DSPL 1 – North Herts
nhdspl@wilshere.herts.sch.uk (please email if you need the flyers or further information)
Updates and Resources (nhdspl.org.uk)

North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area.
Issue 20 (Parents, Carers & Young People)

Parents and Carers

DSPL 1 Parent Survey - Results

We carried out a parent survey during Autumn 2021, we had over 250 responses. Thank you to Raine Simcox our parent representative for carrying this out and collating the data. Please find attached the results. We are looking at the gaps in training and support for parents and have put together an overview of what is already available. This will inform our planning of training. We thank everyone for their contribution.

Changes to our Statutory SEND service which will, in time, improve the Education, Health and Care Plan experience for families. You can read all about what's changing and how these changes might affect you in our latest blogpost on the Local offer: www.hertfordshire.gov.uk/improvingstatutorySEND

Guest blog: Improving statutory SEND in Hertfordshire

SEND 0-25 years
Hertfordshire's Local Offer

Guest blog: Improving statutory SEND in Hertfordshire

As a result of the review, we developed a detailed plan of recommendations. We are pleased that we are now implementing some of these changes and hope that families will start to see a real improvement in the way the processes for statutory SEND work going forward.

www.hertfordshire.gov.uk

NEW Changes to HNF Banding Descriptors
See Flyer for details and bookings.

Changes to HNF Banding Descriptors Tickets, Tue 17 May 2022 at 13:30 | Eventbrite

Changes to HNF Banding Descriptors - Online session Tickets, Fri 20 May 2022 at 13:30 | Eventbrite

Changes to HNF Banding Descriptors Tickets, Tue 24 May 2022 at 10:00 | Eventbrite

Angels Support Group

Home - Angels Support Group
Microsoft Word - Angels_Summer2022_programme (angelssupportgroup.org.uk)
Titles include: (Virtual and Face to Face)

- Support Group
- Q&A Education Issues - EHCP's, Graduated Response, etc
- Techsafe Workshop
- Supporting ADHD Child
- Resistant Eaters
- Visual Supports

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
Supporting Children with ASC/ADHD: Autism, Sexuality and Gender Diversity Nessie Public Booking Platform (procfu.com)
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

- Working in Partnership with School - FREE ONLINE WORKSHOP Tickets, Tue 3 May 2022 at 10:00 | Eventbrite
- Tips & Tools to Support Communication - FREE ONLINE WORKSHOP Tickets, Wed 4 May 2022 at 10:00 | Eventbrite

- Understanding Autism - FREE ONLINE WORKSHOP Tickets, Thu 5 May 2022 at 19:00 | Eventbrite
- Applying for an EHCP - FREE ONLINE WORKSHOP Tickets, Mon 9 May 2022 at 10:00 | Eventbrite
- Understanding Pathological Demand Avoidance (PDA)- FREE ONLINE WORKSHOP Tickets, Tue 10 May 2022 at 10:00 | Eventbrite
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- Tips & Tools to Teach Emotional Literacy - FREE ONLINE WORKSHOP Tickets, Wed 11 May 2022 at 10:00 | Eventbrite
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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. Upcoming ones include:

Navigating the SEND World – 7pm, April 28th
Anxiety and SEND – 10am, May 4th
Anger and Conflict – 10am, May 6th
Talking Sensory: Signs, Signals and Solutions – 10am, May 10th (2 week course)
Supporting Learners with Demand Avoidance – 19th May, 6pm

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/

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

Family Lives
Parenting and Family Support - Family Lives (Parentline Plus) | Family Lives

Parenting and Family Support - Family Lives (Parentline Plus) | Family Lives

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, live chat and local services.
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 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
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:
- Handing **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 SafeA 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 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

School nurses in Hertfordshire (hertsfamilycentres.org)

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

If your child is too anxious to go to school (hertfordshire.gov.uk)

Mental Health Support

If your child is too anxious to go to school (hertfordshire.gov.uk)

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)

Home :: Hertfordshire and West Essex Healthier Together
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

Just Talk (justtalkherts.org) Links, Resources, Information for Mental Health and wellbeing.
SEND documents and resources (hertfordshire.gov.uk)

Young People

Services for Young People

Services for Young People

Services for Young People (SfYP) provides youth work groupwork and one to one individual support. Professionals, parents/carers or young people themselves can make referrals. Youn

www.servicesforyoungpeople.org

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

SEND Support

Herts Parent Carer Involvement
Herts Parent Carer Involvement (hertsparentcarers.org.uk)
Webinars | Herts Parent Carer Involvement (hertsparentcarers.org.uk)

ISL Advice Line
ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)

The Hertfordshire Local Offer