



Tip: Ctrl F to search key words		QUICK LINKS		
A selection of the new listings	Coping with <u>school</u> when you are autistic	Courses for <u>young people</u> : understanding my autism and/or ADHD (ages 7-16)		NESSie FREE training for children and young people My World & Me
	Webinar: Improving the way we manage our <u>EHCP</u> duties – “Making SEND Everybody's Business”	WELL BEING <u>SUPPORT</u> FOR PARENT CARERS	Supporting Transition to Secondary School	Mental Health Service <u>Directory</u>
SEND	<u>Local</u> Offer	Up on <u>Downs</u>	DS <u>Achieve</u>	<u>Lending</u> SPACE
	North Herts <u>Family</u> Centre	<u>Abilities</u> in Me	Down's <u>Syndrome</u> Listening Service	
Autism, ADHD, Neurodiversity	Angels <u>Support</u> Group	<u>ADD</u> -vance	<u>SPACE</u> in Herts	<u>Potential</u> Kids
	<u>Ambitious</u> About Autism	Autism <u>Hertfordshire</u> Transition Service for 16-20 year olds	<u>SPRINGBOARD</u>	<u>ADHD</u> Foundation
Mental Health & Wellbeing	<u>CYPMHS Service Directory - SW</u> (justtalkherts.org)	NHS Herts <u>Community</u> Trust	Children's <u>Wellbeing</u> Practitioners Courses and Resources	NHS <u>HPFT</u> IAPT Improving Access to Psychological Therapies – online portal for mental health services
	<u>NESSie</u>	<u>Mind</u> Hertfordshire Network CYP Digital Wellbeing	<u>WithYouth</u> (Mind Network) Herts Mind <u>Network</u>	First Steps <u>ED</u>
	Just <u>Talk</u> Herts	The <u>Ollie</u> Foundation	<u>Togetherall</u>	<u>BeeZee</u> Bodies
	<u>Lumi Nova Herts Mind Network Children and Young People</u> (withyouth.org) Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties		Carers in Herts (<u>CAMHS</u> Support)	<u>Young</u> Minds
	<u>Courses Coming Up Hertfordshire Mind Network</u> (hertsmindnetwork.org)		<u>SandBox</u>	<u>Front Page – The Creative Mental Health Charity PoetsIN™</u>
				This May <u>Help</u>
Parenting & Young People	Services for <u>Young</u> People	<u>Family</u> Lives	<u>The Hertfordshire Local Offer</u>	<u>Carewaves and Newsletters - Carers In Herts</u>
	<u>Families</u> in Focus	<u>Families First</u> (hertfordshire.gov.uk)	<u>Capa First Response You are not alone - Capa First Response</u> We support families and professionals impacted by child or adolescent on parent abuse. Child/adolescent on parent abuse support	
	<u>Supporting</u> Links	Families Feeling <u>Safe</u>		



Further Signposting	• 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 (hertsparentcarers.org.uk) • Webinars Herts Parent Carer Involvement (hertsparentcarers.org.uk) • Home (hertssendiass.org.uk)	• 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
Making SEND Everyone's Business - investing in our workforce (hertfordshire.gov.uk)		
SEND 0-25 Advice Lines		
	Specific Learning Difficulties (SpLD) 01442 453 920 every Thursday (term time only) 9.30am - 12pm Neurodiversity Hub 01727 833963 from Monday to Friday 9am - 1pm email: supporthub@add-vance.org Early years (0 - 5) 01442 453 920 every Wednesday (term time only) 9am - 12pm and Thurs 1.30pm - 4pm Physical and neurological impairment team (PNI) 01442 453 920 every Monday (term time only), 1.30pm - 4pm Education Support for Medical Absence (ESMA) 01442 454 802 (school hours, term time only) esmaenquiries@hertfordshire.gov.uk	Children and young people's therapy services (Advice from occupational therapists, physiotherapists and speech and language therapists) 01923 470680 – select Option 3 for the therapy service. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2). Or email hct.cyptherapies1@nhs.net. School Nursing Duty Line The HCT school nurse duty line is available every weekday and can support you with any concerns you may have about your child or children's physical and emotional wellbeing. Tel: 0300 123 7572 (Monday to Friday 9am - 5pm)

SCROLL DOWN FOR NEW AND UPCOMING COURSES

Autism Voice Hertfordshire

Autism Voice Hertfordshire

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 inform and further develop our autism training. We wish to include the videos, voices and views of the children and young people to ensure that their views are shared with schools and settings through the training offer.

Who?
Children and young people (aged 5+) with a medical diagnosis of autism and who are aware of this.

What?
Choose only the questions below your child wants to answer. Please adapt and change any question to make it more relevant and accessible for your child.

Where?
Anywhere that your child feels comfortable to answer the questions at their own pace.

When?
Please return your child's contributions, with the signed consent forms to:
autism.voice@hertfordshire.gov.uk

Why?
Gaining the views of children and young people is the most important part of our training as it enables us to focus on ensuring schools in Hertfordshire understand their views, experiences, needs and wishes.

How?
Please use whichever communication preference/style works for your child e.g., video, voice recordings, symbols, signing etc.

Options to consider:

1. Answer the questions via video
2. Answer the questions via voice recording
3. Answer the questions in writing, email, or drawing
4. 5 words about autism using the QR code below
5. A mixture of all the above!

As the questions below are aimed at school age children from 5 to 18 with autism, we are aware there will be varying communication preferences and styles. Please feel free to adapt and rephrase the questions to ensure they're relevant and accessible for your child.

Hertfordshire Autism Training  autism.voice@hertfordshire.gov.uk

The Questions

- What is your name? How old are you?
- Please tell us about yourself. What are your interests?
- Do you prefer people to say that you have autism or that you are autistic?
- What is autism?
- What is it like having autism/being autistic?
- Do you tell people you have autism? Why?
- What helps you in school?
- What would you like teachers and school staff to know about autism?

Scan the QR code below to enter your 5 words about autism:



Would you like to support us further by answering questions on specific topics?
If so tick/highlight the topics below:

• Communication and Interaction & social communication • Emotional Regulation – sensory, interests, structure and routines, behaviour	• Transactional Supports – support and strategies • Mental health • Girls • Sensory • Hobbies/special interests
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Hertfordshire Autism Training  autism.voice@hertfordshire.gov.uk

Privacy Notice

Production and Presentation of media for use within Hertfordshire Autism Training

Why we need your information
Hertfordshire County Council invites you and/or your child(ren) to take part in the production of 'pupil voice' media for use within the Hertfordshire Autism Training package. The use of films, videos, soundbites and photographic images will be used in schools within Hertfordshire to raise awareness and understanding of autism. As part of the process, you and/or your child are asked to talk or share visually, their views and experiences in relation to autism.

This information is being gathered and will be processed on the basis that you as parent/s of are giving explicit consent for us to share the use of this media. And that your child has given informed consent for this media to be shared.

If you wish to withdraw consent at any time you can do so by contacting us at autism.voice@hertfordshire.gov.uk

What we will do with your information
The information you give us will be held by the SENDSAS Speech language and Autism Team and will only be used for the purposes identified above.

The film will only be viewed by individuals employed within schools in Hertfordshire and will be kept securely on HCC laptops and IT equipment.

How long we will keep your information
We estimate that the films will be in use for a period of 5 years from when you take part. We may contact you before the end of the 5 year period to ask you if you consent for us to continue to use the film as part of our schools Hertfordshire Autism Training package.

What are your rights?
Hertfordshire County Council will be the Data Controller for your information.

