

**HNF Banding Descriptors and Provision Tool Briefing Session**  
**For all schools and settings, parents, carers, professionals and LA staff**  
See attached flyer for details  
28 September 12pm to 2pm at Herts Development Centre

[HNF Banding Descriptors and Provision Tool Tickets, Wed 28 Sep 2022 at 12:00 | Eventbrite](#)



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**NESSie & Local Schools Partnerships (Family Support Workers)**

**NEW Support for School Anxiety**

Does your child sometimes feel very anxious about going to school and have periods absent from school because of this? This informal online workshop will help you gain an understanding of why this has developed, give you strategies for early intervention, and offer an opportunity to share experiences and ideas.

Monday, 18 July 10am to 11:30am (online - booking essential), follow up sessions in August 2022.

[Nessie Public Booking Platform \(procfu.com\)](https://procfu.com)

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June CAMHS Newsletter  
articles

[Autism service for 16-20 year olds moving into adulthood](#) – helpline, support sessions / workshops / groups for young people and parents

[School Avoidance due to Anxiety](#) – Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.

[New MH support 24/7 for 16+ \(Togetherall\)](#) – clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register

[Online 4 week programme for parents / carers with YP struggling with body image / eating disorders](#)- parents need to book on but its free

[Online 2hr Suicide spot the signs session for parents/ carers 28<sup>th</sup> July](#) – parents need to book on but its free

[Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – \(HPFT or Step 2\)](#) – delivered by Carers in Herts- parents need to book on but its free



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**NEW (AUTUMN) [Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE](#) Tickets, Mon 12 Sep 2022 at 19:00 | Eventbrite**



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Supporting Children with ASC/ADHD: **Emotionally Based School Avoidance** [Nessie Public Booking Platform \(procfu.com\)](https://procfu.com)

Supporting Children and Young People who 4 July [Nessie Public Booking Platform \(procfu.com\)](https://procfu.com) are gender questioning

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Supporting Children and Young People who are **gender questioning** 7  
July [Nessie Public Booking Platform \(procfu.com\)](https://www.procfu.com)  
Supporting Children and Young People in the **LGBTQ+ Community** for  
Parents/Carers [Nessie Public Booking Platform \(procfu.com\)](https://www.procfu.com)



- 19 July - Parent Carer Support Group (VIRTUAL) 10am to 12pm
- 21 July - Knowing your rights (FACE TO FACE - Stevenage 10am to 12pm)

[Home - Angels Support Group](#)

- [Autism and Complex Needs Workshop Tickets, Thu 14 Jul 2022 at 10:00 | Eventbrite](#)
- [Children's Pottery Painting Tickets, Thu 4 Aug 2022 at 10:00 | Eventbrite](#)
- [Children's Sandcastle Art Session Tickets, Fri 5 Aug 2022 at 17:00 | Eventbrite](#)
- [SPACE to Drive Tickets, Sat 6 Aug 2022 at 11:30 | Eventbrite](#)
- [Teen/Adult Waterfall Art Session Tickets, Fri 19 Aug 2022 at 19:00 | Eventbrite](#)
- **NEW (AUTUMN)** [Children's Hogwarts Art Session Tickets, Fri 2 Sep 2022 at 17:00 | Eventbrite](#)
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**NEW**

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

[ASD & ADHD: Anxiety and Stress. For parents/carers in Herts \(536\) Registration, Thu 29 Sep 2022 at 19:30 | Eventbrite](#)

[Talking ASD and ADHD: Coping with Change. For parents/carers in Herts\(539\) Registration, Mon 3 Oct 2022 at 12:30 | Eventbrite](#)

[Talking ASD and ADHD: Tech Use \(541\). For parents/carers in Herts. Registration, Tue 11 Oct 2022 at 19:30 | Eventbrite](#)

[Talking ASD & ADHD: Responding to Anger. For parents/carers in Herts \(537\) Registration, Thu 20 Oct 2022 at 09:30 | Eventbrite](#)

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts \(540\) Registration, Wed 2 Nov 2022 at 19:30 | Eventbrite](#)

[Talking ASD and ADHD: School Avoidance. For parents/carers in Herts \(542\) Registration, Thu 10 Nov 2022 at 12:30 | Eventbrite](#)

[Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts \(535\) Registration, Wed 23 Nov 2022 at 09:30 | Eventbrite](#)

We accept referrals or parents can self-refer and book places via Eventbrite. Further details can be found attached to this email, as both a 2 page Brochure (for digital sharing) and a PDF poster for each workshop to display in your setting. Please like our Facebook Page and

share these workshops on your social media platforms as they are publicised. It really helps us reach families in need.

