DSPL1 Delivering Special Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 117
27/11/2024

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) Find us on Facebook and Twitter

QUICK LINKS – new this week & news			
NEW 117 Carers in Hertfordshire FREE online monthly support group for parents and carers Carers In Herts & Young Carers	Space Herts new this week/coming soon **NEW 117** ADHD Girls & Women EHCP Process	ADD-Vance new this week/coming soon **NEW 117** PDA • Dads/Male Carers Support	Angels Support Groups this week Support Groups each week **Autism & Anxiety** – online workshop for parents & professionals
NESSie this week/coming soon My World & Me – new January dates	Neurodiversity Service Directory supporting-your-neurodiverse-child-handbook-pdf-6.6mb.pdf (hertfordshire.gov.uk)	Family Lives Sibling Rivalry Workshop Reducing Conflict Workshop	Herts Mind Network • Staying Well • Sleeping Well Keeping Calm
Child Wellbeing Practitioners • Self-esteem • Regulation Sleep	Supporting Links • Responding to Anger • Tech Use School Avoidance	NHS Talking Therapies • International Men's Day Nature and Wellbeing SAD Seasonable Affective Disorder	**Sandbox** Body Image (mindler.co.uk) Resource Zone | The Sandbox (mindler.co.uk)
EHC Portal	Step2Skills Courses	**Contact** • Money Matters	• Autism Central
SEND Magical Christmas Party 22 December – Woolmer Green	Families in Focus	CEOP Safety Centre	SENsational Active Tots with Stevenage FC (ages 1-5)
Autism Hertfordshire Transition Service for 16-20 year olds	**SEND News** Sign up for SEND News for email updates SEND news - 30 September 2024 (hertfordshire.gov.uk)	**ADHD Foundation** Resources Archive - ADHD Foundation : ADHD Foundation	**Watch now**: Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.
Webinar: The right education, in the right place, at the right time: enhancing inclusive mainstream schools and increasing specialist provision in Hertfordshire	Herts Parent Carer Involvement Mental Health First Aid	Wellbeing: Young People Families Feeling Safe	**Autism UK** Social stories and comic strip conversations (autism.org.uk) Imagination Dance CIC

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The SEND Local Offer

SEND 0-25 years

Hertfordshire Additional Needs Database (HAND)	Hertfordshire Additional Needs Database – voluntary register of disabled children and young people aged 0-25. By joining the register you can get discounts at places around the county and beyond.	**Short Breaks**	Short breaks offer 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, with activities ranging from Lego and computer skills to buddying sessions.
Educational, health and care plans (EHCP)	If SEN support isn't enough, then an Education, Health and Care Plan might be the next step.	**Support with education**	The educational support your child is entitled to, types of education and how to access learning if your child can't get into school
Courses and activities in Hertfordshire	Find courses, clubs and activities for you and your family, and short breaks and childcare too.	**Early Years (ages 0-5)**	Help available in the early years, including health visitors and family centres.
Contact a SEND service	Information on how to contact SEND service and details of their Advice Lines	**Services for children and young people (ages 0-25)**	From doctors and dentists to more specialist support for complex needs.
Preparing for adulthood	Thinking about your child's future early can help to relieve some of the worries you might have. Advice on how you and your child can prepare.	**Services for parents, carers and families**	Organisations who support parents, carers and families of children with SEND in Hertfordshire.
Money	Financial support you can apply for yourself, money advice, and funding professionals can get too.	**Feedback**	Find out how you can shape SEND services, or what to do if you're not happy.
The SEND Local Offer has lots of resources including:	Watch at a time to suit you webinars – Autism and ADHD ADD-vance Understanding ADHD Webinar ADD-vance Understanding Autism Webinar	ADHD Foundation – a Teenager's guide to living with ADHDSEND documents and resources (hertfordshire.gov.uk)	
Introducing the new EHC Portal: tracking the EHC assessment process with ease	Hertfordshire County Council | Introducing the new EHC Portal: tracking the EHC assessment process with ease	Development of a new online EHC Portal for families, launching (in a phased way) from mid-October. The portal will make it easier for families to track the progress of their Education Health and Care (EHC) Needs Assessment. See link for further details.	

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Services For Young People	Services for Young People (SfYP) Megamix Project for young people with SEND ages 13-17 Tuesdays, 6:30pm to 8:30pm Bowes Lyon Young People's Centre Services for Young People (SfYP) Megamix Project for young people with SEND ages 13-17 (Stevenage) - 15/10/2024 | Hertfordshire County Council
Services for Young People Recruitment Hub	SfYP offers a diverse range of services and employment programmes for young people aged 16-25 who are no in education, employment or training (NEET) and those aged 15+ who are at risk of not progressing into education or training. Visit the Recruitment Hub for more information: Recruitment Hub
Supporting your Neurodivergent Child handbook	Hertfordshire County Council and the NHS are delighted to share with you the exciting and new **Supporting your Neurodivergent Child handbook** that has been developed for Hertfordshire parent/carers and professionals. The Neurodiversity Handbook has useful resources, support and signposting on a whole range of things relating to Neurodiversity. The resource is accessible to all regardless of whether the young person has a diagnosis or not, and can be used at any point during a young person's journey.
YPHWS – Young People's Health & Wellbeing Survey	Hertfordshire County Council and partners are running a 20 minute anonymous online survey across secondary school aged pupils in the county to help us plan services and support for young people. Closes 20 December. For more information contact yphws@hertfordhsire.gov.uk Young People's Health & Wellbeing Survey

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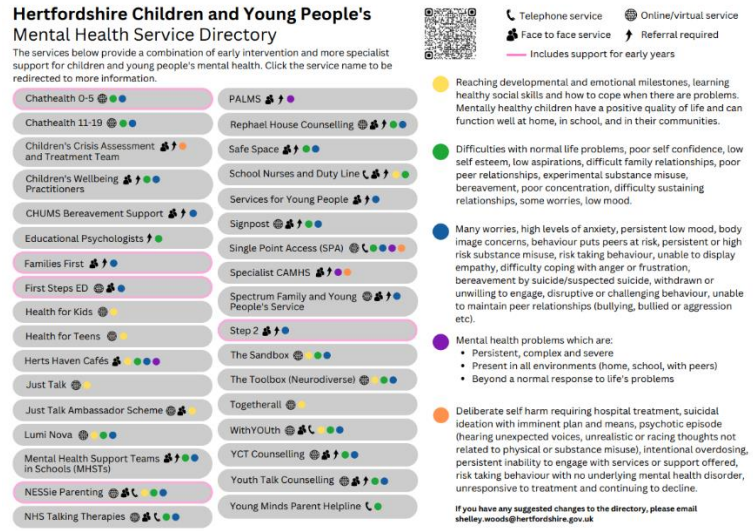
Voices of Hertfordshire

Voices of Hertfordshire - YouTube

Instagram: Voices of Hertfordshire (@voicesofhertfordshire)



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.

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

Telephone service · Online/virtual service · Face to face service · Referral required · Includes support for early years

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.