You have the following rights in relation to this data:

- You have the right to be informed about what information we hold about you and how we use it.
- You have the right to request copies of any information the Council holds about you by making a subject access request.
- If information we hold about you is factually inaccurate you have the right to have it corrected.
- You have the right to object to the way we are using your data.
- You have the right to request that your data is deleted. However, we may be unable to delete your data if there is a need for us to keep it. In this case you will receive an explanation of why we need to keep the data.
- You can also request that we stop using your data while we consider a request to have it corrected or deleted. There may be some circumstances in which we are unable to do this however we will provide an explanation if this is the case.

Hertfordshire Autism Training autism.voice@hertfordshire.gov.uk

corrected or deleted. There may be some circumstances in which we are unable to do this however we will provide an explanation if this is the case.

- In certain circumstances you may also request data we hold about you in a format that allows it to be transferred to another organisation.
- In the event that decisions are taken using automated processes you have the right to request that these decisions are reviewed by a member of staff and to challenge these decisions.

If you would like to request copies of your data, request that your data is deleted or have any other queries in relation to data which the Council holds about you please contact the Data Protection Team.

Data Protection Team
Hertfordshire County Council
County Hall
Peeps Lane
Hertford
SG13 8DQ
Tel: 01992 588099
Email: data.protection@hertfordshire.gov.uk

You can also contact our Data Protection Officer at dataprotection.officer@hertfordshire.gov.uk or in writing to the address above.

If you are unhappy with the way that Hertfordshire County Council has used your data or with the way we have responded to a request you also have the right to contact the Information Commissioner's Office www.ico.org.uk

Consent

I [insert full name] _____ confirm that I have read the above information and that I understand it.

Having done so I agree to my child [insert full name] _____ taking part in the production of films, videos or images for the purposes of the above training.

I am aware that I can withdraw consent to taking part in contributing to the training at any point up until images or videos are shared with HCC.

Signed parent: _____ **Date:** _____

Signed child: _____ **Date:** _____



Cyber Choices and Online Safety Events

For parents / carers of
children aged 9 and up

You are invited to attend two **free** online sessions to discuss all things "cyber".

These sessions will be suitable for parents/carers of children in Year 5 (age 9) and above. This will be a fantastic opportunity to learn and ask questions regarding your child's online world and it shouldn't be missed!

Part 1 will introduce you to the Cyber Choices programme which will be delivered by the Eastern Region Cyber Choices Team. They will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.

You will also hear from Kent County Council's Education Safeguarding Team, who will provide an overview of:

- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

Please visit the NCA website to find out more about [Cyber Choices](#).

Please register for **one** part 1 session only (as these will be duplicated), by clicking on the link below.

Wednesday 8th May 2024 @ 1000 - Part 1
[Book here](#)

Wednesday 5th June 2024 @ 1300 - Part 1
[Book here](#)

Wednesday 3rd July 2024 @ 1600 - Part 1
[Book here](#)

Part 2 will be delivered by the Eastern Region Cyber Protect Team. They will provide:

- Advice on how to improve your personal cyber security.
- Identifying and protecting yours (and your children's) key accounts.
- Threats and techniques that cyber criminals may use to target you / your family.
- Benefits of family accounts.
- Parental controls on your router.
- Signposting to useful resources.

The aim of the session is to provide you with tools and techniques to improve the cyber security of your family.

Advice and guidance from the session will be in line with the Government's [Stop! Think! Fraud](#) and the National Cyber Security Centres [CyberAware](#) campaigns.

Again, please register for **one** part 2 session only (as these will be duplicated), by clicking on the link below.

Wednesday 15th May 2024 @ 1000 - Part 2
[Book here](#)

Wednesday 12th June 2024 @ 1300 - Part 2
[Book here](#)

Wednesday 10th July 2024 @ 1600 - Part 2
[Book here](#)

If you have any questions or would like us to cover a certain topic within our sessions, then please complete our [online form](#).

CYBER CHOICES

Part 1 Sessions (choose one date only)

5 June at 1pm: [Microsoft Virtual Events Powered by Teams](#)

3 July at 4pm: [Microsoft Virtual Events Powered by Teams](#)

Part 2 session (choose one date only)

12 June at 1pm: [Microsoft Virtual Events Powered by Teams](#)

10 July at 4pm: [Microsoft Virtual Events Powered by Teams](#)

Online form: [Cyber Choices & Online Safety Event \(office.com\)](#)



FOLLOW Help develop Speech, Language & Communication Skills at home ADDED WEEKLY 95	FOLLOW Linktree Introducing the FOLLOW campaign! A very simple and easy to use set of strategies that parents and carers can use with their little ones to help develop speech, language and communication skills at home. For more information, please use the link below. https://linktr.ee/EYFOLLOW     
Improving the way we manage our EHCP duties	Webinar: Improving the way we manage our EHCP duties – “Making SEND Everybody’s Business” Thursday 23 May, 7pm - 8pm Online (Teams) There is a lot of change happening to positively impact the experiences of families of children and young people with an EHCP. You may have heard already about the £7million of ongoing annual investment into our EHCP duties, and our ‘Making SEND Everyone’s Business’ transformation programme. Our Director of Inclusion and Skills will discuss how the money is being used and what this means for you if your child has, or is in the process of getting, an EHCP. Change takes time, and we hope families start to feel the positive impacts later this year. If there are any questions you would like to have answered during this session, please email them to SENDstrategy@hertfordshire.gov.uk. We will theme up the questions we get and try to answer as many as we can during the session. We can’t respond to questions about individual children or their EHCPs, but we will address the general challenges that we know lots of families are facing. Save this joining link, which you can use to join the meeting at 7pm on Thursday 23 May: Webinar joining link You can share your attendance on our Facebook event too, where you can also find the link. Webinar: Improving the way we manage our EHCP duties - Making SEND Everyone's Business Facebook
Big Listen – Ofsted	Ofsted have launched their “Big Listen” today. This is an opportunity for everyone involved with children and education to share their views – including around children with SEND. Ofsted Big Listen - GOV.UK (www.gov.uk)



Hertfordshire Community NHS Trust	Children & Young People's Therapies referral forms are now Online! What is changing? Starting on the 4th March, HCT will launch the updated digital referral forms. These changes have been made to help improve patient experience by providing easier access to services and streamlining the overall process. CYPT services includes Children's Occupational Therapy, Physiotherapy & Speech, and Language Therapy. The digital referral form route is accessible by an online link for use by appropriate referrers including Schools, Parents/Carers, Self-referrals, GP's and Health Care Professionals.	You can make a referral to these services by following the below links or visiting our website www.hct.nhs.uk   
SEND Local Offer Website	<u>'Introduction to the SEND Local Offer website' – webinar</u> <i>The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.</i> <i>A friendly face from the Local Offer team will take you through what's on the website and how you can use it to find the right services and support. www.hertfordshire.gov.uk/localoffer</i> <i>A quick note: The Local Offer website is different to Short Breaks (SBLO). We won't be going into detail about SBLO.</i>	
Healthwatch Hertfordshire – Orthodontic Treatment Focus Group	Healthwatch Hertfordshire want to hear from all children and young people who are having, or have recently had, orthodontic treatment in Hertfordshire. If your child or young person would be happy to take part in a focus group, or 1-1 interview, please email: info@healthwatchhertfordshire.co.uk or phone 01707 275978. Parents or carers can also attend. By sharing your views, you will be helping the NHS to ensure every child and young person receives the care and treatment they need. You will also receive a £10 voucher as a thank you for taking part.	



Delivering Special Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 98
15/05/2024

DSPL 1
(North Herts)

dspl1admin@wransom.herts.sch.uk

(please email if you need the flyers or further information)

[Updates and Resources \(nhdspl.org.uk\)](https://www.nhdspl.org.uk)

Find us on Facebook and Twitter



MAY HALF TERM WORKSHOP

Do you experience feelings of stress, anxiety or anger?
Do you worry about your friendships?
Do you struggle with confidence and self-belief?

