QUICK LINKS – NEW THIS WEEK & NEWS

Booking is now live for our Information Event

Space Herts new this week/coming soon **PUBERTY** **UNDERSTANDING ADHD** **BRAD RICHES NUERODIVERGENT JOURNEY** **NAVIGATING SEND WORLD** **BEHAVIOUR AS COMMUNICATION**	ADD-Vance new this week/coming soon **6 WEEK ADHD/AUTISM (TEENS)** **SUPPORT FOR DADS/MALE CARERS** **SLEEP SUPPORT** **PDA ONLINE** **UNDERSTANDING ANXIETY**	Angels Support Groups this week **SUPPORT GROUPS: IN PERSON & EVENINGS** **SUPPORTING YOUR CHILD'S SENSORY NEEDS**
Supporting Links **TALKING TEENS** **TALKING DAD/MALE CARERS** **TALKING ANXIETY** **TALKING FAMILIES** Bitesize Parenting for parents in Herts | Eventbrite **WHY CAN'T MY CHILD MAKE GOOD DECISIONS?** **HOW DO I TALK TO MY TEEN/PRETEEN ABOUT …?**	NESSie this week/coming soon **ANXIETY** **WHEN CHILDREN & YOUNG PEOPLE STRUGGLE TO ATTEND SCHOOL**	Child Wellbeing Practitioners **ADOLESCENT SELF ESTEEM AND RESILIENCE** **EMOTIONAL WELLBEING AND REGULATION** **EMOTIONAL WELLBEING FOR YOUNG PEOPLE 11-16** **DEVELOPING YOUR CHILD'S EMOTIONAL LITERACY**
NHS Talking Therapies **UNDERSTANDING ADHD AND LOW SELF-ESTEEM** **WHAT IS DYNAMIC INTERPERSONAL THERAPY**	AUTISM HERTFORDSHIRE **FEMALE VOICE GRUP: BODY IMAGE & BODY POSITIVITY (AGES 18+)**	

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Service	Title	Timings
Poets-In Paul Chambers	The Impact of Undiagnosed Mental Health Illness/Disorders & Signposting to Tools to Help all Ages	10am
NESSie Miriam Griffiths	EBSA – Emotionally Based School Avoidance	10:30am
BREAK	**BREAK**	**11am to 11:30am**
MHST North Herts	Social Media and Sleep	11:30am
ADD-Vance Jennie and Laura PHASE	The Neurodiversity Support Hub Advice Line	12pm
BREAK	**BREAK**	**12:30pm to 1pm**
Angels Support Group Caroline Upcraft	Support Groups	1:15pm
Space Herts Sophia Christophi	OCD	1:45pm

Subject to change

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SIGNPOSTING		
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	Early Years SEND Groups **REMINDER various groups**	EHC Portal
SEND News Sign up for SEND News for email updates	Herts Parent Carer Involvement	Autism Central
Carers in Hertfordshire FREE online monthly support group for parents and carers	Young Carers service - Carers In Herts	Carers In Herts & Young Carers
Autism Hertfordshire Transition Service for 16-20 year olds	Watch now: Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.	Herts Mind Network
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	
CEOP Safety Centre	Step2Skills Courses	Contact Money Matters

Head Up!	Student Mentoring for 14-18 year olds Accepting new signups for 2025 mentoring programme. Free scheme run by disabled students and graduates, supports 14-18 year olds who self-identify as disabled (or anyone who has a physical/mental health condition, SpLD, or neurodiverse). Click HERE for further details.
'My Health Information Document' (ages 11-17)	The 'My Health Information Document' contains important health information about young people aged 11-17 with health needs or special education needs, or both. It can be used by health professionals to make sure that the young person can access effective support and also help them prepare for the transition into adulthood.