If you have any suggested changes to the directory, please email shelley.woods@hertfordshire.gov.uk

CYPMHS Service Directory - SW (justtalkherts.org)

Mental health support for all children and young people in Hertfordshire (justtalkherts.org)

HHLDA Herts Mental Health, Learning Disability and Autism Health and Care Partnership

Mental Health Support for adults in Hertfordshire

Get Advice · Get Support · Self-Referral · Get Help

Advice
- Ieso — www.iesohealth.com
- Hertfordshire and Mid-Essex Talking Therapies — Call: 0800 6444 101 — www.hpft-iapt.nhs.uk
- Samaritans — Call: 116 123 — www.samaritans.org
- Shout — Text: SHOUT to 85258 — www.giveusashout.org
- Mind Online Community — Website: sidebyside.mind.org.uk
- Herts Mind Network — Call: 0203 7 273600 — www.hertsmindnetwork.org
- MindLine Trans+ — Call: 0300 330 5468
- Mind in Mid Herts — www.mindinmidherts.org.uk
- CALM — Call: 0800 585858 — Webchat: www.thecalmzone.net
- SilverCloud — Website: uk.silvercloudhealth.com
- SANE — Call: 0300 304 7000 — www.sane.org.uk

If non emergency, please consider contacting your **local Community Pharmacist.**

Support
- Togetherall — www.togetherall.com
- POWER Advocacy — www.power.net — Call: 0300 456 2370
- Cruse Bereavement Support — Call: 0808 808 1677 | www.cruse.org.uk
- Healthy Hubs Hertfordshire — www.healthyhubs.org.uk
- Herts Mind Network NightlIght — Crisis Helpline Call: 01923 256391
- One YMCA — Email: hertsisva@oneymca.org — www.oneymca.org
- SignHealth (BSL) — www.signhealth.org.uk

Self-Referral
- BSL Talking Therapies — www.signhealth.org.uk
- BSL Crisis Text Service — Text: DEAF to 85258
- BSL Psychological Therapy — Text: 07984 439473 | Call: 01494 687606
- Herts Mind Network NightlIght — Crisis House Overnight Beds: Call: 01923 256391
- HertsHelp — Call: 0300 123 4044 | www.hertshelp.net
- Mind in Mid Herts — Call: 03303 208300 — Email: admin@mindinmidherts.org.uk

Help
- Herts Mind Network NightlIght Crisis Cafes — Call: 01923 256391
- Community Pharmacy: Ask for ANI (Action Needed Immediately) codeword to enable victims of domestic abuse to access immediate help
- Hertfordshire Partnership University NHS Foundation Trust — Freephone: 0800 6444 101 — www.hpft-iapt.nhs.uk
- NHS 111, option 2 for mental health services

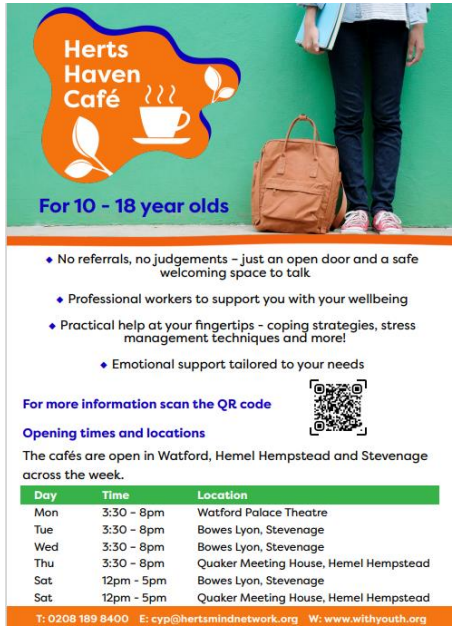
You can contact your local hospital for further help.

Seriously ill or injured dial 999 for the emergency services

Scan here for full contact details and opening hours

Mental Health Support for Hertfordshire's Children and Young People — www.hertfordshire.gov.uk/youthmentalhealth

Working together for a healthier future



Herts Haven Café

For 10 - 18 year olds

- No referrals, no judgements – just an open door and a safe welcoming space to talk
- Professional workers to support you with your wellbeing
- Practical help at your fingertips - coping strategies, stress management techniques and more!
- Emotional support tailored to your needs

For more information scan the QR code

Opening times and locations

The cafés are open in Watford, Hemel Hempstead and Stevenage across the week.

Day	Time	Location
Mon	3:30 - 8pm	Watford Palace Theatre
Tue	3:30 - 8pm	Bowes Lyon, Stevenage
Wed	3:30 - 8pm	Bowes Lyon, Stevenage
Thu	3:30 - 8pm	Quaker Meeting House, Hemel Hempstead
Sat	12pm - 5pm	Bowes Lyon, Stevenage
Sat	12pm - 5pm	Quaker Meeting House, Hemel Hempstead

T: 0208 189 8400 E: cyp@hertsmindnetwork.org W: www.withyouth.org

Join Team, our 12-week personal development programme for the change to gain new skills, take a qualification and meet new people. For ages 16-25.	Take on your own group community project. Take part in an action-packed residential trip. Get two weeks' work experience. Develop your English and Maths skills. Spend some time developing your CV and interview skills.	Contact to book your place 07866 898309 katy.carroll@hertfordshire.gov.uk In Partnership with The Prince's Trust

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Hertfordshire Children and Young People's Neurodiversity Service Directory

The services below provide a combination of early intervention and more specialist neurodiversity support. Click the service name to be redirected to more information.

Telephone support | Online/virtual support | Face to face support | Referral required

Support for: Parents and carers | Professionals | Children and young people

ADD-vance – Support for families affected by ADHD, Autism or related conditions and the professionals who support them.

Angels - Support for families of autistic children and/or children who have ADHD (and those awaiting a diagnosis)

Ask SALI – A SEND Advice Line for Inclusion for SENCOs and other school professionals.

Autism Herts – Deliver a range of services to support Autistic people aged 16+ and their carers.

Courses and workshops - Parenting support for parents and carers

Digital Webinars– Online webinars for parents, carers, young people and professionals.

DSPL (Delivering Special Provision Locally) – There are 9 DSPL areas providing support to schools and families.

Early Years SEN Health Visitors (E&N Herts) - Support with understanding your child's needs, information on services and accessing support for families with children aged 0-4.

Educational Psychologists – Support for learning, development and emotional wellbeing of children and young people.

ESC (Education Support Centre) – Provide alternative education for children of statutory school age who have been permanently excluded or are at risk of permanent exclusion.

Families in Focus – Provide online therapeutic parenting courses.

Family Support Workers (DSPL/LSP) – Local support offered on a range of different topics.

Homecare – Support in the home for disabled children with complex needs.

ISL (Integrated Services for Learning) – Multi-professional service helping schools, setting and families to improve outcomes for children and young people.

Lending Space – An equipment lending library for families with children and young people with SEND. Also offer advice, a listening ear and signposting.