Our workshops combine non-contact boxing instruction with mental health education.

Using our unique Four Corners Method we will support you to learn practical strategies to manage stress, anxiety and anger whilst improving your confidence, physical fitness and overall mental resilience.

Tuesday 28th - Friday 31st May

Years 5 & 6: 10am - 12pm
Years 7, 8 & 9: 1pm - 3pm

£60pp for all 4 days

BOOK YOUR PLACE NOW! hello@gritcharity.org



MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024

LET'S MOVE MORE FOR OUR MENTAL HEALTH

13-19 MAY 2024



This Mental Health Awareness Week find your #MomentsForMovement

www.mentalhealth.org.uk/mhaw @mentalhealthfoundation @mentalhealth

Registered Charity No. England and Wales 801150, Scotland SC 650714 | Company Registration No. 2305848, VAT Number GB254161857. Registered with Fundraising Regulator.



Disney Sensory Movement Workshop

Suitable for ages 3+ with suspected or diagnosed additional needs who need support from a parent/carer to participate

Explore some of your favourite Disney films through a workshop full of movement, music, props and sensory elements.

Tuesday 28th May | 10 - 10.45am
Fairfield Community Hall
Free to attend!*

Aladdin *FROZEN* *THE LITTLE MERMAID* *THE JUNGLE BOOK*

***Booking required: info.imaginationarts@yahoo.com | 07394 934911**



SEND Musical Theatre Workshop

Suitable for ages 7+ with suspected or diagnosed additional needs

Join us for a workshop full of dance, drama and singing as we explore one of Disney's most famous musicals - Mary Poppins!

Tuesday 28th May, 11am - 1.30pm | Fairfield Community Hall
Free to attend!*

***Booking required: info.imaginationarts@yahoo.com | 07394 934911**



WORKSHOPS, COURSES AND TRAINING

Greenside School present Luke Beardon	Luke Beardon Talk 16 May 2024 - 6:30pm to 8:30pm at Greenside School Talk will address his deep concerns about autistic safety and well-being, and the fact that so many autistic people of all ages endure lives in which they feel unsafe. He will explore why this might be the case as well as what society needs to do to redress this imbalance.	Bookings: admin@greenside.herts.sch.uk Open to parents/carers living in Hertfordshire (DSPL 2 Schools and parents are free). £10 for all other areas. Places are limited.
The Toolbox	Understanding my autism and/or ADHD (ages 7-16) Webinars, courses and workshops to support children and young people aged 7-16 with Autism, ADHD or both. These are available both online and in-person and are designed to help young people understand their Autism and/or ADHD in a fun and engaging way. They are led by experienced professionals and will provide tailored strategies and an opportunity to connect with other neurodivergent young people.	Hertfordshire The Toolbox (mindler.co.uk)
SEND 0-25 Hertfordshire's Local Offer	GUEST BLOG: Coping with school when you are autistic	Guest blog: Coping with school when you're autistic (hertfordshire.gov.uk)
Ambitious about Autism	Quality of life at home toolkit Ambitious about Autism Quality of life at home toolkit – series of five animated films provides advice and guidance on managing the emotional needs of autistic children and young people.	Animated films – advice/guidance on managing emotional needs
Autism Central	Autism Central for Parents and Carers Autism Central The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others. Listen, offer guidance and tell you about services that are available in your local area. Navigate you to services that can make a difference and empower you. Increase your knowledge, understanding and provide you with skills to last. Essex County Council Autism Central	Peer Education Programme - support
Hertfordshire Autism	Level 1 Autism Training eLearning This online training will take about 30 minutes to complete. It aims to develop an understanding of: Some basic principles of autism, challenging some myths and stereotypes The strengths and areas of difference Simple reasonable adjustments and strategies for practitioners to consider. To complete the training please follow the link, you will be prompted to complete a short form and be re-directed to the training: Autism elearning form (contensis.com)	Level 1 Autism Training e-learning



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DSPL 1
(North Herts)

dspl1admin@wransom.herts.sch.uk

(please email if you need the flyers or further information)

[Updates and Resources \(nhdsp1.org.uk\)](https://nhdsp1.org.uk)

Find us on Facebook and Twitter



SPACE Herts	<i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>	
SPACE Herts	Sensory Signs, Signals and Solutions Workshop Tickets, Thu 16 May 2024 at 10:00 Eventbrite	Sensory, signs and solutions
	Tourette's Workshop Tickets, Wed 22 May 2024 at 10:00 Eventbrite	Tourette's Workshop
	Understanding and Supporting Emotional Regulation Tickets, Thu 23 May 2024 at 18:30 Eventbrite	Emotional Regulation
	Anxiety and SEND Tickets, Mon 3 Jun 2024 at 10:00 Eventbrite	Anxiety & SEND
	Talking SENSory - Signs, Signals and Solutions - 3 week course Tickets, Tue 4 Jun 2024 at 10:00 Eventbrite	Talking SENSory – signs/signals/solutions
	FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite	Additional Activities
ADD-Vance	<i>A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</i>	
ADD-vance Eventbrite	Tips & Tools to Support Learning (Executive Function) FREE ONLINE WORKSHOP Tickets, Thu 16 May 2024 at 10:00 Eventbrite	Tips/tools support learning (executive function)
	Tips & Tools to Build Self-Esteem - FREE ONLINE WORKSHOP Tickets, Mon 20 May 2024 at 10:00 Eventbrite	Tips/tools build self-esteem
	ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 21 May 2024 at 13:30 Eventbrite	Online support group – parent/carers of secondary aged children
	Understanding PDA - FREE ONLINE WORKSHOP Tickets, Wed 22 May 2024 at 19:00 Eventbrite	Understanding PDA
	Understanding ADHD and Autism in Girls - FREE ONLINE 6 WEEK COURSE Tickets, Tue 4 Jun 2024 at 10:00 Eventbrite	ADHD and Autism in Girls
	Understanding ADHD and Autism in the Early Years - FREE ONLINE WORKSHOP Tickets, Tue 4 Jun 2024 at 10:00 Eventbrite	ADHD and Autism in EY



Angels Support Group	<i>Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).</i>		
Angels Support Group	Virtual Meeting via Zoom 10am to 12pm 21 May – Workshop Q&A Education Issues 4 June – Parent/Carer Support Group with Lorraine Jones 11 June Workshop: Managing Meltdowns 18 June Parent/Carer Support Group with Lorraine Jones 25 June – Workshop: Executive Function Dysfunction 2 July – Parent/Carer Support Group with Lorraine Jones 9 July Workshop: Surviving the Summer Holidays 16 July – Parent/Carer Support Group with Lorraine Jones	Face to Face meeting Stevenage 10am to 12pm The Phoenix Group 16 May – Meet Up and Chat 23 May – Parent/Carer Support Group 6 June – Meet Up and Chat 13 June – Parent/Carer Support Group 20 June – Meet Up and Chat 27 June – Parent/Carer Support Group with Lorraine Jones 4 July – Meet Up and Chat 11 July – Parent/Carer Support Group with Lorraine Jones 18 July – Meet Up and Chat	
	The Pod, Northfields, Letchworth Weds 10am to 12pm 19 June 10 July Meet Up and Chat in partnership with Letchworth Family Support Team	Evening Meeting via Zoom 7:30pm to 8:30pm 13 June – Parent/Carer Support Group Podcasts: As it is World Autism Acceptance Week, here is our latest podcast discussing getting an Autism diagnosis as an... Instagram	Support Groups and workshops, Meet up and Chat www.angelssupportgroup.org.uk / Angels Summer Term Programme (angelssupportgroup.org.uk)
	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 & Cares of autistic young adults (16-25)		Upcoming Events » Autism Bedfordshire Support Groups » Autism Bedfordshire
Autism UK	Social stories and comic strip conversations (autism.org.uk)	Social Stories and Comic Strip Conversations	
ADHD Foundation	Resources Archive - ADHD Foundation : ADHD Foundation	Resources	



