



QUICK LINKS – new this week & news

Resources and tips to help over Christmas and the festive break



[Useful contacts - Christmas and mental health - Mind](#)

[Home - WithYouth](#)

[Services for adults - WithYouth](#)

[Facebook/ Stand-by-me Bereavement Support](#)

[Contact Us | Samaritans](#)

[Coping With Life | Mental Health Advice | YoungMinds | YoungMinds](#)

[Feeling lonely at Christmas | Childline](#) | [Toolbox | Childline](#)

[Support & advice for parents | NSPCC](#)

[Preparing for Christmas: autism resources](#)

[Christmas | Ambitious about Autism](#)

[\(7\) Facebook ADD-vance Christmas Tips](#)

[Your Christmas, Your Way – SPACE Hertfordshire](#)

[Facebook – NESSieined Christmas Tips](#)



Mission EmployAble - Fulfilling lives for people with learning disabilities Accepting applications after Christmas for Internships starting in September 2025	Neurodiversity Service Directory supporting-your-neurodiverse-child-handbook-pdf-6.6mb.pdf (hertfordshire.gov.uk)	Webinar : The right education, in the right place, at the right time: enhancing inclusive mainstream schools and increasing specialist provision in Hertfordshire
Survey Moving in or out of Hertfordshire with an EHCP	ADD -Vance new this week/coming soon	HAPpy Activity Camps
Supporting Links Bitesize Parenting for parents in Herts Eventbrite	SEND News Sign up for SEND News for email updates SEND news - 30 September 2024 (hertfordshire.gov.uk)	Herts Parent Carer Involvement
Space Herts new this week/coming soon	Carers in Hertfordshire FREE online monthly support group for parents and carers	Carers In Herts & Young Carers
Angels Support Groups this week Support Groups each week	Young Carers service - Carers In Herts	EHC Portal
Autism Central	Watch now: Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.	Family Lives Sibling Rivalry Workshop
Autism Hertfordshire Transition Service for 16-20 year olds	Herts Mind Network	Child Wellbeing Practitioners
ADHD Foundation Resources Archive - ADHD Foundation : ADHD Foundation	Sandbox Body Image ? (mindler.co.uk)	Resource Zone The Sandbox (mindler.co.uk)
	Families Feeling Safe	Mental Health First Aid
Autism UK Social stories and comic strip conversations (autism.org.uk)	Wellbeing : Young People	NHS Talking Therapies
SENSational Active Tots with Stevenage FC (ages 1-5)	Families in Focus	NESSie this week/coming soon
CEOP Safety Centre	Step2Skills Courses	Contact Money Matters



The **SEND** Local Offer



'Introduction to the SEND Local Offer website' – webinar

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.

(for professionals AND parent carers) Tuesday 14 January
8pm - 9pm [Register to join this webinar](#)

A quick note: The Local Offer website is different to Short Breaks (SBLO). We won't be going into detail about SBLO.



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

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 ADHD SEND 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.



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@hertfordshire.gov.uk Young People's Health & Wellbeing Survey



Delivering Special
Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 119
11/12/2024 next issue Jan 2025

DSPL 1
(North Herts)

dspl1admin@wrsansom.herts.sch.uk

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

[Updates and Resources \(nhdspl.org.uk\)](https://www.herts.gov.uk/updates-and-resources) Find us on Facebook and Twitter



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	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	Services for Young People
Educational Psychologists	Signpost
Families First	Single Point Access (SPA)
First Steps ED	Specialist CAMHS
Health for Kids	Spectrum Family and Young People's Service
Health for Teens	Step 2
Herts Haven Cafés	The Sandbox
Just Talk	The Toolbox (Neurodiverse)
Just Talk Ambassador Scheme	Togetherall
Lumi Nova	WithYOUTH
Mental Health Support Teams in Schools (MHSTs)	YCT Counselling
NESSIE Parenting	Youth Talk Counselling
NHS Talking Therapies	Young Minds Parent Helpline



Telephone service
Face to face service
Online/virtual 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, low 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, withdrawal, 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

