

DSPL 1 (North Herts)

dspl1admin@wransom.herts.sch.uk (please email if you need the flyers or further information) Updates and Resources (nhdspl.org.uk) Find us on Facebook and Twitter

QUICK LINKS – NEW THIS WEEK & NEWS

Book your place DSPL 1 Information Event



Neurodiversity Celebration Week 2025 Events NCW 2025 Events Schedule v1.0

This year more panel discussions than ever before, with inspirational speakers from a range of backgrounds and professions. The discussions will all be focussing on key neurodiversity topics, and aim to educate while inspiring conversations about neurodiversity. All events are free of charge and open to all. Link to all topics.



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| Space Herts new this week/coming soon | ADD-Vance new this week/coming soon | Angels Support Groups this week |
|--|---|---|
| PDA, ODD AND ADHD | TIPS/TOOLS SOCIAL SKILLS | SUPPORT GROUPS: IN PERSON & EVENINGS |
| NAVIGATING THE SEND WORLD | ONLINE SUPPORT GROUPS | SUPPORTING YOUR CHILD'S SENSORY NEEDS |
| DYSLEXIA | TIPS/TOOLS EXECUTIVE FUNCTION | |
| ANXIETY AND SEND | | |
| ENCOURAGING INDEPENDENCE | | |
| Supporting Links | NESSie this week/coming soon | Child Wellbeing Practitioners |
| TALKING TEENS | ANXIETY | ADOLESCENT SELF ESTEEM AND RESILIENCE |
| TALKING DAD/MALE CARERS | WHEN CHILDREN & YOUNG PEOPLE STRUGGLE TO ATTEND | EMOTIONAL WELLBEING AND REGULATION |
| TALKING ANXIETY TALKING FAMILIES | SCHOOL | EMOTIONAL WELLBEING FOR YOUNG PEOPLE 11-16 |
| Bitesize Parenting for parents in Herts Eventbrite | | DEVELOPING YOUR CHILD'S EMOTIONAL LITERACY |
| HOW DO I TALK TO MY TEEN/PRETEEN ABOUT? | | |
| WHY DON'T MY CHILDREN GET ON BETTER? | | |
| NHS <u>Talking</u> Therapies | AUTISM HERTFORDSHIRE | PREPARING AND SUPPORTING YOUNG PEOPLE GOING |
| UNDERSTANDING ADHD AND LOW SELF-ESTEEM | FEMALE VOICE GRUP: BODY IMAGE & BODY POSITIVITY | TO <u>UNIVERSITY</u> WEBINAR |
| WHAT IS DYNAMIC INTERPERSONAL THERAPY | (AGES 18+) | |
| Families in Focus | Springboard Letchworth Open Day | Recorded Webinars (various topics) |
| COMPLETE GUIDE TO PARENTING CHILDREN WITH | 1 April 2025 3pm to 5pm | Neurodiversity Support |
| AUTISM/ADHD | | |
| HANDLING ANGER OF CHILDREN WITH AUTISM/ADHD | | |

Help Shape Services for Children and Young People Across Hertfordshire: Hertfordshire County Council is working on a new Plan for Children and Young People, which will outline our vision, ambitions and priorities for how we will support children and young people in the next five years. To help us shape this plan we would like to hear from professionals who work with children, young people and families across Hertfordshire. We want to know what you think is important for the people you work with and how we can best support them. https://surveys.hertfordshire.gov.uk/s/CYPF-2025/