Feedback needed from children and young people with ADHD (ages 8 to 25)	As part of our improvement work, we are doing some research to ensure schools and settings across Hertfordshire are as up to date as possible in all areas of SEND. This will be a short fun activity over teams or via email. The results will help us to make sure the training and resources for schools are more up to date and relevant. We are looking for children and young people (aged 8 - 25) to let us know what they think teachers should know about children and young people with ADHD. The research will take place between 17 April and 15 May so if you know someone who would like to be involved, we would love to hear from them. Please email our SEND Participation Lead sarah.stevens2@hertfordshire.gov.uk to find out more.	
NESSie 'My World & Me' for children and young people	NESSie 'My World & Me' My World & Me is a 12-week group programme for up to 8 children and young people who live in Hertfordshire and who are diagnosed with Autism/ADHD. Each week will run for 1 hour. This online or face to face will be run by two NESSie Autism/LD specialists and aims to support your child/young person to have an opportunity to meet other young people of similar age and interests. Focusing on celebrating your child's strengths and uniqueness this group aims to be fun whilst supporting the development of confidence, independence and resilience. CYP will be group in age groups from 7-16 yrs. Funded by Hertfordshire County Council.	Thursday, 13 June 2024 to 29 August 11am to 12pm Nessie Public Booking Platform V2.0 (procfu.com) Understanding My ADHD/Autism – Secondary at The Highfield, Letchworth Garden City (in-person) Fridays, 10am to 11am 26 Apr to 19 July (no session during half term) Understanding My ADHD/Autism – Middle Schools Fridays 2:10pm to 3:10pm 26 Apr to 19 July (no session during half term) Understanding My Autism: Supporting transition for school years 4-6 (online). Thursdays 11am to 12pm 13 June to 29 August Nessie Public Booking Platform V2.0 (procfu.com) Understanding My ADHD/Autism: Supporting transitions for school years 6 to 7. Wednesdays, 4pm to 5pm 19 June to 4 September 2024 Nessie Public Booking Platform V2.0 (procfu.com)



Supporting Links	<i>A local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children.</i>	
Supporting Links	Workshops: We have a number of single session workshops for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend. See website for flyers and links: New What's On (supportinglinks.co.uk)	
Supporting Links	Use the Course ID (See below) to book your place Booking Essential: bookings@supportinglinks.co.uk or 07512 709556	Booking Information
	Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19 Wednesdays 17 April to 22 May 7:45pm to 9:15pm (online) Online Course ID 657 Wednesdays 5 June to 10 July 7pm to 9pm (In Person: Bushey) In Person Course ID 658	Talking Teens
Supporting Links	Talking Anger in Families 6 Weekly Sessions for parents/carers of children aged 0-12 Wednesdays 5 June to 10 July 9:45am to 11:30am (online) Course ID 654	Talking Anger in Families
Supporting Links	Talking Dads/Male Carers 6 Weekly sessions for Dads/Male Carers of all ages Thursdays 18 April to 23 May 7:45pm to 9:15pm (online) Course ID 659 Wednesdays 5 June to 10 July 7:45pm to 9:15pm (online) Course ID 660	Talking Dads/Male Carers
Supporting Links	Talking Anxiety in Teens 6 Weekly sessions for parents/carers of 12-19 year olds Tuesdays 7:45pm to 9:30pm (online) Course ID 655	Talking Anxiety in Teens
Supporting Links	Talking Additional Needs (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-25. Thursdays 18 April to 23 May 9:45am to 11:15am (online) Course ID 651 Tuesdays 4 June to 9 July 8pm to 9:30pm (online) Course ID 652	Talking Additional Needs



Families in Focus	<i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>	
Families in Focus	Email to book: bookings@familiesinfocus.co.uk	
	A complete guide to parenting children with Autism & ADHD and associated conditions FREE – 10 week course (with diagnosis or awaiting assessment) aged 2 to 11 years Gain a greater understanding and answer the question “Why does my child do that?” Learn a range of strategies and solutions, to better manage behaviours that challenge. Understanding sensory needs of children. Increase understanding of children’s common sleep issues. Support siblings. Meet other parents living in families similar and share experiences. Learn techniques to manage stress, conflict. Tuesday Mornings 9:30am to 11:30am April 16, 23, 30, May 7, 14, 21 June 4, 11, 18, 25 Tuesday Evenings 6:30pm to 8:30pm April 16, 23, 30, May 7, 14, 21 June 4, 11, 18, 25	10 Week Course Guide to parenting children with Autism or ADHD Morning and Evening Options
Families in Focus	Handling anger of primary aged children with Autism or ADHD FREE – 6 week course. This course for parents provides practical, evidence based support to understand why children with Autism or ADHD react with anger and provides proven techniques to increase emotional and sensory regulation in your family. Wednesday Mornings 9:30am to 11:30am April 17, 24 May 1, 8, 15, 22 Wednesday Evenings 6:30pm to 8:30pm April 17, 24 May 1, 8, 15, 22	6 Week Course Handling anger of primary aged children with Autism or ADHD
Families in Focus	Handling anger of primary aged children FREE 5 week course. Understand more about what triggers children’s anger Learn techniques to increase children’s emotional regulation and decrease angry meltdowns Increase understanding of how to support children who feel anxious Meet other parents and share experiences Learn techniques to manage parental stress Monday evenings 6:30pm to 8:30pm April 15, 22, 29 May 13, 20	Handling anger of primary aged children
Families in Focus	Handling anger of primary aged children with Autism or ADHD Award winning courses, funded by HCC FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire This course for parents provides practical support to understand why children and adults react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family. Thursday mornings 9:30am to 11:30am 29 February, 7, 14, 21, 28 March	Handling Anger in Primary Aged Children – Autism and ADHD – FREE 6 week course



Family Lives	Within My Reach Within my Reach 8-week programme is for specifically designed for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment Reducing Parental Conflict Parenting, or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk Who can attend: • Parents who are experiencing conflicts and challenges due to the neurodiversity of their child • Parents who want to improve communication and build stronger partnership in parenting and coparenting their neurodiverse child. Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child	Within My Reach – 8 week programme, facing conflicts and struggling to find common ground raising neurodiverse child.
The Add-Vantage	Coffee & Connection - ADHD Womens Wellbeing Community Hub Tickets, Multiple Dates Eventbrite	For Women with ADHD – Coffee & Connection
	Recharge Retreat Day - ADHD Womens Wellbeing Community Hub Tickets Eventbrite	For Women with ADHD – Recharge Retreat Day
ADHD UK	Right to Choose - ADHD UK Right to Choose (NHS England) If you are based in England under the NHS you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team. This important right means that, for instance, should you decide the waiting time for your ADHD assessment is too long, then you can choose alternative providers. The provider must supply the service to the NHS somewhere in England. See website for full details.	
Up on Downs	A parent run organisation that supports families of children with Down's Syndrome.	Local Down's Syndrome Support
Down's Syndrome Association	Down's Syndrome Listening Service Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)	Down's Syndrome Listening Service
Phoenix Group for Deaf Children	Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children	Local Group for Deaf Children
National Deaf Children's Society	Learn British Sign Language Online National Deaf Children's Society (ndcs.org.uk)	FREE signing Courses for Families



