

*North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area.  
Issue 16 (Parents, Carers & Young People)*

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**NEW** Link you can add to website/newsletters:

[North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area. \(nhdspl.org.uk\)](http://nhdspl.org.uk)

## Parents and Carers

### Parents and Carers

**NEW Supporting Links:** Alongside our usual Parenting Courses, Supporting Links are pleased to be offering the following 8 workshops this coming **Spring Term**. These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.

Talking ASD/ADHD: Anxiety and Stress - 3rd May or 28th June 2022

Talking ASD/ADHD: Responding to Anger - 25th April or 13th July 2022

Talking ASD/ADHD: The Teenage Years - 5th July 2022

Talking ASD/ADHD: Coping with Change - 23rd May 2022

Talking ASD/ADHD: Tech Use - 13th July 2022

Talking ASD/ADHD: School Avoidance - 9th June 2022

We accept referrals or parents can self-refer and book places via Eventbrite. [Supporting Links Events | Eventbrite](#)

### **REMINDER** Supporting Links - Talking ASD & ADHD Workshops

- Responding to **Anger** 28 March 12:30pm to 2:20pm

See Flyer for booking links.

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

### [Neurodiversity Celebration Week 2022 | Eventbrite](#)



#### [Neurodiversity Celebration Week 2022 | Eventbrite](#)

ADD-vance is delighted to be partnering with the University of Hertfordshire to mark Neurodiversity Celebration Week 2022. Please join us for our **FREE LUNCH & LEARN WEBINARS** and start a

conversation about  
neurodiversity in your  
home, school or  
workplace!

[www.eventbrite.co.uk](http://www.eventbrite.co.uk)

### **REMINDER Families Feeling Safe - Supporting families with Protective Behaviours**

A FREE Course for **Dads, Step-Dads and Male Carers** (funded through HCC, eligibility criteria applies) Tuesday evenings online 7:30pm to 9pm 19, 26 April 3, 10, 17, 24 May 2022

A FREE Course for **Mums, Dads, Step-parents and carers** (funding through HCC, eligibility criteria applies) Tuesday mornings 10am to 11:30am 19, 26 April, 3, 10, 17, 24 May 2022.

[enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk) 07748 332606 see flyers for full details

### **Angels Support Group**

[Home - Angels Support Group](#)

Spring Programme: [Microsoft Word - Angels Spring2022 programme \(angelssupportgroup.org.uk\)](https://angelssupportgroup.org.uk/microsoft-word-angels-spring2022-programme)

[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:

[Puberty and Neurodiversity – 10am March 23<sup>rd</sup>](#)

[Navigating the SEND World - Beginning the Journey Workshop Tickets, Thu 24 Mar 2022 at 10:00 | Eventbrite](#)

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/>

Bookings for SPACE's summer term workshops, courses and talks happening in April and May are now open. Topics this term include the very popular workshops around sensory, EHCPs, Puberty, Sleep and Anxiety and many more including PDA, ODD and ADHD, Anger & Conflict and how to support learners who have demand avoidance. Spaces are limited so book now:

<https://www.eventbrite.com/cc/training-courses-and-workshops-5469>

**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**

### **NEW Supporting Children with Additional Needs:**

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

- Supporting a Child with Additional Needs: **Girls and Women:** [Bookings - NESSie IN ED, CIC](#)
- Positively Supporting a **Child Who Self Harms** : [Bookings - NESSie IN ED, CIC](#)
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## Families in Focus

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

Funding from Early Help, Hertfordshire Children's Services. All our courses are evidence based and have a continue to deliver effective, evidence based support to parents caring for neurotypical and neurodiverse children across Hertfordshire. Our SEND courses are accessible for parents who's children may already have a diagnosis and for the may who are on assessment pathways across Hertfordshire Health Services. Parent can access these free session by joining Families in Focus private Facebook page: <https://www.facebook.com/groups/184975381651870/>

## March 2022 Zoom Parent Network:

- Understanding **sensory** issues
- Early Years support in Herts and **benefits** and SEND
- EHCP and school issues **Q&A**
- Understanding **PDA**
- Let's pop the kettle on - SEND **chat**, giggles and a cuppa
- Getting a **successful EHCP review**
- Tried and tested tips and ideas for children with **sensory** issues

## Summer Courses:

- Handling **anger** in your family
- Complete **guide** to parenting children with SEND
- **Sleep** solutions for parents of children with **autism/ADHD**

## Family Lives Training

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

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

[ADD-vance Events | Eventbrite](#)

**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

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

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

- Adolescent **Self-Esteem** - 30 March at 6pm

## Family Centre SEND Drop-In

First Thursday of each month - see flyer

ISL Advice Line - attached

**Up on Downs** - new parent information attached. Further information: [UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire](#)

[Invasion of Ukraine - wellbeing resources for parents - BBC Bitesize Parents' Toolkit - BBC Bitesize](#)



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Resources to help you help your child stay informed around the crisis in Ukraine and manage any anxieties they might have.

[www.bbc.co.uk](http://www.bbc.co.uk)

[SEND news - 15 March 2022 \(hertfordshire.gov.uk\)](#)

## Young People

**REMINDER** 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](#)

[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](#)

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](http://www.england.nhs.uk)

## Information/Events/Reminders

[Home :: Hertfordshire and West Essex Healthier Together \(hwehealthiertogether.nhs.uk\)](http://Home::HertfordshireandWestEssexHealthierTogether(hwehealthiertogether.nhs.uk))

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Healthier Together - a community initiative. The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered.

[hwehealthiertogether.nhs.uk](http://hwehealthiertogether.nhs.uk)

[Services for Mental health and wellbeing \(hertfordshire.gov.uk\)](http://ServicesforMentalhealthandwellbeing(hertfordshire.gov.uk))



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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](http://www.hertfordshire.gov.uk)

[Just Talk \(justtalkherts.org\)](http://JustTalk(justtalkherts.org)) Links, Resources, Information for Mental Health and wellbeing.



[The Hertfordshire Local Offer](http://TheHertfordshireLocalOffer)

## 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.