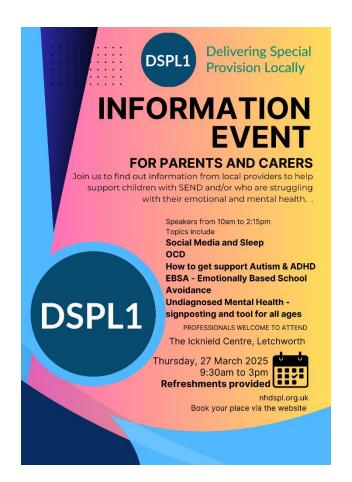


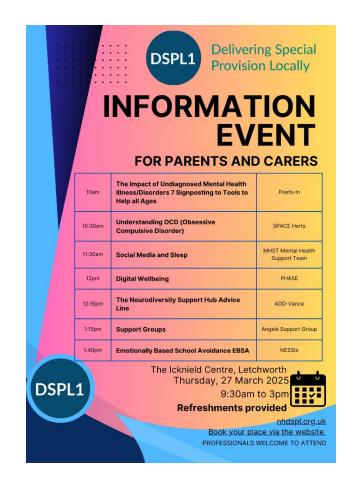
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| Family Spring Explorers Hertfordshire County Council | Spring Activities for families | Using the hilarious Spring story of Mrs Honey's Hat by Pam Adams, this workshop enables parent and children to improve their well-being and learn new skills by spending time making crafts together. Activities based around Key Stage 1 and 2 curriculum and so will link to your child's learning in school. Age 4+ (Cannot accept siblings under 4). Hands-on interactive workshop where both adults and children will be expected to get involved and learn together. | | |
|--|---|--|---|--|
| Springboard Letchworth | open day. Tue For profession students to m | College: Springboard Letchworth esday, 1 April 2025 3pm to 5pm onals, parents and prospective neet the team and find out more ngboard Programme. | i lo nein ils to manage niimners we wollig annreciate a confirmation from voll as i | |



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Neurodiversity Celebration Week 2025 Events

Monday 17

Tuesday 18

Wednesday 19

Thursday 20

Friday 21

09:00 - 10:30

Celebrating Different Minds: An Introduction to Neurodiversity

09:30 - 10:30

Neurodiversity at Work Q&A: Products & Customer Services

08:30 - 10:00

Neurodiversity and Nutrition - Food For Thought

09:00 - 10:30

Is Neurodiversity a Community? Exploring Identity, Inclusion, and Intersectionality

09:00 - 10:30

Late Diagnosed Neurodiversity in Women

11:30 - 13:00

Breaking Barriers: The Power of Language in Neurodiversity

11:30 - 13:00

Neurodivergence & LGBTQIA+: A Conversation on Identity, Intersectionality & Empowerment

10:30 - 12:00

Shaping Neurodiversity through Innovation & Technology

11:00 - 12:30

Building the Neuroinclusive Classroom of Tomorrow...Today!

11:30 - 13:00

Parents & Carers -Supporting Children Through Times of Transition

13:30 - 15:00

Neurodivergence Seldom Travels Alone: The Unexplored World of Co-Occurring Conditions

13:30 - 15:00

Empowering Neurodiversity in the Workplace

13:00 - 14:00

Neurodiversity at Work Q&A: Designing Neuroinclusive Working Environments

13:30 - 15:00

Workplace Burnout: How to Reclaim Your Energy as a Neurodivergent Woman at Work

13:30 - 15:00

Is the Business World leading society on Neuroinclusion?

15:30 - 17:00

Neurodiversity: Where can HR Professionals make a difference?

15:30 - 17:00

Neurodiversity & Mental Health -Acquired Neurodivergence

14:30 - 16:00

Person-Centered Management for Neuroinclusion

15:30 - 17:00

Navigating Neurodiversity & the Criminal Justice System

15:30 - 17:00

Celebrating Different Minds: Future Directions and Continuing Conversations

19:00 - 20:30

Perspective of Young People on Neurodiversity

19:00 - 20:30

Navigating Neurodiversity: Parental Perspectives, Professional Insights, and Policy Changes in 2025

16:30 - 18:00

What makes spaces and places neuroinclusive in education?

19:00 - 20:30

Neurodiversity around the World

Neurodiversity Celebration Week

March 17 - 23, 2025



Delivering Special
Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 127
12/03/2025