Herts Dyslexia Charity	Herts Dyslexia Charity EVENTS FREE Webinar – Five frequently asked questions to the BDA Helpline – This presentation will outline the five most frequently asked questions from parents who want to support their children at home. The webinar will provide ideas and guidance as to how to support learners at home with their studies. Different types of technology and software.	Dyslexia webinar – ideas and guidance – support learners at home
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	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
EHCP – Notice for Parents	The Hertfordshire SEND partnership are committed to improving the quality of EHCP's for children and young people in Hertfordshire; ensuring plans are of high quality and meaningfully capture children and young people's: views, experiences, needs and outcomes, and specify provision. To support with achieving this aim, there will be regular multi-agency audits of EHCP's. These multi-agency audits involve professionals from education (school representatives, specialist advisory teachers, educational psychologists and members of the statutory SEND service), health, social care, SENDIASS and the Herts Parent Carer Involvement coming together to audit the quality of a random selection of EHCP's. Professionals then work together to identify areas of good practice and areas where learning is required. These events are crucial for supporting improvements in practice across the system. This may therefore mean that your child's plan could be selected for audit and shared with the above professionals for auditing purposes. All professionals involved in multi-agency audits of EHCPs are required to comply with Data Protection legislation and confidentiality duties, which restrict the sharing of information pertaining to your child's EHCP outside of the auditing activity. If you wish to opt out and do not wish for your child's EHCP to be included in our quality assurance audits, please email the Quality Assurance Service at: policyandpractice@hertfordshire.gov.uk	



EARLY YEARS – SEND GROUPS

NORTH HERTS FAMILY CENTRE SEND Drop In - Free Drop In What's On North Herts District Summer 2024 (mailchi.mp)	SEND Drop In - Free Drop In Toddler Group: Arise and Shine Letchworth Garden City Church, The Icknield Centre, Icknield Way, Letchworth, SG6 1EF Monthly from 10.00am to 11.30am 4th June 2nd July	SEND Drop In - Free Drop In Toddler Group: Wrigglers & Tiddlers Walsworth Road Baptist Church Hall, Walsworth Road, Hitchin, SG4 9SP Monthly from 9:30am to 11.00am 9th May 13th June 11th July	SEND Drop In - Free Drop In Toddler Group: Friends First Royston Methodist Church, Queens Road, Royston, SG8 7AU Monthly from 9:15am to 11.00am 23rd May 28th June
ARISE & SHINE	Letchworth Garden City Church A SEND pre-school toddler play group and parent/adult support group.	ARISE & shine • Sensory Play • Bucket Time • Toys • Music • Stories • Soft Play	Letchworth Garden City Church, Icknield Way, Letchworth Garden City, SG6 1EF Tuesdays 10am to 11:15am (term time only) FREE to attend, donations welcome. Light refreshments are available.

Get advice from [ChatHealth](#)
Health Visiting free text
messaging service. It's
confidential and available
Mon-Fri 9am-5pm.
07480 635164

Supporting your Child's Development in the Early Years

If you have any concerns around your child's health or development, you can contact the Family Centre Service (Health Visiting and Family Support) on

0300 123 7572

3 – 4 YEARS

The term after your child's 3rd birthday you are entitled to 15 hours a week free early education. Your childcare provider will support you with any concerns around your child's development.



2 – 2 ½ YEARS

By 2 ½ years, you will be invited to attend a Health and Development review with the Health Visiting Team. Remember there is lots of support available at your local Family Centre.



0-11 MONTHS

Your baby's Health and Development is important and the Health Visiting Team supports the health, development and wellbeing of your baby. [Scan the QR code below to book to weigh your baby.](#)

The Family Support Service will also be in touch to welcome you.



1 YEAR

By 10 months you will be invited to attend a Health and Development review with the Health Visiting Team.

FAMILY CENTRE SERVICE

Can offer support with:
- introducing Solid Food
- Toileting
- Sleep, routines and boundaries.
[Scan the QR code below to find out more and to book.](#)



4 – 5 YEARS

Your child can start school the term after their 4th birthday. Your school will support you with any concerns around your child's development.



[Scan the QR code for more information on services available and to book sessions at a Family Centre.](#)





Click image to follow the [link](#) for the full information and links to each area.

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.

ARC Services   	NHS Talking Therapies  
Chathealth 0-5   	PALMS   
Chathealth 11-19   	Rephael House Counselling    
Children's Crisis Assessment and Treatment Team   	Safe Space   
Children's Wellbeing Practitioners    	School Nurses and Duty Line     
CHUMS Bereavement Support   	Signpost    
Educational Psychologists  	Single Point Access (SPA)      
Families First   	Specialist CAMHS    
First Steps ED   	Spectrum Family and Young People's Service    
Health for Kids  	Step 2   
Health for Teens  	The Sandbox    
Herts Haven Cafés     	Togetherall  
Just Talk  	WithYOUth     
Just Talk Ambassador Scheme   	YCT Counselling     
Lumi Nova    	Youth Talk Counselling     
Mental Health Support Teams in Schools (MHSTs)    	Young Minds Parent Helpline  
NESSie Parenting      	

 Telephone service

 Online/virtual service

 Face to face service

 Referral required

-  Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
-  Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
-  Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
-  Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
-  Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.



MENTAL HEALTH AND WELLBEING		
Lumi Nova	Introducing Lumi Nova: A therapeutic mobile game for children's worries and anxiety (youtube.com) Key points: • What are fears and worries? • How can Lumi Nova help? • Who is Lumi Nova for? • Is Lumi Nova clinically approved? • How does it work? • What are the benefits? • How can parents/practitioners support Lumi Nova use?	
The Sandbox Online Mental Health Digital Advice and Guidance Services for 10-25s I	The Sandbox: online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023 The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.	This new free NHS funded service 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 • Website: 24/7 • Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays • Live Chat: 10am-8pm Mondays-Fridays Signing up is easy and doesn't require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)
NESSie	<i>Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.</i>	
NESSie	Parent/Carer Chat and Connect Session – online via MS Teams • This monthly Parent/Carer Chat, regular online drop in offers an informal space to share and connect with other parent/carers who have similar experiences supporting the child's mental health. These sessions are facilitated by Specialist Family Support Workers who can offer advice and support. Different topic each month. Nessie Public Booking Platform V2.0 (procfu.com)	



NESSie	Online Peer Support Group for Parents/Carers of Children Avoiding School – 8 Week Course Tuesday, 23 April 2024, 9:30am to Tuesday, 18 June 2024 11am Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer. In this closed, confidential group, parents/carers will have the opportunity to discuss their current situation and find support from others going through the same thing. Guidance is available from qualified therapists that will help you communicate better with your child and what they are feeling, as well as providing some useful coping strategies.	8 Week Course – Children Avoiding School Peer Support Group Nessie Public Booking Platform V2.0 (procfu.com)
NESSie	Supporting Children/Young People who are LGBTQ+ or Gender Questioning Thursday, 16 May 2024 9:30am to 11:30am Develop an understanding of the spectrum of gender identity support for trans, gender questioning and non-binary children and young people. We will explore strategies to assist children and young people, and the support available for them in educational settings and the wider community.	LGBTQ+ or Gender Questioning Nessie Public Booking Platform V2.0 (procfu.com)
NESSie	Supporting Children/Young People with Bullying Thursday, 6 June 2024 9:30am to 11am Share helpful tools and strategies to support your child to develop confidence and resilience in order to manage dealing with bullying. Information for families about managing, signposting and supporting with appropriate interventions. Offer parents and carers a chance to ask open questions in a warm and supportive environment.	Bullying Nessie Public Booking Platform V2.0 (procfu.com)
NESSie	Supporting Children/Young People with Anxiety Thursday, 6 June 2024 9:30am to 11:30am Share helpful tools and strategies to support your child to develop confidence and resilience in order to manage their anxiety. Provide information for families about managing, signposting and supporting with appropriate interventions.	Anxiety Nessie Public Booking Platform V2.0 (procfu.com)
NESSie	Supporting Children/Young People who Struggle to Attend School Thursday, 17 June 2024 9:30am to 11:30am Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer and it is easy to feel lost and alone. Provide information for families about managing, signposting and supporting with appropriate interventions.	CYP who Struggle to Attend School Nessie Public Booking Platform V2.0 (procfu.com)
NESSie	Supporting Children/Young People who are LGBTQ+ or Gender Questioning Thursday, 20 June 2024 9:30am to 11:30am For parents/carers who may be supporting children and young people in the LGBTQ+ community who may be trans or gender questioning. Develop understanding of the spectrum of gender identity support for trans, gender questioning and non-binary children and young people. Explore strategies to assist children and young people, and the support available for them in educational settings and wider community.	LGBTQ+ Gender Questioning Nessie Public Booking Platform V2.0 (procfu.com)