Mental Health Support for adults in Hertfordshire

Get Advice
Advice
leaa
www.leaa.org.uk
Hertfordshire and Mid-Essex Talking Therapies
Call: 0800 6444 101
www.hopt-hapt.nhs.uk
Samaritans
Call: 116 123
www.samaritans.org
Shout
Text: SHOUT to 85258
www.giveusashout.org
Mind Online Community
Website: skellysfindmind.org.uk
Herts Mind Network
Call: 0203 273600
www.herts-mind-network.org
MindLine Trans+
Call: 0300 330 5458
Mind in Mid Herts
www.mindinmidherts.org.uk
CALM
Call: 0800 585858
Website: www.thecalmline.net
SilverCloud
Website: www.silvercloudhealth.com
SANE
Call: 0300 304 7000
www.sane.org.uk
If non-emergency, please consider contacting your local Community Pharmacist.

Get Support
Support
Togetherall
www.togetherall.com
Oxleas Foundation
www.oxleas.net
Crisis Bereavement Support
Call: 0800 803 1677 | www.crisis.org.uk
Healthy Minds Hertfordshire
www.healthyminds.org.uk
Herts Mind Network Nightlight
Crisis Helpline Call: 01923 256391
One YMCA
Email: hertsawadonemymca.org
www.oneymca.org
SignHealth (BSL)
www.signhealth.org.uk

Self-Referral
Self-Referral
BSL Talking Therapies
www.sighlth.org.uk
BSL Crisis Text Service
Text: DEAF to 85258
BSL Psychological Therapy
Text: 07994 429473 | Call: 0300 587006
Herts Mind Network Nightlight
Crisis House Overnight Beds: Call: 01923 256391
HertsMind
Call: 0300 123 4044 | www.hertsmind.net
Mind in Mid Herts
Call: 0303 208300
Email: adrian@mindinmidherts.org.uk

Get Help
Help
Herts Mind Network
Nightlight Crisis Cafés
Call: 01923 256391
Community Pharmacy:
Ask for AM (Action Needed Immediately) code word to enable victims of domestic abuse to access immediate help
Hertfordshire Partnership University NHS Foundation Trust
Freephone: 0800 644 101
www.hopt-hapt.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

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



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

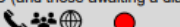
Referral required

Support for: Parents and carers Professionals Children and young people

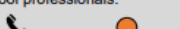
ADD-vance – Support for families affected by ADHD, Autism or related conditions and the professionals who support them.



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.



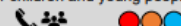
Family Support Workers (DSPL/LSP) – Local support offered on a range of different topics.



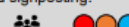
Homecare – Support in the home for disabled children with complex needs.



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



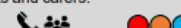
Lending Space – An equipment lending library for families with children and young people with SEND. Also offer advice, a listening ear and signposting.



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.



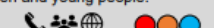
SEND SAS – SEND specialist advisory & support service offer education support for schools / colleges and families.



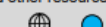
Short Breaks – A scheme offering children and young people with SEND the opportunity to spend time out with others socialising and doing fun activities.