Please share them widely amongst your teams and families to ensure that as many as possible have access to this support. Each workshop can be attended by up to 90 parents.

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**NEW** Family Lives are delivering 5 Online parenting groups, funded by Herts County Council, in the Autumn term for targeted parents/carers.

**Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks)**

- Thursday 15th September to 20th Oct, 9.30 – 11.30
- Tuesday 4th October to 15th November, 9.30-11.30
- Tues 8th November to 13th December 7.30pm – 9.30pm
- Wednesday 9th November to 14th December, 9.30 – 11.30

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover :

- \* ADHD - a whole-family issue
- \* Understanding your child's behaviour
- \* Helping your child manage their feelings and outbursts
- \* Balancing support of siblings
- \* Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

**Getting on with your Pre Teen/Teenager (6 weeks) – Online (6 weeks)**

Thursday evening 6th Oct to 17th November 7.00pm - 9.00pm

This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of:

- \* Risky behaviour online through social media
- \* Attraction to or involvement in gangs
- \* Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for the online referral form.

Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to [services@familylives.org.uk](mailto:services@familylives.org.uk) with the password sent in a separate email

Parents can also email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call us on 0204 522 8700 or 0204 522 8701 for more information.

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As the summer holidays approach please let your staff and parents know that support is available from Family Lives national services during the holiday period as below.



#### Helpline

We offer a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). Please call us on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm

#### Live Chat

Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between **10.30am to 9pm**. You can contact us about any family or parenting issue. To start a chat, you can click on the '[Live chat](#)' button when the service is available. Please note, the service is closed on weekends and bank holidays.

#### Email

You can contact [askus@familylives.org.uk](mailto:askus@familylives.org.uk) about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.

#### Forum

Our [forums](#) are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life. If you are concerned about a post or experiencing technical issues, you can [email us](#).

Many thanks and best wishes  
Kath

Kath Collins | Services Team Leader (Greater London & Home Counties) | Family Lives  
Direct: 0204 522 8701  
15-17 The Broadway, Hatfield, Herts, AL9 5HZ  
**Office Hours : Monday – Wednesday, 9.00 – 5.00**

[www.facebook.com/FamilyLivesHertsandBeds](https://www.facebook.com/FamilyLivesHertsandBeds)



- - Guide to Hertfordshire SEN support services 14 July 10am to 12pm
  - Surviving the summer holidays with children with SEND 14 July 7pm to 9pm
  - Wills and Trusts with Richard Horwood, Longmores Solicitors 19 July 7pm to 9pm
  - Let's pop the kettle on - SEND chat, giggles and a cuppa 20 July 9:30am to 11:30am
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### NEW

The courses are fully funded by HCC for families who have needs in Hertfordshire. Please would you kindly promote the following courses to parents and carers and to other colleagues on your networks.

#### For Dads, Step-Dads and male carers

- Online Tuesday evenings 7.30pm - 9.00pm 13, 20, 27 Sept, 4, 11 & 18 Oct 2022

#### For Mums, Dads & Carers

- Stevenage at The Oak Suite, Peartree Spring Primary School, SG2 9GG Wednesdays 9.30am—11.30am 21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23 Nov 2022
- Bushey at The Hub, Bournehall Primary School, WD23 3AX Tuesdays 11.30am – 1.30pm (arrival 11-11.15am) 20, 27 Sept, 4, 11, 18 Oct, 1, 8 & 15 Nov 2022

For all enquiries and to make a referral, please email [enquiries@familiesfeelingSafe.co.uk](mailto:enquiries@familiesfeelingSafe.co.uk) There will be two further courses running online starting after the half term break.

