

*North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area.
Issue 14 (Parents, Carers & Young People)*

NEW DATES CAMHS EDUCATION PROGRAMME - ONLY 2 SPACES LEFT

FREE Online Education Programme for Parents/Carers of secondary school aged young people who are using a CAMHS Clinic, Step2 or Counselling Service.

Tuesday's 15, 22, 29 March, 19, 26 April, 3 May from 7pm to 9pm

See Flyer for booking link - state in comments which service your child is using, the course content is NOT helpful for parent/carers of young people with an autistic spectrum condition.

[SPACE Hertfordshire](#) runs many free online workshops for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions. See attached **Newsletter**. Upcoming ones include:

[Navigating the SEND World – 10am March 7th](#)

[Check In and Chat: all about SBLO – 7pm March 16th](#)

[Puberty and Neurodiversity – 10am March 23rd](#)

They also run lots of accessible and bespoke events and activities for neurodiverse children and young people all across Hertfordshire. You can find out about all of their upcoming workshops and events and book here: <https://spaceherts.org.uk/events/>

Young Minds - Parents Helpline if concerned about child's mental health (up to age 25), see link for full details. Helpline, webchat and email.

[Parents Helpline | Mental Health Help for Your Child | YoungMinds](#)

REMINDER Transition Survey for parent/carers of SEND children currently in Year 6. Please complete this short survey regarding your experience of secondary school open days.

<https://www.surveymonkey.co.uk/r/SecondaryTransition2021>

REMINDER Family Lives Spring term parenting groups

See flyers and referral forms

- [Time to Talk about Pre-Teens and Teens \(6 weeks\)](#)
Wednesdays, 9.30-11.30 from 23rd February to 30th March 2022
- [Time to Talk about Pre-Teens and Teens \(6 weeks\)](#)
Wednesdays, 7.00pm-9.00pm from 23rd February to 30th March 2022

The Time to Talk group is particularly suited for parents and or carers of pre-teen/teenagers who are feeling anxious or isolated in the wake of Covid-19, have concerns about their pre-teens' / teens' mental health and feel they might be at risk or involved in risky behaviour. It is also suitable for parents/carers where there is a FFA/CIN/CP. Our free online group gives an insight into their challenging behaviour and ideas on how to negotiate and resolve conflict, to offer support around mental health issues and to improve communication. We accept referrals from professionals as well as self-referrals. Referrals can be made by clicking for our online [Referral form](#) or by emailing a completed referral form. Following our data protection protocols, please note emailed referral forms must be password-protected before sending to services@familylives.org.uk with the password sent in a separate email. Call 0204 522 8700 or 8701 for more information.

REMINDER Supporting Links - Talking ASD & ADHD Workshops

- **Anxiety & Stress** 16 March 2022 12:30pm to 2:30pm
- Responding to **Anger** 7 March 2022 7:30pm to 9:30pm or 28 March 12:30pm to 2:20pm

See Flyer for booking links.

Supporting Links Spring Training open for booking [Workshops \(supportinglinks.co.uk\)](#) Flyers are available, please email me for these (Includes: Talking Teens, Talking ADHD/ASC). More details: [All Training, Workshops & Events \(nhdspl.org.uk\)](#)

NEW Supporting Children with Additional Needs:

Funded by HCC, provided by NESSie and Angels Support Group. See flyer for further workshops.

- Supporting **Siblings** of Children with Additional Needs, 8 March 2022 7:30pm to 9pm: [Bookings - NESSie IN ED, CIC](#)
- Supporting a Child with Additional Needs: **Bereavement and Loss**: [Bookings - NESSie IN ED, CIC](#)
- Supporting a Child with Additional Needs: **Girls and Women**: [Bookings - NESSie IN ED, CIC](#)

[Bookings - NESSie IN ED, CIC](#)

Families in Focus

Various training - see website ([Families in Focus – Looking forward together](#)) or email me for flyers

[Autism, ADHD & neurodevelopmental conditions/needs courses Spring 2022 / Parent Networks / Handling anger in child with Autism/ADHD]

Family Lives Training

[Bringing up confident children for parents of children with ADHD/ASD](#) (online group) 27 Jan to 10 Mar - see flyers (daytime/evening avail) - see DSPL 1 website for details

ADD-vance have many funded training workshops for parents and carers of children and young people with ADHD/ASC - [ADD-vance](#)

Some topics this month, see link for further titles

- Tips & Tools to Manage Sensory Differences
- Supporting Transition to Secondary School
- Safer Gaming for children with SEND
- Understanding Anxiety
- Online support group for parents of young people 16-24
- Tips and Tools to support puberty

NEW HCT Children's Wellbeing Practitioners - includes supporting self-esteem, ability to self regulate, sleep and many more.

[HCT Children's Wellbeing Practitioners Events | Eventbrite](#)

- Supporting Your Child with **Sleep** Difficulties - 8 March at 6pm
- Supporting Your Child's **Emotional Wellbeing** and ability to **Self Regulate** - 15 March at 10am
- Adolescent **Self-Esteem** - 30 March at 6pm

Family Centre SEND Drop-In

First Thursday of each month - see flyer

ISL Advice Line - attached

Young People

NEW HCT Children's Wellbeing Practitioners - includes supporting self-esteem, ability to self regulate, sleep and many more.

[HCT Children's Wellbeing Practitioners Events | Eventbrite](#)

Emotional Wellbeing Workshop for Young People aged 11 to 16 - 13 April 12pm

Exam Worries (GCSE/SATs) - 19 or 25 April at 6pm

[NHS England » What to do if you're a young person and it's all getting too much](#)

It hasn't been easy living through the COVID-19 pandemic which has caused many restrictions, from the closure of schools to changes to social interactions which has led to feelings of uncertainty for many of us. Things can feel overwhelming, and you may feel you can't cope. You might be struggling to adjust to changes in routines, new social pressures and greater expectations from your friends, family or school. You might also feel uncertainty around upcoming examinations and what form these may take. You might feel worried about friendships, your family, school or college including managing the work. You might be feeling down or sad – some of your friends and family members may be feeling the same way – and this can be usual at the moment. Those feelings may have become very deep and intense, and you might not know what to do about them. It's okay not to feel okay, there is hope for you and you

can get through this. You're not alone – many people feel like this at some time in their lives – and more people are likely to be feeling this way at the moment because of the impact of the pandemic on our lives. What's important for you to know is that there are lots of ways of dealing with these feelings. It's absolutely possible to come out the other side and feel okay again.

[NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health](#)

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Dr Prathiba Chitsabesan is the Associate National Clinical Director for Children and Young People's Mental Health for NHS England. Prathiba is a Consultant in Child and Adolescent Psychiatry working in a large mental health and community trust (Pennine Care NHS Foundation Trust).

www.england.nhs.uk

Information/Events/Reminders

[Services for Mental health and wellbeing \(hertfordshire.gov.uk\)](#)



[Services for Mental health and wellbeing](#)

Need help now? Call HPFT's freephone number: 0800 6444 101 - the quickest way to get help for a mental health crisis, day or night.. Or you can call NHS 111 and select option 2 for mental health services. In the event of an emergency, dial 999.

www.hertfordshire.gov.uk

[Just Talk \(justtalkherts.org\)](#) Links, Resources, Information for Mental Health and wellbeing.



[The Hertfordshire Local Offer](#)

The Hertfordshire Local Offer

The Local Offer lets parents and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them.