



QUICK LINKS				
SEND	Local Offer	Up on Downs	DS Achieve	Lending SPACE
	North Herts Family Centre	Abilities in Me		
Autism, ADHD, Neurodiversity	Angels Support Group	ADD -vance	SPACE in Herts	Potential Kids
	Ambitious About Autism	Autism Hertfordshire Transition Service for 16-20 year olds	SPRINGBOARD	
Mental Health & Wellbeing	NESSie	NHS Herts Community Trust	Children's Wellbeing Practitioners Courses and Resources	NHS HPFT IAPT Improving Access to Psychological Therapies – online portal for mental health services
	Just Talk Herts	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network)	First Steps ED
	The Ollie Foundation	Carers in Herts (CAMHS Support)	Togetherall	BeeZee Bodies
	Lumi Nova Herts Mind Network Children and Young People (withyouth.org) Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties			
Parenting & Young People	Family Lives	Families in Focus	Supporting Links	Families Feeling Safe
	Services for Young People			
Further Signposting	<ul style="list-style-type: none"> Contact a SEND service (hertfordshire.gov.uk) ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk) Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk) Herts Parent Carer Involvement (hertparentcarers.org.uk) Webinars Herts Parent Carer Involvement (hertparentcarers.org.uk) 		<ul style="list-style-type: none"> Preparing for adulthood (hertfordshire.gov.uk) Help for children who aren't attending school regularly (hertfordshire.gov.uk) Caring for your health into adulthood (hertfordshire.gov.uk) Deaf and Hearing Support Service (hertfordshire.gov.uk) SEND documents and resources (hertfordshire.gov.uk) The Dyslexia-SpLD Trust - Parents Home (hertsendiass.org.uk) 	

SCROLL DOWN FOR NEW AND UPCOMING COURSES



AUTISM / ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
SEND Strategy Programme	<p>Help shape support for autistic people in Hertfordshire. Working with children, young people and adults, and their families, as well as with people in health and social care, to review and develop a strategy for supporting autistic people. Events are for autistic people, their parents, carers, and professionals and are an opportunity to work together to discuss what the priorities should be for the new autism strategy.</p> <p>30 March 1pm to 4pm at Robertson House, Stevenage 4 April 10am to 1pm Birchwood Leisure Centre, Hatfield 5 April 3pm online 25 April 12pm to 3pm Hertford 2 May 5:30pm to 7:30pm online Email autismstrategy@hertfordshire.gov.uk – you will need to complete a booking form.</p>	<p>Find courses and things to do (hertfordshire.gov.uk)</p>
<p>The Sandbox</p> <p>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p>	<p>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p> <p>The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p> <p>The Sandbox team would like to hear from young people and professionals working with them, to find out what resources/topics would be useful, so please let them know your ideas by emailing: nhs.operations@mindler.co.uk.</p>	<p>This new free NHS funded service launches on 1 April 2023 and offer a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs</p> <ul style="list-style-type: none"> • Website: 24/7 • Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays • Live Chat: 10am-8pm Mondays-Fridays <p>Signing up is easy and doesn't require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)</p>
SURVEYS	<p>230302-Autism-Voice-Qs.pdf (hertsparentcarers.org.uk)</p> <p>The Specialist Advisory Team offers autism-specific training, Hertfordshire Autism Training (HAT), to schools and colleges in Hertfordshire. We are seeking to develop further, the way in which we include the views of children and young people in this, in a way that is accessible to them, to confirm and further develop autism training.</p>	<p>Please see link for details – send contributions to autism.voice@hertfordshire.gov.uk by 31 March 2023.</p>
NORTH HERTS FAMILY CENTRE	<p>SEND DROP IN – held monthly What's On North Herts District (mailchi.mp)</p>	<p>SEND Drop-In</p>