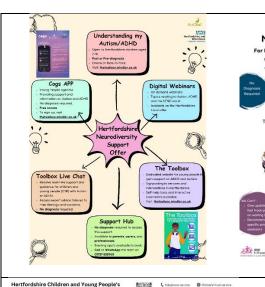
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| | SIGNPOSTING | | | |
|---|--|------------------------|--|--|
| Signposting | Previous Weekly, Parent Guide : <u>News</u> | | | |
| The <u>SEND</u> Local Offer | A friendly face from the Local Offer team will take you through what's on the website and how you can use it to find the right services and support. www.hertfordshire.gov.uk/localoffer | SEND 0-25 years | | |
| The SEND Community Directory | The SEND Community Directory is a great way of finding a wide range of community activities, support groups a services for families and young people with SEND. Click <u>HERE</u> for details. | and | | |
| 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 old 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. 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 acro Hertfordshire. Specifically designed for young people with SEND, young people missing from education, home educated young peopl young people being supported by a social worker. The SfYP DofE projects will offer a range of activities, from environmental conservations community support opportunities, ensuring there is something to suit all participants. Click HERE for details. | le, and | | |
| 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 October. The portal will make it easier for families to track the progress of their lealth and Care (EHC) Needs Assessment. See link for further details. | | | |
| Voices of Hertfordshire Voices of Hertfordshire | Voices of Hertfordshire - YouTube Instagram: Voices of Hertfordshire @voicesofhertfordshire @voicesofhertfordshire at orla.price@kids.org.uk Orla can also set up meetings with young people 1:1 to any support or answer any questions to do with accessing the groups. View all or wellbeing groups - Young People's Hub from KIDS | nail Orla o provide | | |
| 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 Continued Neurodiversity App NESSie – My World and Me – Autism/ADHD SPACE – Understanding My Autism and ADHD | OGS | | |
| JustTalk | Mental health support for all children and young people in Hertfordshire (justtalkherts.org) | | | |



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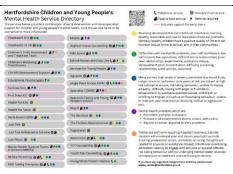
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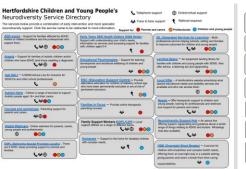
















www.hertfordshire.gov.uk/youthmentalhealth

Nutritionists
supporting one to
one sessions at
First Steps ED
Wellbeing Workshop,
Avoidant Restrictive
Food Intake Disorder

(ARFID) Support Group, Binge Eating Workshops

CYPMHS Service Directory - SW

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







You can make a referral to these services by following the below links or visiting our website www.hct.nhs.uk



Preparing and supporting

young people going to

University Webinar

Parents, Carers and Young People Weekly Round Up Issue: 127 12/03/2025 DSPL 1 (North Herts)

dspl1admin@wransom.herts.sch.uk (please email if you need the flyers or further information) Updates and Resources (nhdspl.org.uk) Find us on Facebook and Twitter

webinar: Thursday 3 April 7- 8.30pm

Preparing and supporting young people going to university - an online

This webinar has been collaboratively produced by Mind in Mid Herts, DrugLink and Carers in Herts. It will explore the wider context to the challenges faced by young people as they leave home and start further education. During this time we know that many struggle with their mental health and this session will look at understanding risk-taking behaviours, including experimentation with substances and gambling, and provide guidance on how to address concerns when these behaviours escalate.

The webinar has been designed for parents and carers of young people either preparing to start university or further education away from home or for those whose young people may already be at university. Attendees will look at ways to prepare, strategies for better communication and how to notice when something may be going wrong. The session will explore some practical strategies to support from afar. Further signposting support will be given and there will be opportunities for further discussion.

Following the session you will receive a toolkit and resource pack which will include practical tips and helpful signposting to additional resources and services.

The webinar has been co-developed with contributions from experts with lived experience from each organisation to ensure the content is accurate and relevant.

Signup is via EventBrite, please go to:

https://www.eventbrite.co.uk/e/1223427557759?aff=oddtdtcreat

Further training sessions around the topic of Suicide Prevention are also available and can be found on the Spot the Signs EventBrite page:

https://www.eventbrite.co.uk/o/spot-the-signs-and-save-a-life-18307455358

Or contact <u>debbie.worrall@mindinmidherts.org.uk</u> for further information

SPACE Herts

Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).

| PDA, ODD and ADHD: Understanding the Differences Workshop Tickets, Fri 14 Mar 2025 at 10:00 Eventbrite | PDA, ODD and ADHD |
|--|---------------------------|
| Navigating the SEND World Tickets, Mon 17 Mar 2025 at 18:30 Eventbrite | Navigating the SEND World |
| Anxiety and SEND Tickets, Tue 18 Mar 2025 at 10:00 Eventbrite | Anxiety and SEND |
| Encouraging Independence in Neurodiverse Young People (Ages 8-18) Tickets, Thu 20 Mar 2025 at 10:00 Eventbrite | Encouraging Independence |
| Understanding Dyslexia Workshop Tickets, Mon 24 Mar 2025 at 10:00 Eventbrite | Understanding Dyslexia |
| FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite | Additional Activities |