Local Offer – A Hertfordshire website advertising what special educational needs and disability services are available and who can access them.

Nessie – Offer therapeutic support to children and young people, training for professionals and webinars and support for parents and carers.

Neurodiversity Support Hub – An advice line offering support, signposting and guidance about a whole range of things relating to ADHD and Autism. WhatsApp chat also available.

OSB (Overnight Short Breaks) – A service for children with disabilities and complex health needs, offering them an overnight stay in a suitable setting, giving parents and carers a break from their caring responsibilities.

Potential Kids – Provides learning, social and sports opportunities to neurodivergent children and young people.

SENDIASS – An impartial advice and support service for parents, carers and their children.

SEND SAS – SEND specialist advisory & support service offer education support for schools / colleges and families.

Short Breaks - A scheme offering children and young people with SEND the opportunity to spend time out with others socialising and doing fun activities.

Space - Offering a variety of support for families of neurodivergent children and young people.

The Toolbox – Online support for neurodiverse children and young people. Includes gaming livestreams, live text chat options and other resources.

Understanding my Autism/ADHD – Support for autistic children and young people and those with ADHD. Includes online and in person workshops and a downloadable app offered by a variety of providers.

Neurodiversity Support

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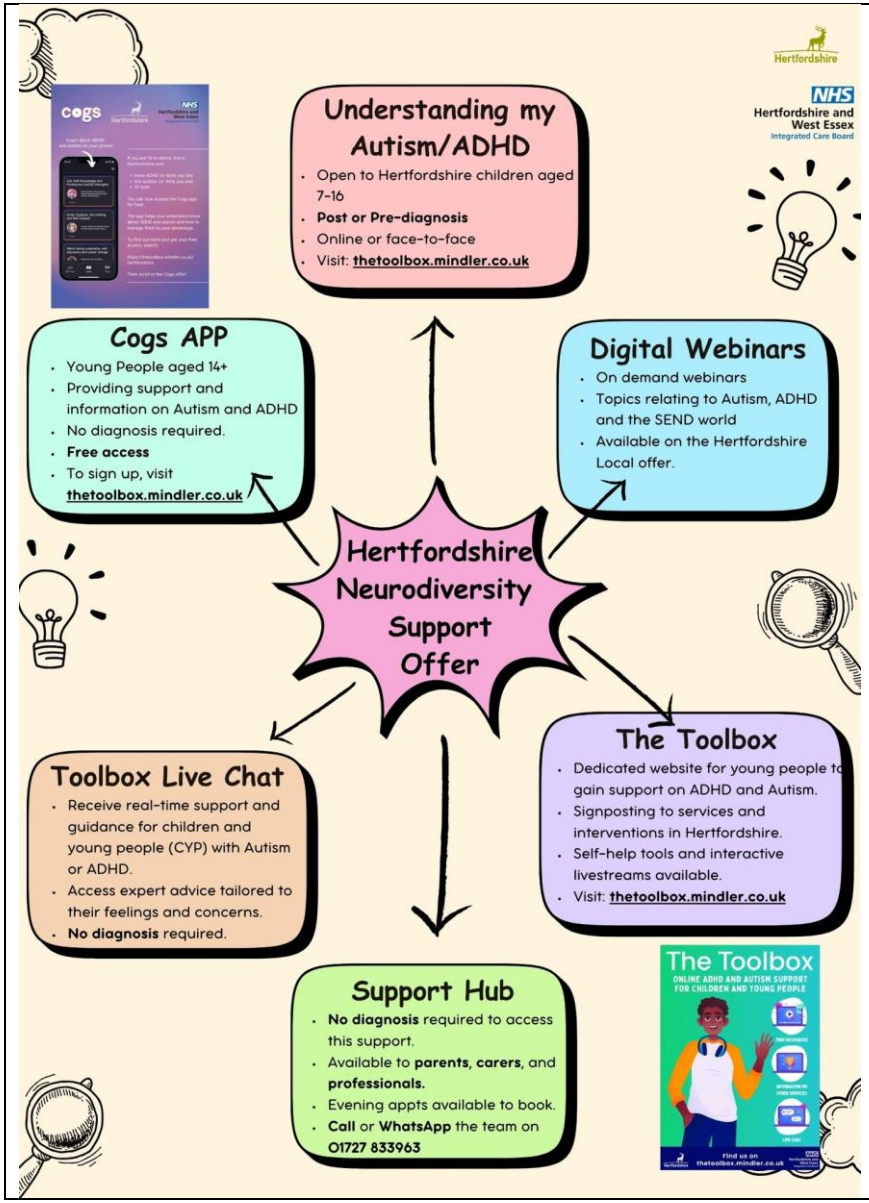

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FOLLOW **Help develop Speech, Language & Communication Skills at home**	FOLLOW | Linktree Introducing the FOLLOW campaign! A very simple and easy to use set of strategies that parents and carers can use with their little ones to help develop speech, language and communication skills at home. For more information, please use the link below. https://linktr.ee/EYFOLLOW
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 Occupational Therapy Referral Form Speech & Language Referral Form Physiotherapy Referral Form

Nutritionists supporting one to one sessions at First Steps ED

Nutritionists are now embedded into one to one support pathways at First Steps ED. This is following the latest advice and guidance in ensuring the best outcomes for children and young people with eating difficulties.

First Steps to Understanding Eating Disorders (First Steps ED) is for Hertfordshire's children and young people aged 5-18, parents/care givers. The service provides digital and face to face one-to-one support sessions, as well as weekly psychoeducation and group support programmes (**Wellbeing Workshop, Avoidant Restrictive Food Intake Disorder (ARFID) Support Group, Binge Eating Workshops** etc). Parents, carers and older siblings can also gain access to First Steps ED's Parent Support Programme.

'Cogs' wellbeing app for neurodiverse young people (ages 14+)	'Cogs' is a wellbeing app created by and for the neurodivergent community. For ages 14+, it can help young people navigate their day, understand more about autism and ADHD and build positive habits. Register for free access on the Toolbox website

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Free online wellbeing groups for neurodivergent and/or disabled young people (ages 13-25)

Young neurodivergent and/or disabled people aged 13-25 (plus those awaiting diagnosis or young people with suspected diagnosis) can join KIDS for free self-care groups, every Thursday 3pm - 4pm throughout summer. Every week will be different. This is a space for you to recharge and reset. Every session you will be able to talk and get to know other young people. These will be safe spaces for peer support and connection so this is the place to share experiences and ask for advice. There will be an opportunity to try different types of movement such as dance, yoga and stretches. We'll end each session with some mindfulness that might include music and sounds.

All activities are optional and you can join to talk and/or listen only. You will be able to take breaks when you need. All the movements can be adapted to be done from a chair.

In the past, we have run peer support groups on:

- Social anxiety
- Protecting our mental health online
- Boundaries
- Autistic burnout
- Making a self-care plan

Young people suggested all the topics above themselves for groups and we are always open to what young people would like to talk to about. The young people have also suggested film and book discussion groups and a group to talk about their special interests, there is no shortage of ideas on what to do moving forward. All of the groups have time for the young people to input on what they want to do next.

