

Autism Resource Library

I will send out information on lending as soon as the system has been established.

Autism Educational Trust (AET) Training update

Early Years Hub The SEND Exec have agreed **Early Years Hub** as part of the Early Years Workstream. The next step is final endorsement at the October Schools Forum. There will be a slightly different model for delivery which has of yet not been finalised.

Schools Hub Sally Yates has attended the Tier 3 train the trainer course (school leadership teams). There is a focus on training SENCOs as Tier 1 trainers. Tier 2, 3 and specialist courses to be delivered by Sally Yates, ISL advisory teachers & Educational Psychologists.

Further Education The possibility is being explored of FE Hub, with a joint funding approach between children's services (Transition to Adulthood), and colleges.

If you are interested in being a trainer with a view to training your staff please contact -

Training-AET@Hertfordshire.gov.uk

Or Sally.Yates@Hertfordshire.gov.uk (Lead AET Trainer and co-ordinator)

Or Charlotte.Osborne@Hertfordshire.gov.uk (AET co-ordinator)

Pupil Voice Survey

As part of the Autism Improvement Group we will be sending out a survey to gather the views of Autistic young people in our settings. We are hoping that the data gathered from the survey will help inform us on future training (both for parents and professionals) and any areas of support. A copy of the survey will be sent out to settings for your information.

Autism Improvement Group

I am looking for a SENCO/Autism Lead to join the Autism Improvement group. We meet once a term and look at all areas of Autism in DSPL1 with a view to making a positive impact. Please let me know if you are interested. The next meeting will be Tuesday 6th February 10 - 12pm.

Thank you for your continued support!

Charlotte Field

Emotional Regulation Training for Professionals

To develop an understanding of the emotional and behavioural needs of children on the autistic spectrum. To develop a range of practical strategies and approaches to support effective behaviour management and improve outcomes for pupils.

16 January 2018 – 9:15am to 12:15pm

Bookings: nhdspl@wilshere.herts.sch.uk (Debbie Robins, DSPL Administrator)

Reflection Solution Focused Practice for Teams

11, 18, 25 January 2018 – 3:45pm to 5:15pm

Bookings: nhdsp1@wilshire.herts.sch.uk (Debbie Robins, DSPL Administrator)

Provider: Hertfordshire CAMHS School Link

An opportunity for participants to experience and learn a solution focused reflective framework using the groups experience and thinking within a safe framework to support delivery of solution focused practice within their own setting. Individuals will have opportunities within the group training to apply the model to children and young people causing concern. It is a group peer supervision group model rather than an individual supervision model. Once participants have completed the three sessions they will be able to deliver the model to their setting and provided with any support required to do so.

Hertfordshire Community NHS Trust Children’s Speech & Language Therapy Service

Training Available for Early Years settings provided FREE

Promoting communication (pre-requisite to Talking with Children training and Early Talk Targeted intervention). Provides ages and stages information of young children’s development of speech, language and communication. Will discuss different ways of supporting their development.	25 January 2018 – 1pm to 3pm at Oughton’s Children Centre (call Oughton CC to book) or 3 May 2018 – Chestnut Tree CC (Call Chestnut Tree cc to book).
Children Learning English as an Additional Language. Workshop provides information on development of bilingual children, including typical patterns of learning English as an additional language.	5 December 2017 1:30pm to 3:30pm – Chestnut Tree CC (call Chestnut Tree CC to book)
Using Visual Support. An opportunity to explore different types of visual support and how these can be used across classroom settings. Encourages participants to think about practical uses of visual support with their settings and how they can be put into practice.	9 November 2017– Broadwater CC (call Broadwater CC to book) or 2 July 2017 1pm to 3pm Bridge Road CC (call Bridge Road CC to book)
Supporting Social Communication in Early Years Settings. The session focuses on what social communication is, and how to support this aspect of speech and language development via specific strategies.	29 June 2018 10am to 12pm Broadwater CC (call Broadwater CC to book)
Talking with Children (Learners must have completed Promoting Communication Training). A practical course to ensure you are using the best way of talking to encourage language development. Runs over 2 workshops with participants sharing videos of interaction and communication.	22 February 2017 & 15 March 2017 1pm to 3pm Oughton CC (Call Oughton CC to book)

NESSie Staff Forums

Baldock – Wednesday, 24 January 1:30pm to 3:30pm at Weston Way Nursery, Baldock Hitchin - date to be confirmed (twilight) at Mary Exton Contact: Becky Wilburn b.wilburn@rsat.org.uk	Royston – Thursday, 7 December 1pm to 3pm at Icknield Walk Theme: Support & Strategies Letchworth – Wednesday, 17 January 9:30am to 11:30am at Woolgrove School Theme: Practical Strategies and Interventions: Outcome Star, Bright Stars and Brick Therapy Contact: Sarah Blackford: s.blackford@rsat.org.uk
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NESSie

North herts Emotional Support in schools ServIcE

Supporting Positive Mental Health in Schools
Recognition, Effective Management & Early Intervention

NESSie Conference



The first conference: Mental Health – Early Years and Primary Settings was held on 29 September 2017. We were very pleased to have our guest speakers: Steve Mallen – MindED Trust, Claire Ely – Anna Freud Centre and Jennifer Beer – Public Health. This also gave the opportunity to launch the NESSie interventions. We are also joined by Letchworth Centre for Healthy Living who provided workshops on Mindfulness and Children’s Yoga.