NESSie	Supporting Children/Young People with Bereavement and Loss Tuesday, 25 June 2024 9:30am to 11:30am Enable parents/carers to develop their confidence in supporting their children with bereavement and loss. Explore strategies to support their child/ren to discuss aspects of bereavement and loss, including divorce and separation. Provide a space to look and identify effective support and management for the whole family.	Bereavement and Loss Nessie Public Booking Platform V2.0 (procfu.com)
NESSie	Supporting a Child/Young Person with Self-Harming Behaviours Wednesday, 3 July 2024 9:30am to 11:30am The aim of this early intervention webinar is to share helpful tools and strategies to support your child. Children and young people sometimes use self-injurious behaviours as a coping mechanism. This can be very distressing for them and their parents/carers when they don't have strategies to support them and keep them safe. This webinar will provide current information for families about managing, signposting and supporting with appropriate interventions. It will offer parents and carers a chance to ask open questions in a warm and supportive environment.	Self-Harming Behaviours Nessie Public Booking Platform V2.0 (procfu.com)
NESSie	Parent/Carer Chat and Connect Session – Hertfordshire This monthly, regular online drops in offers an informal space to share and connect with other parents/carers who have similar experience supporting their child's mental health. These sessions are facilitated by Specialist Family Support Worker who can offer advice and support. Each month we will cover a different topic – see social media for updates. FREE funded by HCC. Nessie Public Booking Platform (procfu.com)	Hertfordshire parents - NESSie IN ED, CIC Parent/Carer Chat Connect Session
	NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools. FREE online and face-to-face workshops on a range of mental health issues that affect children and young people. Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups. support advice sessions Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio	



MENTAL HEALTH AND WELLBEING		
Young Minds	Help Your Child With ADHD Parents Guide to Support YoungMinds Autism & Mental Health Signs & Symptoms of Autism YoungMinds Transitions, Change & Mental Health Parents Guide YoungMinds	Guide: Help your child with ADHD Guide: Autism and Mental Health Guide: Transitions and Change
Challenging Behaviour Foundation	Video challenging behaviour - Challenging Behaviour Foundation Positive Behaviour Support - Challenging Behaviour Foundation	Resource – Challenging Behaviour
Recovery College online	Your mental health - Recovery College Online	Mental Health Recovery
Give Us a Shout	Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)	Free 24/7 mental health text support
Herts Mind Network	Meeting Places Hertfordshire Mind Network (hertsmindnetwork.org) Get in touch Our Meeting Places are open access, meaning there is no need to have an initial appointment. You can also attend while waiting for one of our other services or after exiting one of our one-to-one services. If you would like to attend this group, please email us at: meetingplaces@hertsmindnetwork.org We will provide you with a session link and joining details for the online groups. You will need a link for each session that you attend. Please note, we will only be able to send joining instructions and links to you during office hours. If you are not currently a client all you need to do is complete a short Online Referral form. You can also use the Download Referral button to download a copy of the Referral Form to complete and email to us at meetingplaces@hertsmindnetwork.org	Our Meeting Places are a safe and welcoming social drop-in where you can feel supported. Attending these groups is a good way to share experiences, build social networks and meet people in a non-judgemental setting.
Hertfordshire Community NHS Trust	Children and young people's sensory service Hertfordshire Community NHS Trust (hct.nhs.uk) Due to additional investment into Hertfordshire's Children and Young People's Integrated Therapy Service (CYPT), we have an exciting new three - tiered sensory service to support neurodivergent children and young people (CYP).	Children and Young People's Sensory Service



DSPL 2 Coffee Morning	DSPL 1 parents and carers are welcome to join our neighbouring DSPL. DSPL 2 Coffee Morning – meet other parents and get involved in events. The Oak Suite, Peartree Spring Primary School. Hydean Way, Stevenage SG2 9GG. Book: DSPL2 Events - 6 Upcoming Activities and Tickets Eventbrite Future dates: 10 May & 28 June 9:30am to 11am	
JUST TALK Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)	FIVE WAYS TO WELLBEING Research from around the world tells us there are 5 things we should do more to boost our wellbeing and mood If you are in Primary School: Herts CC - Five Ways to Wellbeing for Children (Web version) (justtalkherts.org) If you are in Secondary School: Herts CC - Five Ways to Wellbeing for Young People (Web version) (justtalkherts.org) Interactive Five Ways to wellbeing Journal : FIVE WAYS TO WELLBEING JOURNAL FOR CHILDREN & YOUNG PEOPLE (justtalkherts.org) JustTalk Journal : My Just Talk Journal (justtalkherts.org)	How to sleep well for teenagers : How to sleep well for teenagers Evelina London Includes: Body Image, Exam Stress, Diabetes, Immunisation Health For Teens Everything you wanted to know about health Thrive and Survive guide for young people starting university: Thrive and Survive Guide September 2023 (justtalkherts.org)
<u>Anti-Bullying Resources</u>	• Our JustTalk partners are also supporting this work, SandBox have a whole resource section on bullying to support young people, this is a great place to look at resources and signpost young people to. The Resource Zone (mindler.co.uk) • WithYouth are also supporting young people through their live chat with friendship issues/conflict resolution and bullying concerns from 2-10pm everyday Instant messaging - WithYouth • All of this information and more resources can be found on our JustTalk page Anti-Bullying Information (justtalkherts.org) Helping Children Deal with Bullying & Cyberbullying NSPCC	



Children's Wellbeing Practitioners <i>Places are booked quickly</i>	HCT Children's Wellbeing Practitioners Events Eventbrite Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child's Emotional Literacy	Check for available courses, please note they book up quickly
	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
	Adolescent Self-esteem Workshop Tickets, Thu 16 May 2024 at 18:00 Eventbrite	Adolescent Self-Esteem
	Resilience Workshop Tickets, Tue 21 May 2024 at 10:00 Eventbrite	Resilience Workshop
	Sleep Workshop (Child and Adolescent) Tickets, Wed 5 Jun 2024 at 18:00 Eventbrite	Sleep Workshop
 The Hertfordshire & Mid Essex Talking Therapies and @Hertfordshire SEND Local Offer invite parent carers of children and young people with SEND to 2 free webinars about emotional wellbeing support. You can attend 1 or both in the series, if you would like practical support with the emotional challenges of being a parent carer. Webinar 1 (Care for Carers, 5 June, 7pm) This webinar looks at the practical challenges of being a carer and the impact that can have on your relationships, work, and other factors in your life. A professional from Talking Therapies will provide a 3 point toolkit, plus other tips, for managing your psychological and emotional wellbeing through this. https://buff.ly/3JTTpUH NHS Talking Therapies: Care for Parent Carers webinar Hertfordshire County Council Webinar 2 (Managing difficult emotions and building resilience, Weds 3 July, 7pm) This webinar looks at the complex and sometimes painful emotions which can accompany the caring role. The webinar provides several tools for building resilience and a relaxing experiential exercise. https://buff.ly/3UqhkiW NHS Talking Therapies: Managing difficult emotions and building resilience webinar Hertfordshire County Council		
Bereavement: Living with Grief and Loss HPFT IAPT Services (hpft-iapt.nhs.uk)		Bereavement and Grief



