

*North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area.  
Issue 19 (Parents, Carers & Young People)*

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## Parents and Carers

### Angels Support Group

[Home - Angels Support Group](#)

Titles include:

#### NESSie and Angels Support Group

Supporting Children with Additional Needs. Funded by HCC, provided by NESSie and Angels Support Group.

Supporting Children with ASD/ADHD Bereavement and Loss 3 May 2022 1pm to 2:30pm [Nessie Public Booking Platform \(procfu.com\)](#)

Supporting Children with ASC/ADHD: Girls and Women 18 May 2022 1pm to 2:30pm [Nessie Public Booking Platform \(procfu.com\)](#)

Supporting Children with ASC/ADHD: Relationships, Puberty and Staying Safe 7 June 2022 7:30pm to 9pm [Nessie Public Booking Platform \(procfu.com\)](#)

#### ADD-vance

Funded training workshops for parents and carers of children and young people with ADHD/ASC - [ADD-vance](#)  
[ADD-vance Events | Eventbrite](#)

- [Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Fri 22 Apr 2022 at 10:00 | Eventbrite](#)
- [Tips & Tools for Sleep - FREE ONLINE WORKSHOP Tickets, Mon 25 Apr 2022 at 19:00 | Eventbrite](#)
- [Caring for Your Child \(and Yourself\) - FREE ONLINE WORKSHOP Tickets, Tue 26 Apr 2022 at 10:00 | Eventbrite](#)
- [Finding Your Tribe Online - FREE ONLINE WORKSHOP by TechSafe Tickets, Tue 26 Apr 2022 at 19:00 | Eventbrite](#)
- [Tips & Tools to Build Your Child's Self-Esteem - FREE ONLINE WORKSHOP Tickets, Thu 28 Apr 2022 at 10:00 | Eventbrite](#)
- [Working in Partnership with School - FREE ONLINE WORKSHOP Tickets, Tue 3 May 2022 at 10:00 | Eventbrite](#)

#### Space Hertfordshire

[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. 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/>

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

[EHCP Annual Reviews Workshop Tickets, Thu 21 Apr 2022 at 19:00 | Eventbrite](#)

[Sleep Workshop Tickets, Mon 25 Apr 2022 at 10:00 | Eventbrite](#)

[PDA, ODD and ADHD: Understanding the Differences Workshop Tickets, Wed 27 Apr 2022 at 10:00 | Eventbrite](#)

[Navigating the SEND World Tickets, Thu 28 Apr 2022 at 19:00 | Eventbrite](#)  
[Parenting ADHD Skills \(ADHD Foundation\) Tickets, Tue 3 May 2022 at 18:30 | Eventbrite](#)  
[Anxiety and SEND Workshop Tickets, Wed 4 May 2022 at 10:00 | Eventbrite](#)

**Conference** (13 May) for parents, carers and professionals with the world renowned **Autism expert**, Professor **Tony Attwood** who is flying over to Hertfordshire from Australia in May to join us. The main focus of his presentations will be cognition and Autism – including strategies to help improve motivation, organisational skills and academic achievement; plus Adolescent Issues such as friendships, sexual development, and managing emotions.

You can find out more here: [SPACE HERTFORDSHIRE presents Professor Tony Attwood Tickets, Fri 13 May 2022 at 08:15 | Eventbrite](#)

#### Supporting Links:

[Supporting Links Home](#)

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 and ADHD: Responding to Anger. For parents/carers in Herts \(513\) Registration, Mon 25 Apr 2022 at 19:30 | Eventbrite](#)

[Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts \(510\) Registration, Tue 3 May 2022 at 09:30 | Eventbrite](#)

[Talking ASD & ADHD: Coping with change. For parents/carers in Herts \(514\) Registration, Mon 23 May 2022 at 19:30 | Eventbrite](#)

[Talking ASD and ADHD: School Avoidance. For parents/carers in Herts \(517\) Registration, Thu 9 Jun 2022 at 19:30 | Eventbrite](#)

[Talking ASD and ADHD: Tech Use \(516\). For parents/carers in Herts. Registration, Mon 13 Jun 2022 at 12:30 | Eventbrite](#)

[Talking ASD and ADHD: School Avoidance. For parents/carers in Herts \(517\) Registration, Thu 9 Jun 2022 at 19:30 | Eventbrite](#)

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

#### **NEW** Family Lives

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

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

Parenting and family support from Family Lives (formerly Parentline Plus) through our website, helpline 0808 800 2222, email service at [askus@familylives.org.uk](mailto:askus@familylives.org.uk), live chat and local services.