The groups can be a really good place to learn about neurodivergence in general and managing your mental health with respect to this and to ask any questions when you are at the start of the diagnostic process.

If you have any questions or want to have a chat about this group, please email Orla at orla.price@kids.org.uk. Orla can also set up meetings with young people 1:1 to provide any support or answer any questions to do with accessing the groups.View all of the wellbeing groups - Young People's Hub from KIDS

'Cogs' wellbeing app for neurodiverse young people (ages 14+)

'Cogs' is a wellbeing app created by and for the neurodivergent community. For ages 14+, it can help young people navigate their day, understand more about autism and ADHD and build positive habits. Register for free access on the Toolbox website

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The Toolbox	*The Information Zone*	
Hertfordshire Partner Organisations | The Toolbox See link for current schedule of workshops including and full details/criteria:	• Understanding My ADHD and Autism • Hertfordshire Bee You – Autism and ADHD – No Diagnosis Required. • CathARTic – Autism and Me: 6 Week Creative Program	• COGS Neurodiversity App • NESSie – My World and Me – Autism/ADHD • SPACE – Understanding My Autism and ADHD

SPACE Herts	*Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).*
Understanding and Supporting Emotional Regulation Tickets, Thu 28 Nov 2024 at 10:00 | Eventbrite	Emotional Regulation
Understanding Specific Literacy Difficulties Including Dyslexia Tickets, Mon 2 Dec 2024 at 18:30 | Eventbrite	Specific Literacy Difficulties
Understanding ADHD Tickets, Tue 3 Dec 2024 at 18:30 | Eventbrite	Understanding ADHD
Sleep Workshop Tickets, Wed 4 Dec 2024 at 10:00 | Eventbrite	Sleep Workshop
Navigating the SEND World Tickets, Thu 5 Dec 2024 at 18:30 | Eventbrite	Navigating the SEND World
ADHD in Girls and Women Tickets, Mon 9 Dec 2024 at 18:30 | Eventbrite	ADHD in Girls and Women
The EHCP Process from Submission to Finalisation Tickets, Thu 12 Dec 2024 at 19:00 | Eventbrite	EHCP Process
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events | Eventbrite	Additional Activities

ADD-Vance	*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.*
Tips & Tools to Manage Eating Difficulties - FREE ONLINE WORKSHOP Tickets, Mon 2 Dec 2024 at 10:00 | Eventbrite	Manage Eating Difficulties
ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 3 Dec 2024 at 13:30 | Eventbrite	Online Support Group (Secondary age)
Tips & Tools for Toileting - FREE ONLINE WORKSHOP Tickets, Wed 4 Dec 2024 at 10:00 | Eventbrite	Tips/Tools Toileting
Support for Dads and Other Male Carers - FREE ONLINE WORKSHOP Tickets, Mon 9 Dec 2024 at 19:00 | Eventbrite	Supporting Dads/Male Carers
PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 10 Dec 2024 at 13:30 | Eventbrite	PDA Online Support Group
Understanding Neurodivergent Teens - FREE ONLINE WORKSHOP Tickets, Wed 11 Dec 2024 at 10:00 | Eventbrite	Understanding Neurodivergent Teens
Preparing for Adulthood (14+) FREE ONLINE WORKSHOP Tickets, Thu 12 Dec 2024 at 10:00 | Eventbrite	Preparing for Adulthood

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Autism Hertfordshire			
Evening Groups	*Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246 orenquiries@autismherts.org for details*		
Daytime Groups	*Community based sessions where attendees can take advantage of regular walks or lunches in local cases with their peer group. Supported by two staff members, across Herts. contact 01727 743246 orenquiries@autismherts.org for details*		
Autism Central	*Autism Central aims to make it easier to learn more about autism and services available to you.*		
Resources	Designed to make it easier, signposts to information on wide range of topics around autism and support that is available from Autism Central, their partner organisations and other trusted sources.	One-to-one	Talk to your hub for a one-to-one chat to help find the information and services available in your area.
Events	Talk to people who share similar experiences by joining a workshop, coffee morning or virtual meet up.	Christmas | Autism Central	Resources and information

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Angels Support Group	*Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).*	
Autism and Anxiety This workshop is suitable for professionals and parents/carers and will be covering: • What is Anxiety? • Autism and demand avoidance • How autistic people may experience anxiety • PDA • Autistic burnout • Strategies to help manage anxiety There will be time for a discussion/questions.	Autistic people are more likely to experience anxiety Anxiety for those on the autism spectrum can be more intense than for those who are not. Join us to look at anxiety in more detail and discuss ways to help support children and young people. www.angelssupportgroup.org.uk Buy tickets – Angels Support Group - Autism and Anxiety Workshop – Zoom	This online workshop is suitable for professionals and parents/carers. **Thursday, 28 November 2024** **7pm to 9pm** £15 per person FREE for members
Tuesdays – Zoom **10am to 12pm**	**Thursdays – Stevenage** **10am to 12pm** **The Phoenix Group**	**Thursdays – Zoom** **7:30pm to 8:30pm**
3 Dec – Workshop Masking in School	5 Dec – Meet Up and Chat	
10 Dec – Parent/Carer Support Group		12 Dec Evening Parent/Carer Support Group
17 Dec – Workshop Supporting your ADHD Child		
Podcasts: Podcasts - Angels Support Group	Support Groups and workshops, Meet up and Chat www.angelssuupportgroup.org.uk / Angels Autumn Term Programme (angelssupportgroup.org.uk) (angelssupportgroup.org.uk)	