Care for Carers HPFT IAPT Services (hpft-iapt.nhs.uk)		Care for Carers
Carers: Managing Difficult Emotions and Building Resilience HPFT IAPT Services (hpft-iapt.nhs.uk)		Carers: Managing Difficult Emotions/Building Resilience
Dealing with Depression HPFT IAPT Services (hpft-iapt.nhs.uk)		Dealing with Depression
How to sleep better HPFT IAPT Services (hpft-iapt.nhs.uk)		How to sleep better
Managing Worry HPFT IAPT Services (hpft-iapt.nhs.uk)		Managing worry
Understanding Low Self-esteem HPFT IAPT Services (hpft-iapt.nhs.uk)		Understanding low self esteem
Becoming a parent or caregiver and emotional wellbeing HPFT IAPT Services (hpft-iapt.nhs.uk)		Becoming a parent or caregiver
Mind Hertfordshire Network CYP	Spark – A Creative Space for Young People’s Wellbeing Informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along email cyp@hertsmindnetwork.org This will be starting soon on Monday’s 6pm to 8pm Letchworth Wellbeing Centre. It is for those living in North Herts, there is an initial contact form to fill in on referral, a 1-1 can be arranged if interested but not sure what to expect. Home - WithYouth	Creative Space for Young People
This May Help	Home ThisMayHelp Topics include: How to support your child’s mental health. How to help someone who self harms. How to moderate your child’s video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn’t want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness.	Topics: ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience
Carers in Herts	CAMHS Online Monthly Support Group for Parents and Carers Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a monthly online support group hosted by Carers in Herts . The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information. The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom. • “This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent. Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen.	CAMHS Monthly Support Group via Carers in Herts Carewaves and Newsletters - Carers In Herts For more information or to book a place: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk)



Delivering Special
Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 98
15/05/2024

DSPL 1
(North Herts)

dspl1admin@wransom.herts.sch.uk

(please email if you need the flyers or further information)

[Updates and Resources \(nhdspl.org.uk\)](https://www.nhdspl.org.uk)

Find us on Facebook and Twitter

Herts Mind Network	Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon	Coming soon : Overcoming Social Anxiety
Young Minds	If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.	CAMHS Support via Young Minds



JustTalkHerts	The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)	The Real Bodies Campaign
	What's Next? Let's Just Talk about the Future What's Next? Let's Just Talk about the Future (justtalkherts.org) Thinking about the future can be worrying or stressful, take a look at some practical tools and useful information to help you look after your mental health: • Manage Your Worries (Self Help Tools) • Support with Future Plans • Volunteering and Looking for a Job • Real Hertfordshire Positive Future Stories	What's Next? Let's Just Talk about the Future.
Nip in the Bud	https://youtu.be/uMdB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
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
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 to 18 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
Mind in Mid Herts	Stevenage – Mind in Mid Herts Wellbeing Support Groups: Men's Group / LGBTQ+ Group, Drop-In, Arts & Crafts, Women's Group	See website for full details
	North Herts – Mind in Mid Herts Outreach Support / Hitchin – Walk & Talk Group / Baldock – Wellbeing Group Royston – Arts & Crafts + Wellbeing Group	Learning to Relax



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Hertfordshire Constabulary: Pegasus Card Scheme	Pegasus card scheme Hertfordshire Constabulary (herts.police.uk) Our Pegasus scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details. Who can register? • Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation. • Anyone who lives in the local area. Please make sure that you contact your local police force. Please note registration is free. How it works • You'll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we'll access your details right away, which will save you time. • You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support. • You can change or update your details at any time. • If you agree, we'll share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities.	
	Family Lives <i>Family Lives provides targeted early intervention and crisis support to families. If you need to talk, we're here to listen.</i>	
Families Feeling Safe	FREE Online course for Mums, Dads, Step-Parents and Carers Summer-2024.pdf (familiesfeelingsafe.co.uk) Strategies and new ideas to help improve family life – 8 Week term time course can help: • Understanding what may be influencing your child's behaviour. • Understand how Feelings, Thoughts and Behaviour link together. • Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry. • Improve communication to build better relationships. • Build on your own and your child's strengths. • Learn strategies to help you and your family feeling safe.	Tuesday Evenings (Mums/Dads/Carers) 7 May to 2 July 7pm to 9pm (Code L5/eve) Tuesday Daytime (Mums/Dads/Carers) 4 June to 9 July 9:30am to 11:30am (L5/am) Thursday Evening (Dads/Male Carers) 9 May to 7 July 7pm to 9pm (L4/eve) Parent-Registration-form-2023-2024-2.pdf (familiesfeelingsafe.co.uk) For eligibility and to book your fully funded place please contact: enquiries@familiesfeelingsafe.co.uk / 07850 518216



Family Lives	Within My Reach Within my Reach 8-week programme is for specifically designed for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment To book a place please click here for our online referral form Reducing Parental Conflict Parenting , or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk	
Family Lives	Parenting SEN children when separated online programme A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is valuable opportunity to enhance co-parenting skills, support children’s development and build a strong foundation for the future. <u>Who should attend?</u> • Separated parents raising children with SEND. • Parents seeking guidance, support and strategies for co-parenting SEN children more consistently. • Parents wanting to create a positive and supportive environment for their children’s development. Delivered by MS Teams over 6 sessions Tuesday 4, 11, 18, 25 June, 2, 9 July Daytime: 9:30am to 11:30am Wednesday, 5, 12, 19, 26 June 3, 10 July Evening 7pm to 9pm For more information: www.familylives.org.uk / services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699	
Fledglings	Fledglings is a non-profit shop that helps children with additional needs by supplying products & equipment that help with everyday challenges. You’ll find all sorts of things including sensory toys, incontinence swimwear and adaptive clothing. Adaptive Clothes Incontinence Swim Sensory SEN Fledglings	Additional needs products & equipment
HCC	Parenting When Separated Programme A practical and positive evidence based course for parents who are preparing for or have gone through a separation or divorce. It is a six-week course, FREE to attend. Both parents can attend but it is recommended you attend separate groups. Sessions are 2.5hrs with up to 12 parents. Parenting When Separated Referral Form (hertfordshire.gov.uk)	Separation/Divorce – Parenting
Priority Support Register (get support in the event of a power cut)	Sign up to the Priority Support Register to get support in the event of a power cut (all ages). If you have a child under 5, or someone in your household with a serious health issue or impairment, you might be eligible for free priority support from the UK Power Networks – which means, in the event of a power cut, you would get a 24 hour support telephone number and other personalised assistance, which could include support such as hot meals. If this applies to you make sure you register your details.	Sign up to Priority Services Register UK Power Networks Go online or call free on 0800 169 9970 to register your details.