SPACE Herts	Old MacDonald and the 3 Pigs plus..... - Booster Cushion Theatre Company Tickets, Sun 2 Apr 2023 at 10:30 Eventbrite	Booster Cushion Theatre (£)
SPACE Herts	Junior Online Cooking Tickets, Mon 3 Apr 2023 at 17:30 Eventbrite	Jnr online cooking
	Senior Online Cooking Tickets, Mon 3 Apr 2023 at 18:45 Eventbrite	Snr online cooking
	Children's Pottery Painting Tickets, Wed 12 Apr 2023 at 10:00 Eventbrite	Children's pottery (£)
	Children's Online Goomba Races Art Session Tickets, Fri 14 Apr 2023 at 17:00 Eventbrite	Goomba Race Art Session
	Anger and Conflict Tickets, Tue 18 Apr 2023 at 18:30 Eventbrite	Anger and Conflict
	Anxiety and SEND Workshop Tickets, Wed 19 Apr 2023 at 10:00 Eventbrite	Anxiety and SEND
	Animal Quiz Tickets, Wed 19 Apr 2023 at 18:00 Eventbrite	Animal Quiz
	Autistic Girls Workshop Tickets, Thu 20 Apr 2023 at 10:00 Eventbrite	Autistic Girls
	Navigating the SEND World Post 16 Tickets, Fri 21 Apr 2023 at 10:00 Eventbrite	Navigating the SEND World Post 16
NHS Herts Community Trust	Sleep Workshop (Child and Adolescent) Tickets, Tue 4 Apr 2023 at 12:00 Eventbrite	Sleep Workshop
	Exam Stress Tickets, Tue 11 Apr 2023 at 10:00 Eventbrite	Exam Stress
	Developing Your Child's Emotional Literacy Tickets, Tue 18 Apr 2023 at 10:00 Eventbrite	Developing Child's Emotional Literacy
	Supporting Your Child's Self-esteem Tickets, Wed 19 Apr 2023 at 10:00 Eventbrite	Child's self-esteem
	Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Tue 25 Apr 2023 at 10:00 Eventbrite	Emotional Wellbeing and Regulation Tips
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
Angels Support Group	www.angelssupportgroup.org.uk 30 March 10am to 12pm Support Group (Stevenage) also 7:30pm to 8:30pm Angels Support Group and NESSie workshops	Support Groups and workshops, Meet up and Chat
	Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group	



Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org Parents & Carers of autistic young adults (16-25)	
	Support Groups » Autism Bedfordshire	Support Group
	Upcoming Events » Autism Bedfordshire	Upcoming Events
ADD-vance Eventbrite	Understanding ADHD and Autism in the Primary Years - FREE 6 WEEK COURSE Tickets, Tue 18 Apr 2023 at 10:00 Eventbrite	Hitchin – face to face : Understanding ADHD and Autism
ADD-vance Eventbrite	ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 18 Apr 2023 at 13:00 Eventbrite	Online support for parents/carers of Primary Aged Children
ADD-vance Eventbrite	Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Tue 18 Apr 2023 at 19:00 Eventbrite	Understanding Teens with ADHD and Autism
ADD-vance Eventbrite	Communicating with your child when talking is too much - FREE WORKSHOP Tickets, Wed 19 Apr 2023 at 10:00 Eventbrite	Communicating with your child when talking is too much
ADD-vance Eventbrite	Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE FOR DADS Tickets, Wed 19 Apr 2023 at 19:00 Eventbrite	6 week Dads Course – Understanding ADHD and Autism
ADD-vance Eventbrite	Understanding ADHD and Autism in the Early Years - FREE ONLINE 6 WK COURSE Tickets, Thu 20 Apr 2023 at 09:30 Eventbrite	Early Years – Understanding ADHD and Autism
SfYP Services for Young People	SING Autism Project –discussion group 8 March 2023, 5:30pm FREE Focolare Centre, Welwyn Garden City For young people aged 13-17 with Asperger’s syndrome or autism. Opportunity to meet others and join in discussion. Supportive discussions with youth workers and other young people who have autism. Relationships, confidence and resilience, staying safe, emotional wellbeing, healthy lifestyles, food, nutrition and cooking, managing money and budgeting.	Booking Info: Booking always needed. Contact: Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email sfyp.welwynhatfield@hertfordshire.gov.uk .
Phoenix Group for Deaf Children	Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children	Connecting Families Event



MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
JustTalkHerts	The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)	The Real Bodies Campaign
Nip In the Bud	https://youtu.be/uMdDB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
HPFT IAPT	HPFT IAPT Virtual Workshop Registration Form HPFT IAPT Services (hpft-iapt.nhs.uk) Homepage HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing Worry – For Adults 27 April 2023
REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	Lumi Nova: Therapeutic Digital Intervention Gaming App 7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis With YOUTH - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October CYP aged 5 to18 will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. www.withyouth.org (live from 3 Oct) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.	Digital Wellbeing Services Digital directory Gaming App - Anxiety Help
HCC Services for Young People	Services for Young People North Herts Wellbeing Project at Hitchin Young People’s Centre If you're aged 12-15 and struggling w... Services for Young People Listings	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD																																																														
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Supporting Links	Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (585) Registration, Mon 22 May 2023 at 09:30 Eventbrite	Sibling Struggles – ADHD and Autism																																																												
Supporting Links	Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30 Eventbrite	Teenage Years – ADHD and Autism																																																												
Supporting Links	PowerPoint Presentation (supportinglinks.co.uk) New What's On (supportinglinks.co.uk) <table border="1" data-bbox="542 646 1998 1121"> <tbody> <tr> <td>Additional Needs</td> <td>Online</td> <td>576</td> <td>18th Apr to 23rd May</td> <td>Tue</td> <td>8.00-9.30pm</td> </tr> <tr> <td>Talking Additional Needs</td> <td>Online</td> <td>575</td> <td>5th Jun to 11st Jul</td> <td>Tue</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>577</td> <td>20th Apr to 25th May</td> <td>Thu</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>579</td> <td>20th Apr to 25th May</td> <td>Thu</td> <td>8.00-9.30pm</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>580</td> <td>6th Jun to 11th Jul</td> <td>Tue</td> <td>8.00-9.30pm</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>578</td> <td>7th Jun to 12th Jul</td> <td>Wes</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Teens</td> <td>Online</td> <td>581</td> <td>19th Apr to 24th May</td> <td>Wed</td> <td>7.45-9.15pm</td> </tr> <tr> <td>Talking Teens</td> <td>WGC Face2Face</td> <td>582</td> <td>7th Jun to 12th Jul</td> <td>Wed</td> <td>7.00-9.00pm</td> </tr> <tr> <td>Talking Dads</td> <td>Online</td> <td>583</td> <td>18th Apr to 23rd May</td> <td>Tue</td> <td>7.45-9.15pm</td> </tr> <tr> <td>Talking Dads</td> <td>Online</td> <td>584</td> <td>7th Jun to 12th Jul</td> <td>Wed</td> <td>7.45-9.15pm</td> </tr> </tbody> </table>		Additional Needs	Online	576	18th Apr to 23rd May	Tue	8.00-9.30pm	Talking Additional Needs	Online	575	5th Jun to 11st Jul	Tue	9.45-11.15am	Talking Families	Online	577	20th Apr to 25th May	Thu	9.45-11.15am	Talking Families	Online	579	20th Apr to 25th May	Thu	8.00-9.30pm	Talking Families	Online	580	6th Jun to 11th Jul	Tue	8.00-9.30pm	Talking Families	Online	578	7th Jun to 12th Jul	Wes	9.45-11.15am	Talking Teens	Online	581	19th Apr to 24th May	Wed	7.45-9.15pm	Talking Teens	WGC Face2Face	582	7th Jun to 12th Jul	Wed	7.00-9.00pm	Talking Dads	Online	583	18th Apr to 23rd May	Tue	7.45-9.15pm	Talking Dads	Online	584	7th Jun to 12th Jul	Wed	7.45-9.15pm
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Foundations of Numeracy	Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties) For children aged 3 upwards. This talk will focus on what is known about how number awareness develops in the early years and what you can do to help your child build firm foundations for maths.	Playskill ❤️ Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties)																																																												
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	7 March 2023 at 6:30pm to 8:30pm FREE Bowes Lyon Young People's Centre, Stevenage Join in, have some fun and make new friends. Runs on Tuesday evenings. Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport & Games, Arts & Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.	Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk																																																												
Family Lives	Building resilience in children and teens Family Lives	Infographic – building resilience																																																												



	Bringing up confident ADHD/ASD Children (6 weeks online course) Tuesday 18 April to 23 May 7pm to 9pm Contact Louise: 0204 522 8700 or 8701 email services@familylives.org.uk	Bring up confident ADHD/ASD Children
Family Lives	Let's Play Family Lives	Online Let's Play Free course
Phase	Phase Hitchin - Passionate about helping young people (phase-hitchin.org)	Resources for parents and young people – wellbeing and resilience
Hope UK	Home - Hope UK	Alcohol and drug advice for parents and young people
Mixed Ability Rugby – Hertford RFC	Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby's sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier.	For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072
Potential Kids	Find courses and things to do (hertfordshire.gov.uk) Welcome to Potential Kids - Potential Kids	Minecraft Session, Hatfield 6:30pm