#### Hertfordshire Community NHS Trust

- [Children's Wellbeing Practitioners Service | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)
- [Supporting Your Child With Sleep Difficulties Tickets, Tue 12 Jul 2022 at 10:00 | Eventbrite](#)
- [Supporting Adolescents with Sleep Difficulties Tickets, Tue 12 Jul 2022 at 18:00 | Eventbrite](#)
- [Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 13 Jul 2022 at 18:00 | Eventbrite](#)
- [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 14 Jul 2022 at 10:00 | Eventbrite](#)
- [Adolescent Self-esteem Workshop Tickets, Wed 27 Jul 2022 at 11:00 | Eventbrite](#)
- [Supporting Your Child's Self-esteem Tickets, Thu 28 Jul 2022 at 10:00 | Eventbrite](#)
- [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 28 Jul 2022 at 18:00 | Eventbrite](#)
- [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 4 Aug 2022 at 10:00 | Eventbrite](#)
- [Supporting Adolescents with Sleep Difficulties Tickets, Tue 9 Aug 2022 at 12:00 | Eventbrite](#)
- **NEW** [Supporting Your Child With Sleep Difficulties Tickets, Thu 11 Aug 2022 at 18:00 | Eventbrite](#)
- **NEW** [Emotional Wellbeing Workshop \(For young people 11 - 16\) Tickets, Wed 17 Aug 2022 at 12:00 | Eventbrite](#)

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- **NEW** [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 18 Aug 2022 at 18:00 | Eventbrite](#)
  - **NEW** [Supporting Your Child's Self-esteem Tickets, Tue 23 Aug 2022 at 18:00 | Eventbrite](#)
  
  - **NEW** [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 1 Sep 2022 at 10:00 | Eventbrite](#)
  
  - **NEW** [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 8 Sep 2022 at 18:00 | Eventbrite](#)
  - **NEW**

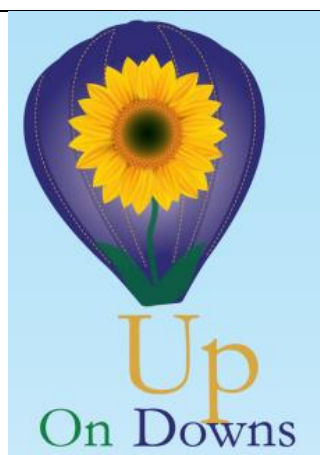


**CAMHS Online Support Group - Talking to your Teenager** [suitable if child is accessing CAMHS service] Learn to communicate more effectively with your teenager, gain a better understanding of the teen brain.

5 July 7pm to 9pm

Bookings: [CAMHS Online Support Group - Talking to your Teenager \(carersinherts.org.uk\)](https://carersinherts.org.uk)

[Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – \(HPFT or Step 2\)](#) – delivered by Carers in Herts- parents need to book on but its free



## Up on Downs

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

We will be running our usual family support meetings at the Hitchin Youth Trust, Walsworth Road, Hitchin, SG4 9SP between 2-4pm on Saturday July 9th and August 13th.

- Sun 17 July Waterways Experiences Canal Boat Trip Nash Mills Recreation Centre, Hemel Hempstead HP3 9TE 10.45am-3.00pm
  - Sat 30 July Standalone Farm Visit Wilbury Way, Letchworth Garden City, SG6 4JN 10.30am
  - Sat 13 Aug Family Support Meeting Hitchin Youth Trust, 111 Walsworth Road SG4 9SP 2.00-4.00pm
  - Mondays Teen Fitness Group Via Zoom at 5.00pm
  - Thursdays Teen Zoomers Our Teen Social Communication Group meeting via Zoom at 6.30pm
  - Saturdays Speech Development Groups Meeting Saturday mornings at Hitchin and London Colney
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Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin young People's Centre  
Ages 13-17  
Wednesdays, 6:30pm to 8:30pm  
Term Time Only  
Bookings always needed - FREE  
Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD  
[sfyp.northherts@hertfordshire.gov.uk](mailto:sfyp.northherts@hertfordshire.gov.uk) / 01438 843340 or text: 07860 065 178



[The Hertfordshire Local Offer](#)



[Parents' Guide to CAMHS](#) | [Guide for Parents](#) | [YoungMinds](#)



Herts Disability  
Sports Foundation

[Herts Disability Sports Foundation - Herts Disability \(hdsf.co.uk\)](https://hdsf.co.uk)

Herts Disability Sports Foundation is proud to promote the development of disability sport in Hertfordshire.  
We provide a wide variety of sports activities for people with a disability and pride ourselves on being able to adapt activities to suit the needs of the participants.  
We work with Individuals, groups, schools and businesses. See website to find activities.