[www.familylives.org.uk](http://www.familylives.org.uk)

Bringing up **confident children** for parents of children with **ADHD/ASD** 7 June to 12 July 7pm to 9pm OR 8 June to 13 July 9:30am to 11:39am

Bringing up **confident children** for parents of children with **SEN** 6 June to 11 July 7pm to 9pm

Booking: [services@familylives.org.uk](mailto:services@familylives.org.uk) 0204 522 8700 / 8701 (see flyer)

#### Families in Focus

[Current parent courses – 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/>

#### May 2022 Zoom Parent Network:

[Parent Network – Families in Focus](#)

Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

3 May – Helping teens to cope with exams

9 May – Transition to secondary school for young people with SEND

11 May – Understanding behaviour related to the sensory needs of children

16 May – Professional parenting – getting the best support for your child with SEND

18 May – SEND chat, laughs, virtual cuppa

19 May – Self care for parents of children with SEND

19 may – Q&A with the Hertfordshire Speech, Language, Communication and Autism Team (HSCLA)

#### Summer Courses:

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

#### Families Feeling Safe

Supporting families with **Protective Behaviours**

[Families Feeling Safe • Families Feeling Safe](#)

[A FREE ONLINE course for Dads, Step-Dads and Male Carers • Families Feeling Safe](#) 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 ONLINE course for Mums, Dads, Step-parents and Carers • Families Feeling Safe](#) 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

#### HCT Children's Wellbeing Practitioners

[Children's Wellbeing Practitioners Service | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)

Includes supporting self-esteem, ability to self regulate, sleep and many more.

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

- [Supporting Your Child's Self-esteem Tickets, Wed 27 Apr 2022 at 10:00 | Eventbrite](#)
- [Supporting Your Child With Sleep Difficulties Tickets, Tue 10 May 2022 at 10:00 | Eventbrite](#)
- [Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 11 May 2022 at 10:00 | Eventbrite](#)
- [Exam Stress Workshop Tickets, Thu 12 May 2022 at 18:00 | Eventbrite](#)
- [Adolescent Self-esteem Workshop Tickets, Wed 25 May 2022 at 18:00 | Eventbrite](#)

#### Up on Downs

[UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire](#)

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

#### Family Centre SEND Drop-In

[North Herts Spring 2022 timetable \(hertsfamilycentres.org\)](#)

First Thursday of each month – booking via Eventbrite [Herts Family Centre Service - North Herts District Events | Eventbrite](#)

**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](#)

## Mental Health Support

Just Talk Herts

[Just Talk \(justtalkherts.org\)](#)

[Emotional wellbeing information and resources to help young people in Hertfordshire \(justtalkherts.org\)](#)

[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](#)

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

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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](#)

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

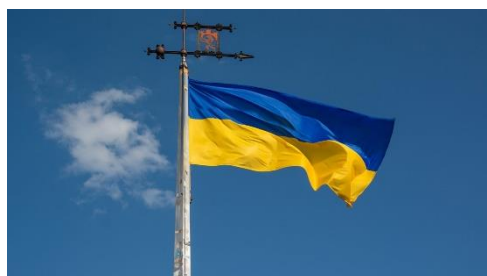
[Just Talk \(justtalkherts.org\)](http://justtalkherts.org) Links, Resources, Information for Mental Health and wellbeing.

[SEND documents and resources \(hertfordshire.gov.uk\)](http://hertfordshire.gov.uk)

## Young People

### [Services for Young People](#)

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



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

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 Support

### Herts Parent Carer Involvement

[Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](http://hertsparentcarers.org.uk)

[Webinars | Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](#)

### ISL Advice Line

[ISL SEND Advice for Parents/Carers \(hertfordshirefamiliesfirst.org.uk\)](http://hertfordshirefamiliesfirst.org.uk)



[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.