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| <u>Autism</u> 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 | | |
| 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 or | | | |
| ADD-Vance | | A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. Some HCC Funded workshops are recorded to enable you to watch at a convenient time. | | |
| Tips & Tools to Support So | Tips & Tools to Support Social Skills - FREE ONLINE WORKSHOP Tickets, Mon 17 Mar 2025 at 19:00 Eventbrite Tips/Tools Support Social Skills | | | |
| ONLINE SUPPORT GROUP | for Parents/Carers of Primary Aged Children Tickets, Tue 18 Mar 2025 at 19:30 Eventbrite | Online Support Group (primary aged) | | |
| Tips & Tools to Support Er Eventbrite | Tips & Tools to Support Emotional Development - FREE ONLINE WORKSHOP Tickets, Wed 19 Mar 2025 at 10:00 Eventbrite Tips/Tools Support Emotional Development | | | |
| Tips & Tools to Manage Everyday Changes - FREE ONLINE WORKSHOP Tickets, Mon 24 Mar 2025 at 10:00 Eventbrite Tips/Tools Manage Everyday Changes | | | | |
| ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 25 Mar 2025 at 13:30 Eventbrite Online Support (Secondary Aged Children) | | | | |
| Tips & Tools to Support Ex Eventbrite | Tips & Tools to Support Executive Function - FREE ONLINE WORKSHOP Tickets, Wed 26 Mar 2025 at 10:00 | | | |



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| Tuesdays – Zoom 10am to 12pm | | Northfields. 10a | | | Thursdays – Stevenage 10am to 12pm Home Start : 5 Bedwell Park, SG1 1NB | | Thursdays – Zoom 7:30pm to 8:30pm | |
|--|-------------|---|---|---------------------------------------|---|------------|--|--|
| | | | | | | 13 Mar – E | vening Parent/Carer Support | |
| 18 Mar – Supporting your child needs | d's sensory | 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 S | Support Gro | up | Support Groups and work www.angelssuupportgro | · · · · · · · · · · · · · · · · · · · | nd Chat els 2025 Programme Jan | -April | | |
| <u>Autism</u> Central | Autism C | entral aims to m | ake it easier to learn more | about autism and so | ervices available to you. | | | |
| Resources | range of | ed to make it easier, signposts to information of topics around autism and support that is availatism Central, their partner organisations and cosources. | | ailable | co-one | | Talk to your hub for a one-to- one chat to help find the information and services available in your area. | |
| <u>Events</u> | | - | similar experiences by join g or virtual meet up. | ing a | | | | |



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| Supporting Links A local Social Enterprise, providing parents and children. | | | prise, providing parenting support through courses, v n. | vorkshops and 1:1 mentoring of |
|--|---|-------------------------|---|--------------------------------|
| 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 a 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: <u>bookings@supportinglinks.co.ul</u> See website for flyers and links: <u>New What's On (see See Website See See Website See See Website See See See See See See See See See S</u> | |
| NEW Bitesize Parenting | for parents in Herts | | How do I talk to my teen/preteen about? 17 | 7 Mar at 7pm |
| One hour online works | hops – offers insights and practical solution | ns for a typical | How do I talk to my teen/preteen about? (72 | 28) Registration, Mon 17 Mar |
| parenting challenge | | | 2025 at 19:00 Eventbrite | |
| Is it possible to praise m | y child too much? 19 Mar at 1:30pm | | Why don't my children get on with each other | better? 27 Mar at 10am |
| Is it possible to praise m | y child too much? (727) Registration, Mon | 10 Mar 2025 at | Why don't my children get on with each other | better? (729) Registration, |
| 13:30 Eventbrite | | | Thu 27 Mar 2025 at 10:00 Eventbrite | |
| ASD & ADHD RESPONDING TO ANGER | Talking ASD & ADHD: Responding to Anger at 09:30 Eventbrite | (714) For parents/ | carers in Herts. Registration, Wed 2 Apr 2025 | Responding to Anger |
| Talking Teens 6 Weekly Sessions for pare | ents/carers of children aged 12-19 | 26 Feb | esdays 7pm to 9pm o to 2 April Face to Face Course ID 707 of Primary School, Hemel Hempstead | Talking Teens |
| Talking Dads/Male Carers 6 Weekly sessions for Dad | | 27 Feb Wedn e | days 7:45pm to 9:15pm (ages 0-11) to 3 Apr ONLINE COURSE ID 711 esdays 7:45pm to 9:15pm (ages 12-19) to 2 Mar ONLINE COURSE ID 712 | Talking Dads/Male Carers |
| = - | | | ays 7:45pm to 9:30pm o 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. | | | ays 9:45am to 11:15am (ages 2-19) o to 1 Apr ONLINE COURSE ID 701 | Talking Additional Needs |
| Talking Families 6 weekly sessions for paren | ts and carers of children aged 0-12 | | ays 8pm to 9:30pm 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.