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Supporting Links	*A local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children.*		
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.		Use the Course ID (See below) to book your place Booking Essential: bookings@supportinglinks.co.uk or 07512 709556 See website for flyers and links: New What's On (supportinglinks.co.uk)	
TALKING ASD & ADHD The Teenage Years	Talking ASD & ADHD: The Teenage Years (690) For parents/carers in Herts. Registration, Mon 25 Nov 2024 at 19:30 | Eventbrite		The Teenage Years
TALKING ASD & ADHD Tech Use	Talking ASD & ADHD: Tech Use(689) For parents/carers in Herts. Registration, Thu 21 Nov 2024 at 09:30 | Eventbrite		Tech Use
Talking Anxiety in Families6 Weekly Sessions for parents/carers of under 12's	**Tuesdays 9:45am to 11:30m** 5 November to 10 December ONLINE COURSE ID 677	**Wednesdays 7:45pm to 9:30pm** 8 Jan to 12 Feb ONLINE COURSE ID 705	Talking Anxiety in Families
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19	**Wednesdays 7:45pm to 9:15pm** 5 November to 10 December ONLINE COURSE ID 683 **Wednesdays 7:45pm to 9:15pm** 6 November to 11 December ONLINE COURSE ID 684	**Wednesdays 7pm to 9pm** 26 Feb to 2 April Face to Face Course ID 707 Oakleaf Primary School, Hemel Hempstead **Tuesdays 7:45pm to 9:15pm** 7 Jan to 11 Feb ONLINE COURSE ID 708	Talking Teens
Talking Dads/Male Carers 6 Weekly sessions for Dads/Male Carers of all ages	Wednesdays 7:45pm to 9:15pm 6 Nov to 11 Dec ONLINE COURSE ID 686	**Mondays 7:45pm to 9:15pm (ages 0-19)** 6 Jan to 10 Feb ONLINE COURSE ID 710 **Thursdays 7:45pm to 9:15pm (ages 0-11)** 27 Feb to 3 Apr ONLINE COURSE ID 711 **Wednesdays 7:45pm to 9:15pm (ages 12-19)** 26 Feb to 2 Mar ONLINE COURSE ID 712	Talking Dads/Male Carers
Talking Anxiety in Teens 6 week session for parents and carers of children 12-19		**Mondays 7:45pm to 9:30pm** 24 Feb to 31 Mar ONLINE COURSE ID 706	
Talking Additional Needs (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-25.	6 November to 11 December Venue TBC St Albans Course ID 676	**Tuesdays 9:45am to 11:15am (ages 2-19)** 25 Feb to 1 Apr ONLINE COURSE ID 701 **Wednesdays 7:45pm to 9:15pm (AGES 12-19)** 8 Jan to 12 Feb ONLINE COURSE ID 709	Talking Additional Needs
Talking Families	**Tuesdays 7pm to 9pm**	**Tuesdays 9:45am to 11:15am** 7 Jan to 11 Feb ONLINE COURSE ID 703	Talking Families

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6 weekly sessions for parents and carers of children aged 0-12	5 November to 10 December **NOW ONLINE** COURSE ID 679	**Tuesdays 8pm to 9:30pm** 7 Jan to 11 Feb ONLINE COURSE ID 704 **Tuesdays 8pm to 9:30pm** 25 Feb to 1 Apr ONLINE COURSE ID 702	

Families in Focus	*Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.*

Email to book: bookings@familiesinfocus.co.uk

Transforming family life through empathy - helping families to build strong family connections A proven therapeutic approach for parents of children aged 3 to 11 yrs, to increase positive family communication to manage behaviours that challenge, reducing behaviours that challenge and building your family's emotional wellbeing 3 x 2 hour sessions Email to book: bookings@familiesinfocus.co.uk	Transforming family life through empathy for **Parents of children with SEND 4-10 years** More dates coming soon in March 2025 Transforming family life through empathy **for Fathers of children aged 4-10 years** Wednesday evenings November 27, December 4, 11 SPACES AVAILABLE Transforming family life through empathy for **Grandparents of grandchildren aged 4-10 years** Monday mornings 9:30am to 11:30am November 11, 18 SPACES AVAILABLE	
Handling anger of children with Autism & ADHD FREE 6 week course Increase understanding of how Autism and ADHD affects emotional regulation Increase awareness of a child's sensory needs Increase your understanding of triggers that cause children's angry outbursts Learn healthy anger management strategies for children and parents to reduce angry reactions	• Monday mornings 9.30-11.30am ONLINE VIA ZOOM 6 sessions Bookings open • January 6th 13th 20th 27th February 3rd 10th • Monday lunchtimes 12.15 -2.15pm ONLINE VIA ZOOM 6 session course Book now • January 6th 13th 20th 27th February 3rd 10th • Monday evenings 6.30-8.30pm ONLINE VIA ZOOM 6 Session course Book now • January 6th 13th 20th 27th February 3rd 10th	Handing anger of children with Autism & ADHD Current SEND courses – Families in Focus
A complete guide to parenting children with Autism & ADHD FREE 10 week course for parents living in Hertfordshire and parenting a child with Autism or ADHD (with diagnosis or awaiting assessment) aged 2 to 11. Gain a greater understanding and answer the question 'why does my child do that?'	Tuesday mornings 9:30am to 11:30am 7, 14, 21, 28 January 4, 11, 28 February, 4, 11 March Tuesday evening 6:30pm to 8:30pm 7, 14, 21, 28 January 4, 11, 28 February 4, 11 March	A Complete Guide to parenting children with Autism and ADHD Current SEND courses – Families in Focus

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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.		
Handling anger of primary aged children with Autism or ADHD FREE six-week course is funded by Hertfordshire County Council and FREE for parents of primary-aged children with ADHD and/or Autism living in Hertfordshire. Online, interactive course for parents provides practical support to understand why children with Autism or ADHD react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family.	Tuesday mornings 9:30am to 11:30am November 5, 12, 19, 26 & December 3, 10 Tuesday evenings 6:30pm to 8:30pm November 5, 12, 19, 26 & December 3, 10	Handling anger Primary aged children (Autism/ADHD)
Handling anger in your family (No SEND) Online, interactive course will transform family life and includes: Increase understanding of the triggers leading to children's & parents' anger Techniques to increase children's emotional regulation and decrease angry meltdowns Strategies to support children to understand and 'let go' of their emotions safely Tried and tested techniques to reduce stress and conflict Support parents to share experiences and knowledge	Monday Evenings 6:30pm to 8:30pm November 4, 11, 18, 25 & December 2, 9 Wednesdays 9:30am to 11:30am, 8, 15, 22, 29 Jan & 5,12 Feb	Handling anger in your family

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Family Lives

Positive Co-Parenting of Neurodiverse Children – 8 Week online facilitated group

SCAN ME

This programme is designed specifically 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.

Who should 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 co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.

For more information or make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699.

Herts Mind Network

Staying Calm Course Our Staying Calm course is not a therapy group. The course is psychoeducational and aims to give participants practical tips to better manage their emotions. This practical and reflective course enables participants to learn positive communication styles and ways to remain calm when difficult emotions arise.	• Understand what difficult emotions are and why they occur Identify and challenge unhelpful thinking • Understand how our thinking impacts on mood and behaviour • Effectively use a number of strategies/techniques for manager difficult emotions	26 November & 3 December 2 x Tuesdays 2pm to 4pm online Staying Calm Course - Mind in Mid Herts
Sleeping Well This workshop will provide participants with a good understanding of sleep and explore strategies to improve it. This workshop will be delivered online and in our centres by experienced Mind in Mid Herts Trainers.	• Understand the science of sleep, sleep cycles, the psychological and physiological benefits of sleep. • Have learn and developed strategies to improve their sleep	12 December 5pm to 8pm Sleeping Well - Mind in Mid Herts
Feeling Well This four week course enables participants to gain an understanding of depression; its causes and symptoms and develop a range of strategies to effectively manage their mood.	• Understand depression, and recognise the symptoms of depression • Recognise their own unhealthy cycle of depression Be able to identify and challenge their own unhelpful thinking patterns • Effectively use of a number of strategies to manage mood • Complete their own staying well recovery plan	13 November – 20 November 2 x Wednesdays 2pm to 4pm Online Courses Feeling Well - Mind in Mid Herts