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



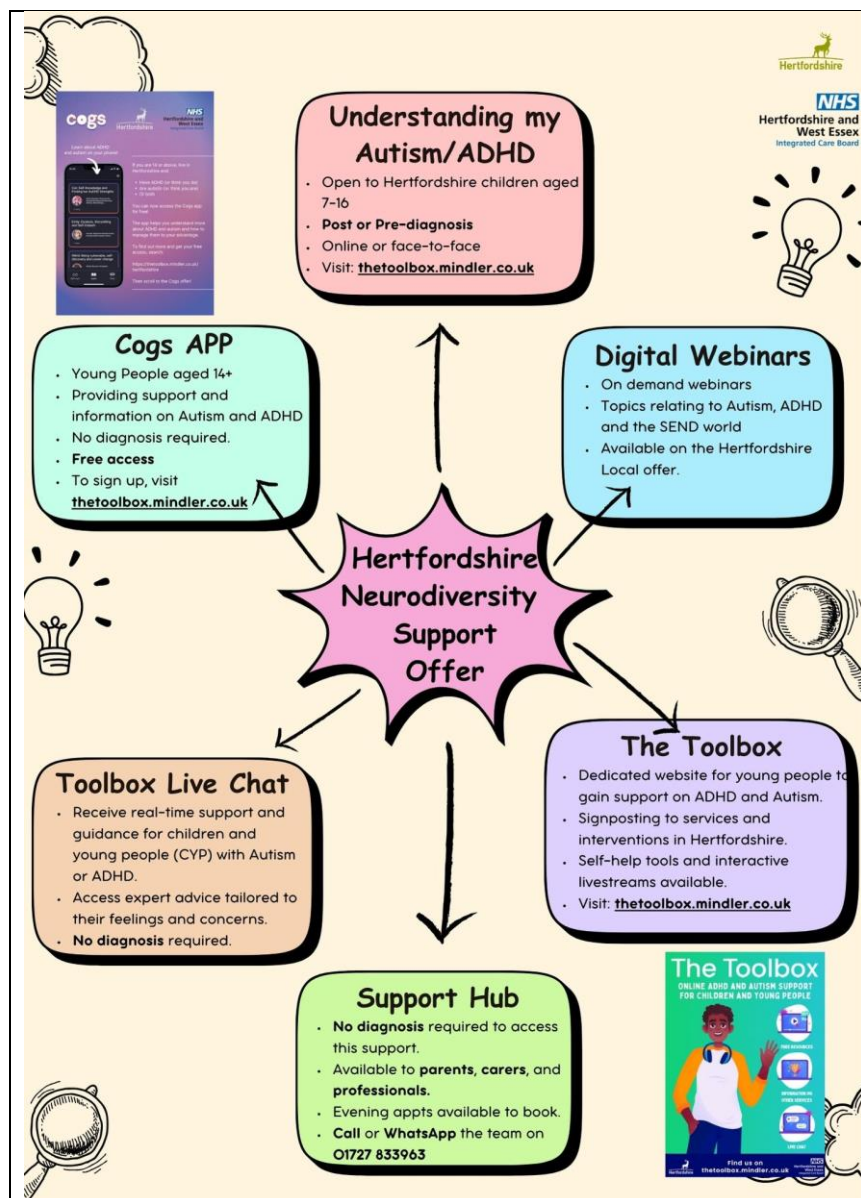
The Toolbox – Online support for neurodiverse children and young people. Includes gaming livestreams, live text chat options and other resources.



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



Understanding my Autism/ADHD

Do you have a child aged between 7-16 diagnosed with Autism, ADHD, or both?

We're thrilled to launch a range of exciting offers designed to support children and teens just like yours!

These workshops are available online and in-person. Led by experienced professionals, sessions will provide tailored strategies to help your young person understand their Autism, and or ADHD, in a fun and engaging way!

Referrals from professionals are welcome, or you can easily sign up your child yourself.

Are you ready to empower your child on their journey of self-discovery?

Find out more here:
thetoolbox.mindler.co.uk

The Toolbox

ONLINE ADHD AND AUTISM SUPPORT FOR CHILDREN AND YOUNG PEOPLE

FREE RESOURCES

INFORMATION ON OTHER SERVICES

LIVE CHAT

Find us on thetoolbox.mindler.co.uk

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a Parent, Carer or Professional?

01727 833963

supporthub@add-vance.org

Opening Hours

- 9AM - 1PM - Monday, Wednesday & Friday
- 9AM - 3PM - Tuesday & Thursday
- 7PM - 9PM - Wednesday (By Appt)

Here to support, reach out for a listening ear

Understanding my Autism/ADHD

A Range of Different Offers including an APP - You Choose

- Are you aged 7-16 and have either Autism, ADHD, or both?
- We are launching some amazing workshops that could help you learn more about yourself and how incredible you are.