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	More Information click HERE. Pupils view click HERE.
Duke of Edinburgh's Award projects	Duke of Edinburgh's Award projects for young people with SEND (ages 14-24) Hertfordshire County Council Services for Young People (SfYP) will be launching 4 new Duke of Edinburgh's Aware (DofE) projects across Hertfordshire. Specifically designed for young people with SEND, young people missing from education, home educated young people, and young people being supported by a social worker. The SfYP DofE projects will offer a range of activities, from environmental conservation to community support opportunities, ensuring there is something to suit all participants. Click HERE for details.

The SEND Local Offer

SEND 0-25 years

'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.

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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.

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.

The SEND Community Directory	The SEND Community Directory is a great way of finding a wide range of community activities, support groups and services for families and young people with SEND. Click HERE for details.

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Voices of Hertfordshire

Voices of Hertfordshire - YouTube
Instagram: Voices of Hertfordshire @voicesofhertfordshire

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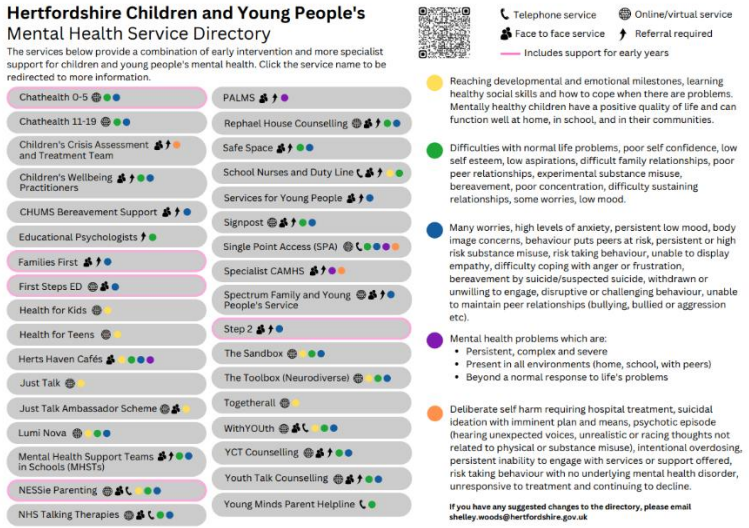

Hertfordshire Children and Young People's
Mental Health Service Directory

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 Action 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
POhWER Advocacy www.pohwer.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 459473 | 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 208100 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