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Children's Wellbeing Practitioners	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

NHS Hertfordshire Community NHS Trust

Children's Wellbeing Practitioner Workshops
October-December 2024

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 21st November 6-8pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 28th November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 28th October 6-8pm Wednesday 11th December 10-12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 2nd October 6-8pm Monday 2nd December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 1st October 10-12pm Monday 4th November 6-8pm Thursday 12th December 10-12pm
General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 15th October 10-12pm Monday 11th November 10-12pm Tuesday 17th December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/

Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Tue 17 Dec 2024 at 18:00 | Eventbrite	Emotional Wellbeing and Regulation
Adolescent Self-esteem and Resilience Workshop Tickets, Thu 28 Nov 2024 at 18:00 | Eventbrite	Adolescent Self-esteem & Resilience
Supporting your Child's Self-esteem and Resilience Workshop Tickets, Wed 11 Dec 2024 at 10:00 | Eventbrite	Child's Self-esteem and Resilience
Sleep Workshop (Child and Adolescent) Tickets, Mon 2 Dec 2024 at 18:00 | Eventbrite	Sleep Workshop
Developing Your Child's Emotional Literacy Tickets, Thu 12 Dec 2024 at 10:00 | Eventbrite	Child's Emotional Literacy

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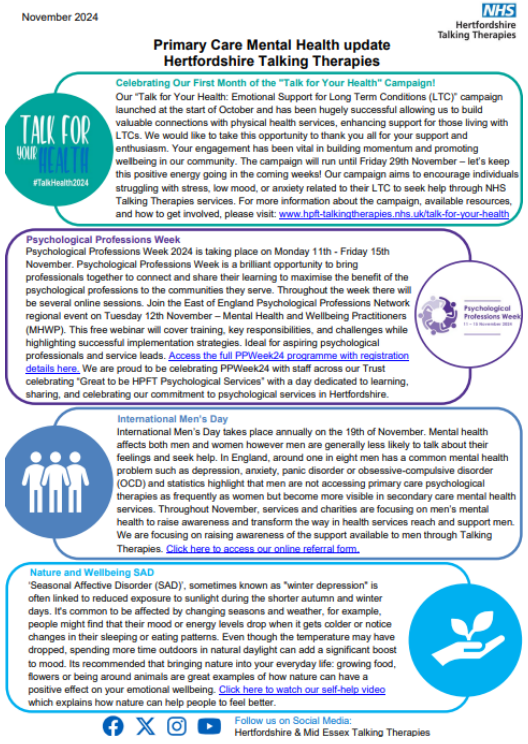
NHS Hertfordshire Talking Therapies		Primary Care Mental Health Update
Student Support	Starting Collect/University is an amazing experience, full of incredible moments and opportunities, it can sometimes feel challenging. Please see link for self-referral for support available.	Referral | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)
ADHD Awareness Month	Understanding ADHD and low self-esteem webinar. Most people with ADHD can experience low self-esteem because of difficulties in different areas of their life. These difficulties may arise because of the experiences that come with ADHD, such as forgetfulness, poor concentration, extreme restlessness.	Understanding ADHD and low self-esteem | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)



November 2024

NHS Hertfordshire Talking Therapies

Primary Care Mental Health update
Hertfordshire Talking Therapies

Celebrating Our First Month of the "Talk for Your Health" Campaign!
Our "Talk for Your Health: Emotional Support for Long Term Conditions (LTC)" campaign launched at the start of October and has been hugely successful allowing us to build valuable connections with physical health services, enhancing support for those living with LTCs. We would like to take this opportunity to thank you all for your support and enthusiasm. Your engagement has been vital in building momentum and promoting wellbeing in our community. The campaign will run until Friday 29th November – let's keep this positive energy going in the coming weeks! Our campaign aims to encourage individuals struggling with stress, low mood, or anxiety related to their LTC to seek help through NHS Talking Therapies services. For more information about the campaign, available resources, and how to get involved, please visit: www.hpft-talkingtherapies.nhs.uk/talk-for-your-health

Psychological Professions Week
Psychological Professions Week 2024 is taking place on Monday 11th - Friday 15th November. Psychological Professions Week is a brilliant opportunity to bring professionals together to connect and share their learning to maximise the benefit of the psychological professions to the communities they serve. Throughout the week there will be several online sessions. Join the East of England Psychological Professions Network regional event on Tuesday 12th November – Mental Health and Wellbeing Practitioners (MHWP). This free webinar will cover training, key responsibilities, and challenges while highlighting successful implementation strategies. Ideal for aspiring psychological professionals and service leads. Access the full PPWeek24 programme with registration details here. We are proud to be celebrating PPWeek24 with staff across our Trust celebrating "Great to be HPFT Psychological Services" with a day dedicated to learning, sharing, and celebrating our commitment to psychological services in Hertfordshire.

International Men's Day
International Men's Day takes place annually on the 19th of November. Mental health affects both men and women however men are generally less likely to talk about their feelings and seek help. In England, around one in eight men has a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD) and statistics highlight that men are not accessing primary care psychological therapies as frequently as women but become more visible in secondary care mental health services. Throughout November, services and charities are focusing on men's mental health to raise awareness and transform the way in health services reach and support men. We are focusing on raising awareness of the support available to men through Talking Therapies. Click here to access our online referral form.

Nature and Wellbeing SAD
'Seasonal Affective Disorder (SAD)', sometimes known as "winter depression" is often linked to reduced exposure to sunlight during the shorter autumn and winter days. It's common to be affected by changing seasons and weather, for example, people might find that their mood or energy levels drop when it gets colder or notice changes in their sleeping or eating patterns. Even though the temperature may have dropped, spending more time outdoors in natural daylight can add a significant boost to mood. Its recommended that bringing nature into your everyday life: growing food, flowers or being around animals are great examples of how nature can have a positive effect on your emotional wellbeing. Click here to watch our self-help video which explains how nature can help people to feel better.