“The speakers were very humbling and enlightening.”


“The key speakers were superb!”


“The workshops were particularly useful and I can see how they can be implemented in my school and be beneficial to the children and their families.”

“I now have a clearer understanding of how NESSie can support through training, networking and resources for settings.”






“All the sessions were very informative with practical strategies to take back to school.”

 **NESSie My Time** – child led, play based, developmentally reparative and nurturing intervention for schools. **Training Dates:** 7 February 2018 (pm) & 21 March 2018 (am)

 **NESSie My World and Me** – a schools based, early intervention programme for children with ASD which aims to develop emotional literacy and ‘self-soothing’ techniques. **Training Dates:** 7 February 2018 (am) & 21 March 2018 (pm)

 **Assessing and Evaluating** – exploring tools for assessing, measuring and evaluation of intervention. Includes symptom measures and child participation.

What has NESSie done for schools and settings in 2017

- A highly successful, well attended conference was organised September 2017.
- We have an affiliation with Anglia Ruskin University and supervise and place MA dramatherapist students in Primary and Early Years settings. In 2017-18 8 students work across 9 settings.
- NESSie is part of the Children and Young People’s Improving Access to Psychological Therapies Learning Collaborative programme. In 2017-18 8 qualified arts therapists and counsellors are covering our secondary schools in North Herts.
- In September 2017 NESSie launched NESSie My Time – a child-led play based developmentally reparative and nurturing intervention for schools.
- NESSie My World & Me – an early intervention programme for children with ASD and emotional/behavioural problems.
- Training – in 2017 the following training was offered for professionals and parents:
 -  Dealing with destructive behaviour.
 -  Anxiety and developing resilience.
 -  Foundation in Emotional and Mental Health.
 -  LGBT Foundation
 -  Assessing and evaluating
- NESSie Staff Support Forums are offered locally each half term providing training and supervision.

Website: <http://www.nhdspl.org.uk/nessie.html>

North Herts DSPL Contacts & Enquiries

Diane Frainer – Lead school Headteacher head@yorkroad.herts.sch.uk
 Karen Ireland – Delivery Manager nhdspmanager@wilshere.herts.sch.uk
 Charlotte Field – SEND Lead nhdsp-autism@wilshere.herts.sch.uk
 Debbie Robins – Administrator nhdsp@wilshere.herts.sch.uk
Website: <http://www.nhdsp.org.uk/> **07527 828 477**

Help, Support and Advice

<p>Hertfordshire SEND Information, Advice & Support Service (SENDIASS) Formerly known as Parent Partnership Service, SENDIASS is an impartial information, advice and support service funded by Hertfordshire County Council for parents, carers, young people (0-25) and professionals. Phone 01992 555847 or email sendiass@hertfordshire.gov.uk. Find out more at http://www.hertsdirect.org/services/healthsoc/childfam/specialneeds/educ/papart/</p>	<p>The KIDS East and West HUBs 01923 676549 The KIDS HUB offers information and support for parents and carers of disabled children / children with additional needs. aged 0-19 in Hertfordshire. KIDS Hub directory of SEND services has also now been published. www.kids.org.uk/hub HARC (Hertfordshire Branch)</p>
<p>Angels Support Group Angels Support Group was formed in response to families in the community in desperate need of support for themselves and their children. All of our volunteers have children with either ADHD or an autistic spectrum disorder and are committed to providing a resource that people will find both useful and accessible, making it available to as many families as possible info@angelsupportgroup.org.uk 01462 685150 http://www.angelsupportgroup.org.uk</p>	<p>Up On Downs Monthly Family and Friends meetings are held in Hitchin. There are also training events across the County. If you have any questions or suggestions please contact Sande or Jan at: enquiries.nhdowns@yahoo.co.uk or call 01462 630 459. www.upondowns.co.uk</p>
<p>ADD-vance Provide specialist information, training and advice for professionals as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions. Free membership for parents and carers or professionals offers priority information on ADD-vance courses, training and workshops, carefully selected relevant and useful information. Professionals, children, adults and families can reach us for information or support via: 01727 833963 (Mon-Thurs 9am to 1pm, answer phone service at other times. herts@add-vance.org www.add-vance.org</p>	<p>Hertfordshire Additional Needs Database You are entitled to join HAND if you are the parent or carer of a child or young person with an additional need or disability aged 0-19. Benefits of joining include a leisure concession card, and subscription to the HAND newsletter. http://handnews.hertscc.gov.uk/issue-38-november-2017/news-this-month/welcome-to-your-new-look-november-hand-news</p>
<p>For a list of local support groups and voluntary organisations click here http://www.hertsdirect.org/docs/pdf/v/volorgs.pdf</p>	<p>The Public Directory of Services is available on the NHDSPL website http://nhdsp.org.uk . It contains support information for families in North Herts</p>
<p>Parents and Carers – How can you get involved? Hertfordshire Parent Carer Involvement (HPCI) is the parent carer forum for Hertfordshire and part of a national network of parent carer forums. It is an independent parent carer led organisation with a network of parent carers from all over Hertfordshire. It aims to improve services for families by working alongside those providing services for children and young people with SEND (Special educational needs and disabilities) So if you are a parent or carer of a child or young person with SEND aged 0 – 25 years then join them- http://www.hertsparentcarers.org.uk/</p>	