Are you ready to embark on an incredible journey of self-discovery? Join us now!

thetoolbox.mindler.co.uk



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   

 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



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](#)

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	<i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>	
The EHCP Process from Submission to Finalisation Tickets, Thu 12 Dec 2024 at 19:00 Eventbrite		EHCP Process
Puberty and Neurodiversity Tickets, Mon 16 Dec 2024 at 10:00 Eventbrite		Puberty and Neurodiversity
Anxiety and SEND Tickets, Wed 18 Dec 2024 at 10:00 Eventbrite		Anxiety & SEND
Festive Online Online Art Tickets, Fri 20 Dec 2024 at 18:00 Eventbrite		FESTIVE ONLINE ART (see link for cost)
ADHD in Girls and Women Tickets, Mon 6 Jan 2025 at 18:30 Eventbrite		ADHD in Girls and Women
Sleep Tight - 3 week course Tickets, Tue 7 Jan 2025 at 10:00 Eventbrite		Sleep Tight – 3 week course
Understanding My Autism and ADHD - School Years 10-11 - Girls - (ONLINE) Tickets, Tue, Jan 7, 2025 at 4:30 PM Eventbrite		Understanding My Autumn / ADHD
Access Arrangements Workshop Tickets, Tue 7 Jan 2025 at 18:30 Eventbrite		Access Arrangements Workshop
No Two Brains are the Same. What is Neurodiversity? Tickets, Wed 8 Jan 2025 at 10:00 Eventbrite		No Two Brains are the Same
Navigating the SEND World Tickets, Thu 9 Jan 2025 at 10:00 Eventbrite		Navigating the SEND World
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>	
Support for Dads and Other Male Carers - FREE ONLINE WORKSHOP Tickets, Mon 9 Dec 2024 at 19:00 Eventbrite		Supporting Dads/Male Carers
Preparing for Adulthood (14+) FREE ONLINE WORKSHOP Tickets, Thu 12 Dec 2024 at 10:00 Eventbrite		Preparing for Adulthood
Identifying ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Mon 6 Jan 2025 at 10:00 Eventbrite		Identifying ADHD/Autism
Understanding ADHD and Autism - FREE ONLINE EVENING 6 WEEK COURSE FOR DADS Tickets, Mon 6 Jan 2025 at 19:00 Eventbrite		Understanding ADHD/Autism 6wk evening/Dads
Understanding ADHD and Autism in the Early Years - FREE ONLINE 6 WK COURSE Tickets, Tue 7 Jan 2025 at 09:30 Eventbrite		Understanding ADHD/Autism – 6 wk Early Years



Autism Hertfordshire			
Evening Groups	<i>Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246 enquiries@autismherts.org for details</i>		
Daytime Groups	<i>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 enquiries@autismherts.org for details</i>		
Autism Central	<i>Autism Central aims to make it easier to learn more about autism and services available to you.</i>		
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

Angels Support Group	<i>Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).</i>		
Tuesdays – Zoom 10am to 12pm	Thursdays – Stevenage 10am to 12pm The Phoenix Group	Thursdays – Zoom 7:30pm to 8:30pm	
		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.angelssupportgroup.org.uk / Angels Autumn Term Programme (angelssupportgroup.org.uk) (angelssupportgroup.org.uk)	