Heads Up! Mentoring Scheme for Young People with SEND (ages 14-18)	Head Up! Is accepting mentee signups for their 2024 mentoring programme! Head Up! Is an organisation run by a group of university students who have a variety of disabilities, physical & mental health conditions, learning difficulties and neurodiversity. They want to share their advice and experiences of dealing with these in school, university & in their social lives in the hope that other young people will feel supported, encouraged and able to keep going: to overcome extra challenges and to chase big ambitions. Their free mentoring scheme supports 14-18 year-olds who self-identify as disabled (or anyone who has a physical /mental health condition, SpLD, or neurodivergence). Mentees are paired with a student or recent graduate with a similar condition or studying a particular subject. They meet online for an hour per month for at least 1 year.	Head Up! Home (head-up.org) Find out more information, access articles and resources, and sign up for the mentoring scheme <i>Safeguarding policies are available on the website; mentors have DBS checks and safeguarding training.</i>
BEEZEE BODIES	Helping you make healthy habits as a family – FREE healthy lifestyle courses! Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com) For Families (beezeebodies.com) JOIN FREE, 12 WEEK HEALTHY LIFESTYLE PROGRAMME TO HELP YOUR FAMILY BUILD HABITS AROUND FOOD AND PHYSICAL ACTIVITY. OUR IN-PERSON GROP SESSIONS START 29 APRIL 5:30PM TO 7:30PM THE OVAL COMMUNITY CENTRE, JESSOP ROAD, STEVENAGE SG1 5RA hrt.maximusuk.co.uk or BZBinfo@maximusuk.co.uk or 01707 248 648	Healthy Lifestyle Courses
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	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
Ohana	Ohana Hertfordshire County Council Ohana is a free to attend support group for young parents who are in care or who are care leavers – meet other parents, support each other, hear from guest speakers. See website for Summer Events. Ralphine and Poppy's Play Café – Stevenage 10am to 12pm 9 May/23 May/13 June/27 June/10 July 2024 Ohana Online Support Session every other Friday between 10:30am to 12pm 10 May/24 May/7 June/21 June	Contact the Ohana Team ohana@hertfordshire.gov.uk Fionna 07866 224876 Bev 07749 778756



	BECOME. The charity for children in care and young care leavers. Offering tailored workshops to Ohana parents. 1 May – Confidence. 19 June – Time Management.	
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
Capa First Response	Capa First Response You are not alone - Capa First Response We support families and professionals impacted by child or adolescent on parent abuse.	Child/adolescent on parent abuse support
Hertfordshire and West Essex Integrate Care Board	YOUTH COUNCIL Opportunity for young people aged between 12-19 yrs old or up to 25 for young people with Special Education Needs or Disabilities, to join the newly established ICB Youth Council. Are you interested in: - Representing the voices of young people within the healthcare system? - Working in partnership with health sector professionals to improve health services for young people. Email: hweicbenh.cypteam@nhs.net What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many other organisations to improve the health of the population.	



Children and Young People

	The Local Offer lets parents and young people know what special educational needs and disability services are available in Hertfordshire, and who can access them. Find courses and things to do (hertfordshire.gov.uk) Short Breaks (hertfordshire.gov.uk) Short breaks offers disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with confidence their child is well supported by a trained worker. They include holiday and Saturday clubs, and activities range from canoeing and computer skills to logo. You will need to register for Short Breaks (hertfordshire.gov.uk SBLO Application Form) See if you qualify : Short Breaks (hertfordshire.gov.uk)
	Hertfordshire Additional Needs Database Voluntary register of disabled children and young people aged 0-25. By joining you can get discounts at places around the county (and beyond) Hertfordshire Additional Needs Database (HAND)
	Hertfordshire Family Centre Service 1 North Herts Family Centre (hertsfamilycentres.org)
	Services for Young People Youth projects for young people with learning difficulties and/or learning disabilities. Services for Young People runs projects across Hertfordshire specifically for young people with mild to moderate learning difficulties and/or learning disabilities. See website for current information. Services for Young People is running an exciting programme of free holiday activities during the Easter 2024 school holidays. The activities are for young people aged 13-16, including those with special educational needs and disabilities, who are eligible for benefits-related free school meals. The activities focus on healthy lifestyles. Young people will have the opportunity to take part in fun physical activities such as sports, dance and team games, get creative with arts and crafts, meet and socialise with other young people and get free healthy food every day.



	There will be informal healthy lifestyles workshops on healthy food choices and cooking, emotional wellbeing and resilience, healthy relationships and smoking, drug and alcohol awareness. The activities will take place during the Easter holidays, from Tuesday 2 to Friday 5 April 2024, with each session lasting four hours a day. These activities will be held in all areas of Hertfordshire. There are 20 spaces per district and the allocation of places is on a first come, first served basis. Booking opens on 5 March. Support for young people (servicesforyoungpeople.org)
Phoenix Group for Deaf Children	Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children
Up on Downs	Front Page - Up On Downs A range of activities for all age groups. Monthly Family and friends meetings in Hitchin for parents and children, siblings and supporters
Sibs	YoungSibs - Sibs For brothers and sisters of disabled children and adults Advice and support
Herts Sports Disability Foundation	Various Activities - Lots of locations - Small Charge Find an Activity - Herts Disability (hdsf.co.uk)
Inclusive United	Inclusive United Inclusive Sports
Mixed Ability Rugby Hertford RFC	Inclusive United is a not for profit UK Community Interest Company (CIC) based in Hertfordshire. Main goal is to create more inclusive sport opportunities for underrepresented communities.
Junior Ability Counts Football	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. Hertford RFC Mixed Ability Rugby For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072
Junior Ability Counts Football	Open to any child 7-16 years old with a disability or special education need who is able to walk. Mondays 5 to 6pm, 6 week course £18 5 June to 10 July Book online: www.northhertsarena.co.uk Our Junior Ability Counts Courses for 7-16 year olds will start back up again in September, 5-6pm on Mondays (term-time only) and will be open to booking via our website closer to the time.



Letchworth Garden City Eagles Football Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC letchworth eagles.org.uk	Letchworth Garden City Eagles have teamed up with partners Herts Sports Partnership and Hertfordshire Football Association to deliver weekly sessions for players with any disabilities. The disability sessions will initially run for 12 weeks and are aimed at all differing impairments. The sessions will provide a safe fun learning environment for all players taking part. Run by a qualified coach, all sessions will take place on the Hertfordshire FA state of the art 3G pitch and offer the opportunity to participate in exciting and engaging practices. As well as developing skills within football, the program will also help improve social skills and confidence. The aim of the coaching program is to create an enjoyable and safe environment for everybody to enjoy sport. During the program, we will look to develop sporting skills, as well as social skills and confidence. 7 to 15 Years. Wednesdays 4pm to 5pm FREE Hertfordshire County Ground, Letchworth SG6 2EN Home (nhdspl.org.uk) 07788 391 609
FLYERZ HOCKEY St. Albans HC Flyerz stalbanshc.co.uk flyerzsahc@gmail.com	St Albans Flyerz is a disability hockey project which makes hockey available to ALL via inclusive sessions, supported by St Albans Hockey St Albans Hockey Club, East Drive, Oaklands College, Hatfield Road, St Albans, AL4 0JA Sessions are Free of charge, FUN, relaxed, supportive, open to all abilities from age 5 upwards, Run on Sunday mornings during the club jnr training sessions
Herts Inclusive Theatre	Stevenage Group, which takes place on Thursdays from 5.45 - 7.15pm at Lonsdale School in Stevenage. Depending on the age of participants, we also offer a Power Up programme for 16-25 year olds in East Herts locations such as Bishop's Stortford and East Ware, so I think within a half hour drive of some of those places. https://hit-theatre.org.uk/events/power-up-16-east-ware/ https://hit-theatre.org.uk/events/power-up-16-east-bishopsstortford-822/
SURVEYS	EMWiE: Emotional and Mental Wellbeing in Education Team The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people struggling to regularly attend school. They are asking parents and carers to share their experiences in this survey. Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)