Follow us on Social Media:
Hertfordshire & Mid Essex Talking Therapies

Talk for Your Health Campaign #TalkHealth2024 Support for LTC – Long Term Conditions. Talk for Your Health: Emotional Support for Long Term Conditions (LTC) | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk) Celebrating Our First Month of the "Talk for Your Health" Campaign Talk for Your Health: Emotional Support for Long Term Conditions (LTC) | HPFT IAPT Services	
Support for Long Term Conditions People living with long term physical health conditions such as diabetes, chronic pain, COPD, or chronic heart disease may face various challenges across many areas of their life. Resources and Self-help | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)	Living well with persistent pain: Living well with persistent pain | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk) Long Covid: Moving Forward: Long COVID: Moving forwards | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)
Psychological Professions Week PPN - Programme	Nature and Wellbeing SAD Seasonable Affective Disorder Nature and Wellbeing | HPFT IAPT Services
International Men's Day Referral | HPFT IAPT Services	Webinars Diabetes and emotional wellbeing: Diabetes and Emotional Wellbeing | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)
Living Well with a Long-term Physical Health Condition: Living Well with a Long-term Physical Health Condition | HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)	

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CARERS IN HERTS	
Carers In Herts **Evening Phone Support**	Evening Phone Appointments available 5:30pm to 7:30pm on Wednesdays Book now: contact@carersinherts.org.uk / 01992 58 69 69
Monthly Support Group	**NEW 117** Next meeting 3 December 2024 7pm to 9pm via zoom Children Young People's Mental Health Services (CYPMHS) - Carers In Herts contact@carersinherts.org.uk
Young Carers	See link for contact and links

MENTAL HEALTH FIRST AID	
Youth Mental Health First Aid Training	**2 day first aider course** suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds. Fully funded. 9:30am to 4pm Youth MHFA, Facts and Figures, Depression and Anxiety, Suicide and Psychosis, Self-harm and Eating Disorders For further information contact hweicbhv.schoolsmh@nhs.net
1 Day Champion Course	**Mental Health First Aid Training – 1 Day Champion Course FREE** For Parents and Carers of 8 to 18 Year Olds 9:30am to 4pm What is mental health, health and mental ill health, stigma and discrimination, depression and suicide. Mental health conditions: anxiety, self harm, eating disorders, psychosis, recovery, resilience. Mental Health First Aid (MHFA) 1 day course for Parents & Carers Tickets, Multiple Dates | Eventbrite
NESSie	*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.*
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**

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NESSie	*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.*

Parent/Carer Live Webinar –	**Bullying** Thursday, 5 December 9:30am to 11:30am Nessie Public Booking Platform V3.0 (procfu.com)	The aim of this early intervention webinar is to share helpful tools and strategies to support your child to develop confidence and resilience in order to manage dealing with bullying. This webinar will provide information for families about managing, signposting and supporting with appropriate interventions. It will also offer parents and carers a chance to ask open questions in a warm and supportive environment with members of the NESSie Team.
Webinar Playback	**Supporting a Child Struggling to Attend School**	Nessie Public Booking Platform V3.0 (procfu.com)

'My World & Me'™ is a 12-week group programme for children and young people aged 7-16 years who live in Hertfordshire.
This group is 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 experiences. Focusing on celebrating your child's strengths, this group aims to be fun whilst supporting confidence, independence, and resilience. NESSie is proud to be neurodiverse affirmative with the majority of our team having lived experience. Please note that spaces are limited to 8 participants per group. Upon receiving your booking information you will be contacted by a member of our team for a chat. If your requested group is at capacity or a need for alternative support is identified, you will be offered an alternative group or signposted to alternative support. Completing the booking does not guarantee a space on the chosen group.

Understanding My Autism/ADHD: ages 11-16 (online) Nessie Public Booking Platform V3.0	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	Thursdays, 9 January 2025 to 3 April 2025 2pm to 3pm
Understanding My Autism/ADHD: for ages 7-11 (online) Nessie Public Booking Platform V3.0	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	Wednesdays, 8 January 2025 to 2 April 2025 2pm to 4pm
Understanding My Autism/ADHD: for ages 7-11 (Royston) Nessie Public Booking Platform V3.0	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	Wednesdays, 8 January 2025 to 2 April 2025 10am to 11am
Understanding My Autism: for ages 11-14 (Stevenage) Nessie Public Booking Platform V3.0	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	Tuesdays 7 January 2025 to 1 April 13:55 to 14:55
Understanding Pre-Diagnosis ages 7-11 (online) Nessie Public Booking Platform V3.0	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	Tuesdays 7 January 2025 to 1 April 2pm to 3pm
Understanding Pre-Diagnosis ages 11-16 (online) Nessie Public Booking Platform V3.0	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	Thursdays 9 January 2025 to 3 April 2025 2pm to 3pm

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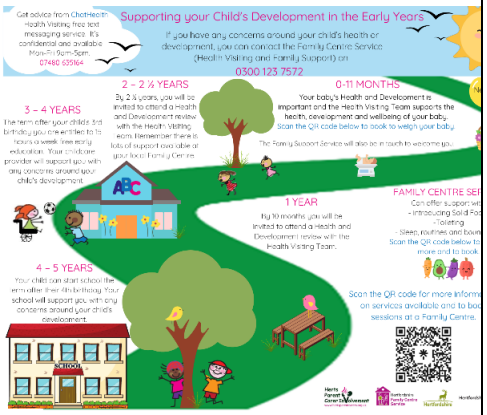
EARLY YEARS – SEND GROUPS

NORTH HERTS FAMILY CENTRE **SEND Drop In - Free Drop In** What's On North Herts District Summer 2024 (mailchi.mp)	**Toddler Group: Arise and Shine** Letchworth Garden City Church, The Icknield Centre, Icknield Way, **Letchworth**, SG6 1EF **Tuesdays from 10.00am to 11.15am (term time)**
	SEND Playgroup At the British Schools Museum **Mondays 1pm to 2:30pm** (ages 0-5) no booking necessary FREE The Café at The Museum, The British Schools Museum, 41 Queen Street, **Hitchin** SG4 9TS
	Broadwater Family Centre, Longmeadow Primary School, Oaks Cross, **Stevenage** SG2 8LT **Thursdays 10am to 11:15 (all year)**
	Royston & Villages Family Centre, Roman Way First School, Burns Road, **Royston** SG8 5EQ **Fridays 9:30am to 10:45am from 24 October.**
SENsational Active Tots with Stevenage FC (ages 1-5)	**Looking for somewhere to run off a bit of steam? The Family Centre Service alongside Stevenage FC are running new SENsational Active Tots** Sessions for 1-5 year olds. These sessions are all about bringing physical activity to life through various sports and challenges. Taking place at Fairlands Valley Park in Stevenage and FREE for the first 8 weeks (£3.50 thereafter). Wednesdays 10am to 10:45am, joinin.online