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)	
NEW Bitesize Parenting for parents in Herts One hour online workshops – offers insights and practical solutions for a typical parenting challenge		How to I get my child to eat better? 16 Jan at 10am Bitesize Parenting for parents in Herts Eventbrite	
What is going on in my teenager's head? 23 Jan at 7pm What is going on in my teenager's head? (721) Registration, Thu 23 Jan 2025 at 19:00 Eventbrite		Why does my child behave like that? 27 Jan at 1:30pm Why does my child behave like that? (722) Registration, Mon 27 Jan 2025 at 13:30 Eventbrite	
Why does my child give up so easily? 5 Feb at 12:30pm Why does my child give up so easily? (723) Registration, Wed 5 Feb 2025 at 12:30 Eventbrite		How do I get my child to listen to me? 10 Feb at 7pm How do I get my child to listen to me? (724) Registration, Mon 10 Feb 2025 at 19:00 Eventbrite	
How can my child learn to manage their feelings? 26 Feb at 12:30pm How can my child learn to manage their feelings? (725) Registration, Wed 26 Feb 2025 at 12:30 Eventbrite		Why can't my child make good decisions? 6 Mar at 7pm Why can't my child make good decisions? (726) Registration, Thu 6 Mar 2025 at 19:00 Eventbrite	
Is it possible to praise my child too much? 19 Mar at 1:30pm Is it possible to praise my child too much? (727) Registration, Mon 10 Mar 2025 at 13:30 Eventbrite		How do I talk to my teen/preteen about ...? 17 Mar at 7pm How do I talk to my teen/preteen about...? (728) Registration, Mon 17 Mar 2025 at 19:00 Eventbrite	
Why don't my children get on with each other better? 27 Mar at 10am Why don't my children get on with each other better? (729) Registration, Thu 27 Mar 2025 at 10:00 Eventbrite			
NEW ASD & ADHD The Teenage Years	NEW DATE ADDED Talking ASD & ADHD: The Teenage Years (715) For parents/carers in Herts. Registration, Tue 4 Mar 2025 at 19:30 Eventbrite		The Teenage Years
NEW ASD & ADHD SIBLING STRUGGLES	NEW Talking ASD & ADHD: Sibling Struggles (713) For parents/carers in Herts. Registration, Thu 13 Feb 2025 at 19:30 Eventbrite		Sibling Struggles
NEW ASD & ADHD RESPONDING TO ANGER	Talking ASD & ADHD: Responding to Anger (714) For parents/carers in Herts. Registration, Wed 2 Apr 2025 at 09:30 Eventbrite		Responding to Anger
Talking Anxiety in Families6 Weekly		Wednesdays 7:45pm to 9:30pm 8 Jan to 12 Feb ONLINE COURSE ID 705	Talking Anxiety in Families



Sessions for parents/carers of under 12's			
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19	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	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 6 weekly sessions for parents and carers of children aged 0-12	Tuesdays 9:45am to 11:15am Jan to 11 Feb ONLINE COURSE ID 703	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	Talking Families



<u>Families</u> in Focus		<i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>	
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		Handling 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?' 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.	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
Handling anger of primary aged children with Autism or ADHD	Tuesday mornings 9:30am to 11:30am November 5, 12, 19, 26 & December 3, 10		Handling anger Primary aged children (Autism/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 evenings 6:30pm to 8:30pm November 5, 12, 19, 26 & December 3, 10	
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



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



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														
 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 <table><thead><tr><th>Workshop</th><th>Date & Time</th></tr></thead><tbody><tr><td>Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</td><td>Thursday 21st November 6-8pm</td></tr><tr><td>Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</td><td>Thursday 28th November 6-8pm</td></tr><tr><td>Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</td><td>Monday 28th October 6-8pm Wednesday 11th December 10-12pm</td></tr><tr><td>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.</td><td>Wednesday 2nd October 6-8pm Monday 2nd December 6-8pm</td></tr><tr><td>Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</td><td>Tuesday 1st October 10-12pm Monday 4th November 6-8pm Thursday 12th December 10-12pm</td></tr><tr><td>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.</td><td>Tuesday 15th October 10-12pm Monday 11th November 10-12pm Tuesday 17th December 6-8pm</td></tr></tbody></table> To access the recorded Emotionally Based School Avoidance Webinar please visit: https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/	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 21 st 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 28 th 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 28 th October 6-8pm Wednesday 11 th 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 2 nd October 6-8pm Monday 2 nd December 6-8pm	Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 1 st October 10-12pm Monday 4 th November 6-8pm Thursday 12 th 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 15 th October 10-12pm Monday 11 th November 10-12pm Tuesday 17 th December 6-8pm	Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Tue 17 Dec 2024 at 18:00 Eventbrite	Emotional Wellbeing and Regulation
	Workshop	Date & Time														
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DSPL 1
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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

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 Primary Care Mental Health update Hertfordshire Talking Therapies Talk for Your Health 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. It's 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) Psychological Professions Week PPN - Programme International Men's Day Referral HPFT IAPT Services 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)
		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) Nature and Wellbeing SAD Seasonable Affective Disorder Nature and Wellbeing HPFT IAPT Services Webinars Diabetes and emotional wellbeing: Diabetes and Emotional Wellbeing HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)

Disclaimer: DSPL 1 provides this information in good faith, it is provided for information only, it does not imply that we support/endorse them. We aim to provide accurate and up to date information but cannot be held responsible for any damage or loss caused by any inaccuracy. We are not responsible for the privacy practices, recommended that you read the privacy policy of any site you visit, particularly if you are asked to give personal data.