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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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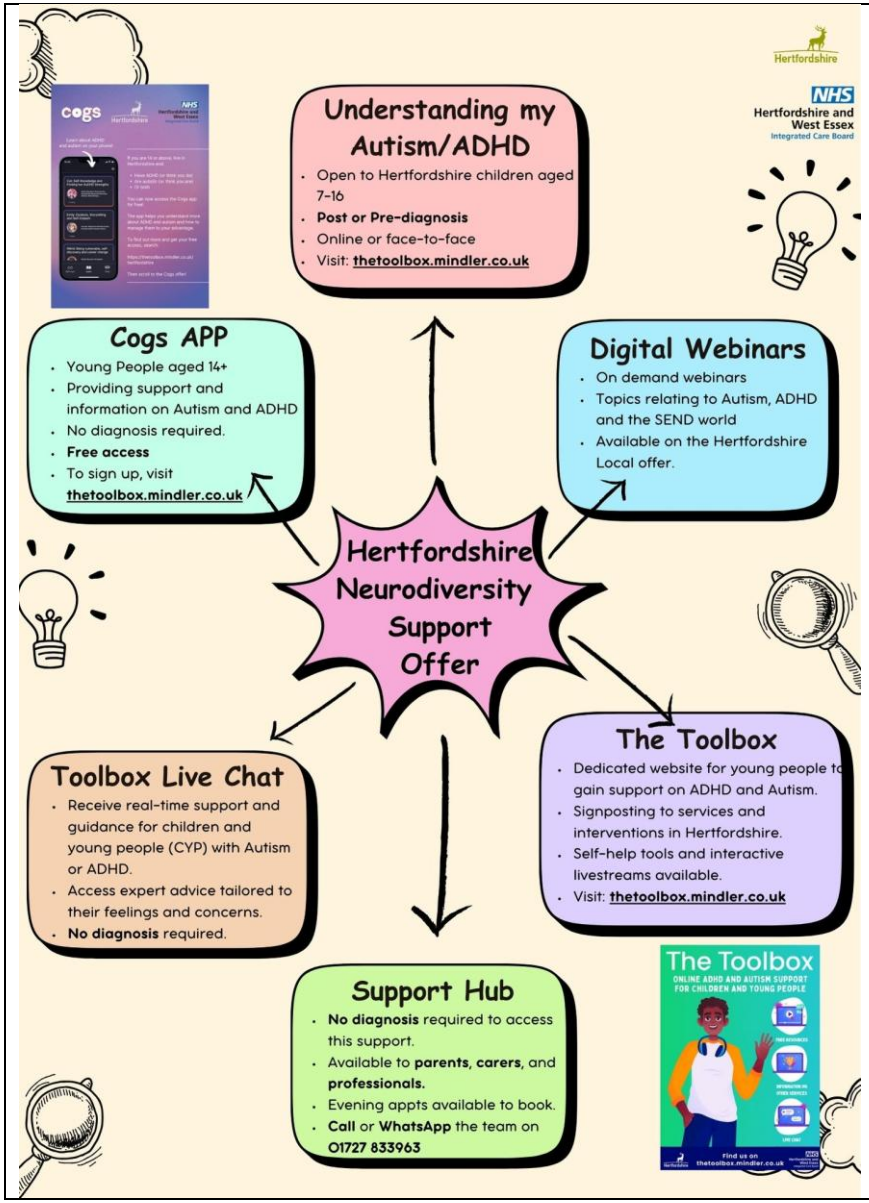

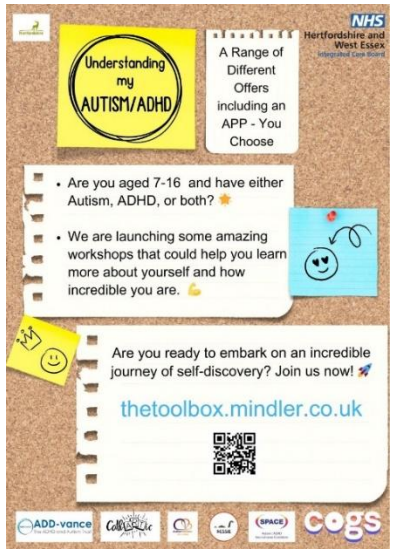

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FOLLOW **Help develop Speech, Language & Communication Skills at home**	FOLLOW | Linktree Introducing the FOLLOW campaign! A very simple and easy to use set of strategies that parents and carers can use with their little ones to help develop speech, 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

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

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SPACE Herts	*Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).*
Puberty and Neurodiversity Tickets, Thu 27 Feb 2025 at 18:30 | Eventbrite	Puberty
Understanding ADHD Tickets, Mon 3 Mar 2025 at 18:30 | Eventbrite	Understanding ADHD
Questions & Answers with Bradley Riches: Brad's Neurodivergent Journey Tickets, Tue 4 Mar 2025 at 19:00 | Eventbrite	Bradley Riches: Brad's Neurodivergent Journey
Navigating the SEND World Post 16 Tickets, Wed 5 Mar 2025 at 10:00 | Eventbrite	Navigating SEND World Post 16
Q&A with Bradley Riches & His Mum, Karen: A Family's Neurodivergent Journey Tickets, Wed 5 Mar 2025 at 19:00 | Eventbrite	Q&A Bradley Riches & His Mum: Family Neurodivergent Journey
Navigating the SEND World Course - 4 week course Tickets, Thu 6 Mar 2025 at 10:00 | Eventbrite	4wk course Navigating SEND World
Autistic Girls Workshop Tickets, Thu 6 Mar 2025 at 18:30 | Eventbrite	Autistic Girls Workshop
Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Fri 7 Mar 2025 at 10:00 | Eventbrite	Behaviour as Communication
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events | Eventbrite	Additional Activities