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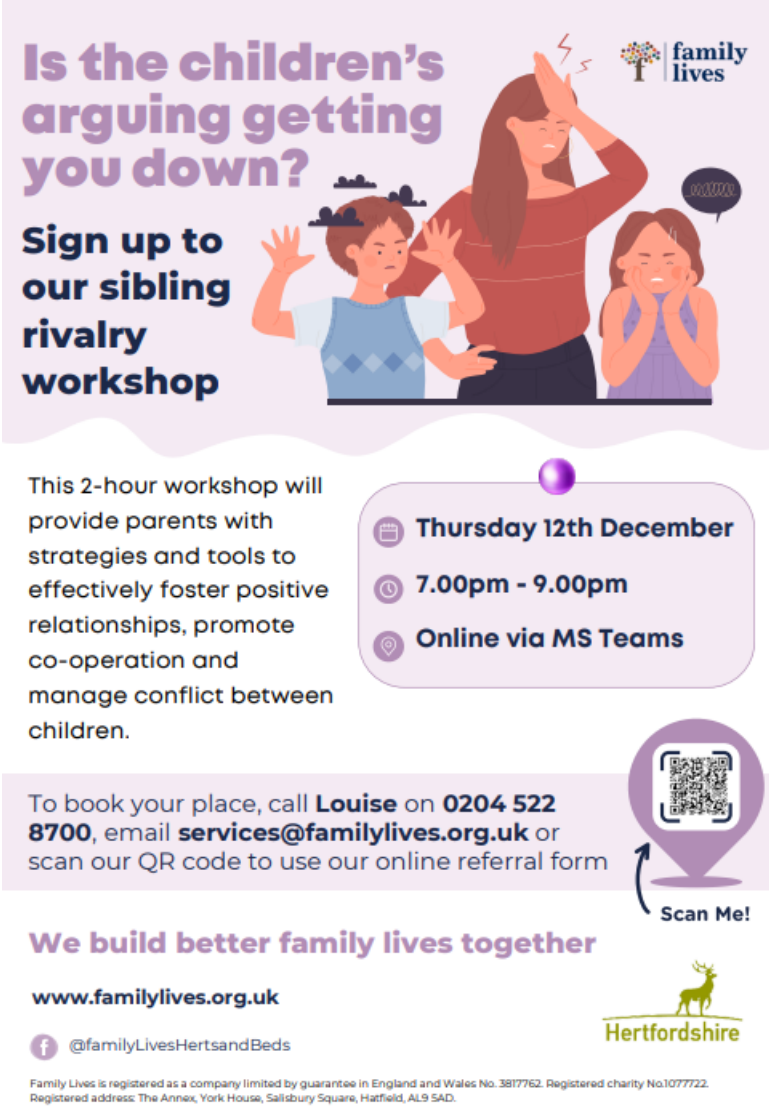

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Funded by UK Government

STEP2SKILLS
PREPARE FOR SUCCESS IN HERTS

Protecting Children Online

Online | 2 weeks

Learning in the community for Hertfordshire residents aged 19+

This workshop will introduce you to how to protect yourself and your children from potential threats online. Using the internet can be exciting for children and young people, but do you know how to protect a child/young person from inappropriate content and contact? Find out how to help a child stay safe by attending this workshop. Discover why a healthy relationship with technology is so important, and how you and your child can become more aware of online usage. Discover different tools you can use to help you monitor, develop and maintain healthy tech habits.

Details

Starts: Friday 8th November
Duration: 2 weeks
Time: 10am-12pm
Fee: £10
Venue: Online (Live Streamed)

For more information and to book your place:
step2skills.org.uk
01992 556194
Social media: @step2skills

SCAN ME

If you are struggling financially please call us on 01992 556 194 to discuss how we may be able to support you with the fees.

Ofsted Good Provider | matrix | disability confident LEADER | Hertfordshire | SKILLS FOR LIFE

Funded by UK Government

STEP2SKILLS
PREPARE FOR SUCCESS IN HERTS

Learn something new in November

MONDAY

Improving Skills in Powerpoint
5 weeks | £25 | Online
Starts 4th Nov.
10am-12pm

Personal Budgeting
2.5 hours | FREE
Online | 4th Nov.
10am-12.30pm

Introduction to Team Leading
5 weeks | £25 | Online
Starts 4th Nov.
1-3pm

Paper crafting Celebrations
5 weeks | £25 |
Bishop's Stortford
Starts 4th Nov.
9.45-11.45am

Crochet for Intermediates
5 weeks | £25 |
Bishop's Stortford
Starts 4th Nov.
12.45-2.45pm

Sewing for Intermediates
5 weeks | £25 | Online
Starts 4th Nov.
6-8pm

Macrame
2.5 hours | FREE
Online | 11th Nov.
10am-12.30pm

Numeracy for ESOL Learners
2.5 hours | FREE |
Watford | 11th Nov.
1-3.30pm

Numeracy for ESOL Learners
2.5 hours | FREE |
Online | 25th Nov.
9-11.30am

TUESDAY

Crochet for Intermediates
5 weeks | £25 | Online
Starts 5th Nov.
9.45-11.45am

Paper crafting Family & Friends
5 weeks | £25 | Online
Starts 5th Nov.
12.45-2.45pm

Macrame
2.5 hours | FREE
Hatfield | 5th Nov.
10am-12.30pm

First steps to Excel
2.5 hours | FREE
Online | 5th Nov.
10am-12.30pm

Sewing a Draught Excluder
3 hours | FREE
Hemel Hempstead
12th Nov.
12-3pm

Crafting in Clay
3 hours | FREE
Hatfield | 19th Nov.
10.30am-1.30pm

WEDNESDAY

Improving your Skills in Excel
5 weeks | £25 |
Stevenage | Starts 6th Nov. | 10am-12pm

Improving your Skills in Word
5 weeks | £25 |
Stevenage | Starts 6th Nov. | 1-3pm

Boost your Confidence
2 hours | £5 |
Online | 6th Nov.
9.45-11.45am

Revision Strategies & Exam Techniques
2.5 hours | FREE
Online | 6th Nov.
9.30am-12pm

Introduction to Mental Health & Wellbeing
5 weeks | £25 | Online
Starts 13th Nov.
9.45-11.45am

Key
Face to Face
Online
Accredited

THURSDAY

Sewing for Intermediates
5 weeks | £25 |
Stevenage | Starts 7th Nov. | 9.45-11.45am

Crochet for Intermediates
5 weeks | £25 |
Stevenage | Starts 7th Nov. | 12.45-2.45pm

Public Speaking & Presentation Skills
4.5 hours | £10
Online | 7th or 21st Nov. | 10am-2.30pm

Fabric Flowers
5 weeks | £25
Waltham Cross | Starts 7th Nov. | 1.15-3.15pm

AI in the Workplace
4.5 hours | £10
Online | 7th or 28th Nov. |10am-2.30pm

How to write a Business Plan
2 hours | £5
Borehamwood | 14th Nov. | 9.30-11.30am

Boost your Confidence
2 hours | £5
Online | 14th Nov. |
12.45-2.45pm

Boost your Confidence
2 hours | £5
Borehamwood | 28th Nov. | 9.30-11.30am

CV Writing & Cover Letters
2 hours | £5
Online | 28th Nov.
12.45-2.45pm

FRIDAY

Protecting Children Online
2 weeks | £10 | Online
Starts 8th Nov.
10am-12pm

Level 1 Award in Preparing to Work in Schools
10 weeks | £25
Online | Starts 15th Nov. | 9.30am-12pm

CV Writing & Cover Letters
2 hours | £5
Online | 22nd Nov.
10am-12pm

Interview Skills
2 hours | £5
Online | 29th Nov.
10am-12pm

Step2Skills Inclusive Job Fair
Hemel Hempstead | 27th Nov. 10am-3pm

Scan the QR code for more details

If you are struggling financially, please call us on 01992 556194 to discuss how we may be able to support you with the fees.

Book your place at:
step2skills.org.uk/courses
01992 556194

SCAN

Social media: @step2skills

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