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	<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 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



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



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

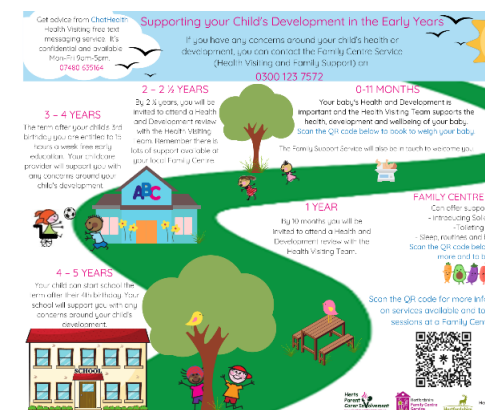
Thursdays 10am to 11:15 (all year)

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

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

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**Is the children's
arguing getting
you down?**

**Sign up to
our sibling
rivalry
workshop**

This 2-hour workshop will provide parents with strategies and tools to effectively foster positive relationships, promote co-operation and manage conflict between children.

 **Thursday 12th December**
 **7.00pm - 9.00pm**
 **Online via MS Teams**

To book your place, call **Louise** on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



We build better family lives together

www.familylives.org.uk

 [@familyLivesHertsandBeds](https://www.facebook.com/familyLivesHertsandBeds)



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.
Registered address: The Annex, York House, Salisbury Square, Hatfield, AL9 5AD.



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STEP 2 SKILLS
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



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.



Funded by
UK Government

STEP 2 SKILLS
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

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

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 27th Nov.
Hempstead 10am-3pm



Scan the QR code for more details

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



Social media: @step2skills





Let's keep this
going for all the people
who are going through
a tough time.

For anyone who needs some
support right now. ❤️

CALM - 0800585858
Mind - 03001233393
No Panic - 08449674848
Bereavement - 08088081677
PAPYRUS - 08000684141
Samaritans - 116 123
SHOUT - 85258
Abuse - 080820005000
Refuge - 08082000247
shout text 85258





🌲 The Christmas break is just around the corner! 🌲

The holiday season can be both magical and overwhelming for children. Here are some simple, practical tips to make the break enjoyable for everyone:

🕒 Stick to a routine (as much as possible): While Christmas is full of surprises, a consistent daily schedule with normal meal, bed and downtimes can help keep your child calm over the holidays. Use festive stickers to create a fun, visual schedule.

❄️ Create a chill corner: Loud Christmas music and bright lights might be too much for some kids. If you're out visiting family over the break, set up a cosy, quiet corner with their favourite items where they can recharge. Noise-cancelling headphones are great for this too. 🎧

📦 Prep ahead for events: Talk about upcoming activities ahead of time (like opening gifts or visiting family). Set expectations by letting them know who'll be there, how long it'll last, and what's expected.

🍪 Plan sensory-friendly activities: Try making simple crafts, cake decorating, or festive movie nights with low lighting and soft sounds. Keep the fun tailored to their sensory preferences. Let them enjoy the time out.

🍷 Christmas Day survival kit: Have a bag ready with snacks, a few favourite toys, and sensory aids to keep your child happy on Christmas Day. You'll be glad you did this when things get busy.

❤️ Let go of perfection: Your child's joy might look different to others, whether it's unwrapping gifts slowly, focusing on one activity, or skipping a tradition altogether, that's okay! Embrace their unique ways of enjoying the festivities, celebrate the little wins, and make memories in a way that works for your family.

☀️ Remember to take breaks: This tip isn't just for the kids, it's for you too! Parenting during the holidays isn't always easy so plan short breaks for you both each day to decompress. A quiet walk or cuddle break works wonders! ❤️

We're wishing you all a peaceful and magical festival season whatever you get up to over the holidays! 🌲❤️