Autism Hertfordshire	
Female Voice	*Autism Hertfordshire - Female Voice group (ages 18+) | Hertfordshire County Council* *Female Voice Group: During this session we will be discussing body image and body positivity. This is a safe space for those impacted by this subject to share their experiences and support one another.* *Wednesday, 26 February 7:30pm* *Online / FREE*
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*

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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.*
Understanding ADHD and Autism in the Teen Years-FREE ONLINE 6 WEEK COURSE Tickets, Thu 27 Feb 2025 at 10:00 | Eventbrite	6wk course: ADHD/Autism (Teens)
Support for Dads and Other Male Carers - FREE ONLINE WORKSHOP Tickets, Mon 3 Mar 2025 at 19:00 | Eventbrite	Support for Dads/Male Carers
SLEEP ONLINE SUPPORT GROUP for Parents/Carers Tickets, Thu 27 Feb 2025 at 13:30 | Eventbrite	Sleep Support Group
Support for Dads and Other Male Carers - FREE ONLINE WORKSHOP Tickets, Mon 3 Mar 2025 at 19:00 | Eventbrite	Support Dads/Male Carers
PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 4 Mar 2025 at 13:30 | Eventbrite	PDA Online
Understanding Anxiety - FREE ONLINE WORKSHOP Tickets, Wed 5 Mar 2025 at 10:00 | Eventbrite	Understanding Anxiety
Understanding Neurodivergent Teens - FREE ONLINE WORKSHOP Tickets, Mon 10 Mar 2025 at 19:00 | Eventbrite	Understanding Neurodivergent Teens

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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).*		
Tuesdays – Zoom **10am to 12pm**	**VENUE: Letchworth Partnership Pod, Northfields.**	**Thursdays – Stevenage** **10am to 12pm Home Start : 5 Bedwell Park, SG1 1NB**	**Thursdays – Zoom** **7:30pm to 8:30pm**
	27 Feb – Meet up & Chat		
		6 Mar – Meet up 7 chat	
			13 Mar – Evening Parent/Carer Support
18 Mar – Supporting your child's sensory needs	20 Mar – Meet Up and Chat		
25 Mar – Executive Function Dysfunction		27 Mar – Meet Up and Chat	
1 Apr – Understanding and Responding to your child's behaviour			3 Apr
Podcasts: Podcasts - Angels Support Group	Support Groups and workshops, Meet up and Chat www.angelssuupportgroup.org.uk | Angels 2025 Programme Jan-April		

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.		

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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)
NEW Bitesize Parenting for parents in Herts **One hour online workshops – offers insights and practical solutions for a typical parenting challenge**	
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	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
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	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

ASD & ADHD **The Teenage Years**	Talking ASD & ADHD: The Teenage Years (715) For parents/carers in Herts. Registration, Tue 4 Mar 2025 at 19:30 | Eventbrite	The Teenage Years
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 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	Talking Teens
Talking Dads/Male Carers 6 Weekly sessions for Dads/Male Carers of all ages	**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 Anxiety in Teens
Talking Additional Needs (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-25.	**Tuesdays 9:45am to 11:15am (ages 2-19)** 25 Feb to 1 Apr ONLINE COURSE ID 701	Talking Additional Needs
Talking Families 6 weekly sessions for parents and carers of children aged 0-12	**Tuesdays 8pm to 9:30pm** 25 Feb to 1 Apr ONLINE COURSE ID 702	Talking Families

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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
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 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.	Wednesdays 9:30am to 11:30am OR 6:30pm to 8:30pm. 26 February, 5, 12, 19, 26 March, 2 April Mondays 9:30am to 11:30am 24 February, 3, 10. 17. 24, 31 March	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	Mondays Lunch & Learn 12:30pm to 2pm Evenings 7pm to 8:30pm 24 Feb, 3, 10, 17, 24, 31 March	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	Hertfordshire Mind Network	