| Fmail to | hook. | hookings | @fam | iliesir | nfocus.co.uk | < |
|------------|-------|-----------|----------|----------|--------------|---|
| Liliali to | DOOK. | DUUKIIIgs | (w raiii | IIIICSII | nocus.co.ur | ` |

| Email to book: bookings@familiesinfocus.co.uk | | |
|--|---|--|
| Transforming family life through empathy - helping families to build st A proven therapeutic approach for parents of children aged 3 to 11 yrs, to increase p that challenge, reducing behaviours that challenge and building your family's emotion 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. | NEW DATES: Weds, 23, 30 Apr, 7, 14, 21 May, 4, 11, 18, 25 June 9:30am to 11:30am or 6:30pm to 8:30pm | 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. | NEW DATES: Tuesdays, 22, 29 Apr, 6, 13, 20 May 9:30am to 11:30am or 12:30pm to 2pm or 6:30pm to 8:30pm | 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 |
|--------------------|--|
| | 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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| Practitioners Upcoming courses: Emotion | HCT Children's Wellbeing Practitioners Events Eventbrite Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child's Emotional Literacy | | |
|--|---|---|--|
| Adolescent Self-esteem and Resilience Workshop Tickets, | Adolescent Self Esteem | | |
| Child General Emotional Wellbeing and Regulation Tips fo | 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 Commparents / carers and young people and links to the guidance doc | School Avoidance | | |
| HCT Children's Wellbeing Practitioners Events - 8 Upcomi Tickets Eventbrite | - · · · · · · · · · · · · · · · · · · · | l Wellbeing and Regulation racy | |
| 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 The | rapies | 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 (Interest Lalkingtherapies.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 Thera | pies | | |
| 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-talkingther | apies.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

| | | 3 |
|--------------|---|------------------------------------|
| Parent/Carer | When Children and Young People Struggle to Attend | The aim of this early intervention |
| Live Webinar | School | Seeing your child overwhelmed a |
| | Thursday, 20 March 2025 | is easy to feel lost and alone. |
| | 9:30am to 11:30am | This webinar will provide informa |
| | Nessie Public Booking Platform V3.1 | appropriate interventions. It will |
| | | Nessie team in a warm and suppo |
| | | This event is funded by Hertfords |

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

Webinar Playback

Supporting a Child Struggling to Attend School

Nessie Public Booking Platform V3.0 (procfu.com)

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'TM 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.

Current Dates:

My World and Me - Nessie



DSPL 1 (North Herts)

| EARLY YEARS – SEND GROUPS | | | |
|---|--|--|--|
| NORTH HERTS FAMILY | 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) | Cat desication dischessing Supporting your Child's Development in the Early Years which thank for the investigate level to be a concerned or surface on a validate of the content on an ordinate of the content on a validate of the content of the co | |
| CENTRE | SEND Playgroup At the British Schools Museum | 2 - 2 % YEARS 3 - 4 YEARS 3 - 4 YEARS The term effect your district as the district of the control of the contr | |
| SEND Drop In - Free Drop In | 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 | | |
| Parent & Toddler Groups North Herts & Stevenage | Broadwater Family Centre, Longmeadow Primary School, Oaks Cross, Stevenage SG2 8LT Thursdays 10am to 11:15 (all year) | In Jib moveller, part will be be intended to formed a which and a common of the production of the prod | |
| | Royston & Villages Family Centre, Roman Way First School, Burns Road, Royston SG8 5EQ Fridays 9:30am to 10:45am from 24 October. | adocal all spoot on a custic or of control o | |
| 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 | And the second s | |