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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
Developing Your Child's Emotional Literacy Tickets, Tue 4 Mar 2025 at 18:00 | Eventbrite		Emotional Literacy
Adolescent Self-esteem and Resilience Workshop Tickets, Thu 13 Mar 2025 at 18:00 | Eventbrite		Adolescent Self Esteem
Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Wed 19 Mar 2025 at 10:00 | Eventbrite		Emotional Wellbeing and Regulation
Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 26 Mar 2025 at 18:00 | Eventbrite		Emotional Wellbeing Workshop
Developing Your Child's Emotional Literacy Tickets, Wed 2 Apr 2025 at 10:00 | Eventbrite		Developing Your Child's Emotional Literacy
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
HCT Children's Wellbeing Practitioners Events - 8 Upcoming Activities and Tickets | Eventbrite	Upcoming Workshops: Sleep (Child/Adolescent) | General Emotional Wellbeing and Regulation Self Esteem and Resilience | Emotional Literacy	

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	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

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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)
NEW	Neurodiversity celebration week Understanding ADHD and Low Self-Esteem 18 March 11am to 12:30pm : Understanding ADHD and low self-esteem | HPFT Talking Therapies	
NEW	NEW – What is Dynamic Interpersonal Therapy (DIT) Animation video What is Dynamic Interpersonal Psychotherapy (DIT)?	
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)	
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)	
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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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**

Parent/Carer Live Webinar	**Anxiety** **Wednesday, 5 March 2025** Nessie Public Booking Platform V3.1		
Parent/Carer Live Webinar	**When Children and Young People Struggle to Attend School** **Thursday, 20 March 2025** **9:30am to 11:30am** **Nessie Public Booking Platform V3.1**	The aim of this early intervention webinar is to share helpful tools and strategies to support your child. Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer and it is easy to feel lost and alone. 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 to the Nessie team in a warm and supportive environment. This event is funded by Hertfordshire County Council	
Online Peer Support Group for	**Parents/Carers of Children Avoiding School** Nessie Public Booking Platform V3.1	Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer. In this closed, confidential group, parents/carers will have the opportunity to discuss their current situation and find support from others going through the same thing. Guidance is available from our specialist family support workers that will help you communicate better with your child and what they are feeling, as well as providing some useful coping strategies. This event is funded by Hertfordshire County Council	**6 Week Course** **25 Feb to 1 Apr** **9:30am to 11am**
Parent/Carer Live Webinar	**When Children & Young People Struggle to Attend School** Nessie Public Booking Platform V3.1	The aim of this early intervention webinar is to share helpful tools and strategies to support your child. Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer and it is easy to feel lost and alone. 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 to the Nessie team in a warm and supportive environment. This event is funded by Hertfordshire County Council	**20 Mar** **9:30am to 11:30am**
Webinar Playback	**Supporting a Child Struggling to Attend School**	Nessie Public Booking Platform V3.0 (procfu.com)	

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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.*

'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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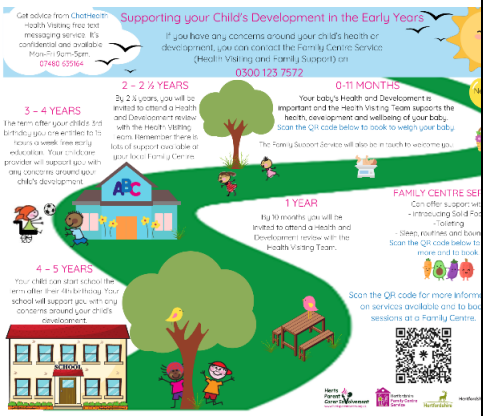
EARLY YEARS – SEND GROUPS

NORTH HERTS FAMILY CENTRE **SEND Drop In - Free Drop In** Parent & Toddler Groups North Herts & Stevenage	**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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