QUICK LINKS – NEW THIS WEEK & NEWS

TRANSITION PHASES

Transitions - school/college/work

Choosing the right school for your family

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.**

Anxiety, Stress, and Panic

EXAM TIME

Exam and Revision Stress

Exam Tips for Neurodivergent and Disabled Students | YoungMinds

Neurodiversity Support

Info on exam stress - for 11-18 year olds | Mind - Mind

Support on a page

These resource documents are now available to download from the Local Offer. You'll find them all on the relevant pages in the Services for Children and Young People's area on the Local Offer website, or you can download them with the links provided below.

- Speech, Language and Communication (pdf 166kb)
- Neurodiversity (pdf 195kb)
- Learning difficulties (pdf 143kb)
- Deafness and sight loss (pdf 145kb)
- Physical needs (pdf 144kb)
- Behaviours that challenge (pdf 181kb)
- Mental health (pdf 204kb)

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DSPL1 Delivering Special Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 136
20/05/2025

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

Space Herts new this week/coming soon **NEW PAID ACTIVITIES DURING HALF TERM** **NEW ONLINE COOKING** **NEW ADHD IN GIRLS AND WOMEN** **NEW UNDERSTANDING TICS & TOURETTES** **NEW ANXIETY AND SEND**	ADD-Vance new this week/coming soon **NEW APPLYING FOR AN EHCP** **NEW PREPARING FOR AN EHCP** **NEW WORKING IN PARTNERSHIP WITH SCHOOL** **NEW UNDERSTANDING NEURODIVERGENT TEENS** **NEW TIPS/TOOLS MANAGE SCHOOL ABSENCE**	Angels Support Groups this week **SUPPORT GROUPS: IN PERSON & EVENINGS** **NEW EMOTIONALLY BASED SCHOOL AVOIDANCE** **NEW TRIBUNALS** **NEW Q&A WITH SARAH LEWIS-HAYES**
Supporting Links **NEW DATES ADDED** **TALKING TEENS** **TALKING DADS/MALE CARERS** **STRESS & ANXIETY** **COPING WITH CHANGE**	NESSie this week/coming soon **WHEN CHILDREN & YOUNG PEOPLE STRUGGLE TO ATTEND SCHOOL**	Child Wellbeing Practitioners **NEW EMOTIONAL WELLBIENG AND REGULATION** **NEW SLEEP WORKSHOP** **NEW DEVELOPING CHILD'S EMOTIONAL LITERACY** **SCHOOL AVOIDANCE**
NHS Talking Therapies **UNDERSTANDING ADHD AND LOW SELF-ESTEEM** **WHAT IS DYNAMIC INTERPERSONAL THERAPY** AUTISM HERTFORDSHIRE	**Families in Focus** **MORE NEW DATES ADDED** **COMPLETE GUIDE TO PARENTING CHILDREN WITH AUTISM/ADHD** **HANDLING ANGER OF CHILDREN WITH AUTISM/ADHD** **HANDLING ANGER OF CHILDREN (NO SEND)**	SEND NEWS – SUBSCRIBE FOR UPDATES **IN THIS ISSUE:** • MY VOICE - VOLUNTEERING OPPORTUNITIES FOR YOUNG PEOPLE WITH DOWN SYNDROME IN HERTFORDSHIRE'S LIBRARIES (AGES 14-24) • OPPORTUNITY TO CONTRIBUTE TO THE HOUSE OF LORDS AUTISM ACT INQUIRY • YOUNG PEOPLE TELL US ABOUT THEIR CONDITIONS AND DIAGNOSES IN A NEW SERIES OF VIDEOS (ALL AGES) • HELP FOR EXAM AND REVISION STRESS (AGES 15+) • EVENTS

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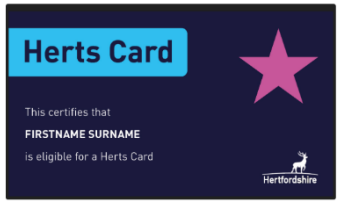
	Recorded Webinars (various topics) Neurodiversity Support	Herts Card - additional needs database (previously HAND) 
Help us improve the process for Stage 1 SEND complaints (all ages)	Colleagues from our SEND Resolution Service (the team that manages complaints and appeals about EHCPs) would like to hold a parent carer experience group. **If you are a parent carer who submitted a stage 1 complaint, which has since been closed in the last 3 months, the team would love to hear from you. A stage 1 complaint is the first stage of the formal complaint process.** **What will the group be like?** The group will help the Resolution Service gain an understanding of your experience with the SEND service and how we can share this learning to the wider service to enable improvement and development, with a focus on seeking early resolutions for families. A member of the team will be there, and service managers from other teams may also attend, to hear feedback abut other parts of the SEND system, too.	**If you are interested and would like to find out more, please email sendstrategy@hertfordshire.gov.uk.** We are holding the first session on Thursday 8th May, 10-11am, online. **If you cannot make this date and time but would be interested in taking part in the future, please get in touch and we can contact you ahead of the next session.**

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SIGNPOSTING

Signposting	Previous Weekly, Parent Guide : News	
The SEND 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 and services for families and young people with SEND. Click HERE for details.	
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. 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.	
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.
Voices of Hertfordshire Voices of Hertfordshire	Voices of Hertfordshire - YouTube Instagram: Voices of Hertfordshire @voicesofhertfordshire	**Free online wellbeing groups for neurodivergent and/or disabled young people (ages 13-25)** 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
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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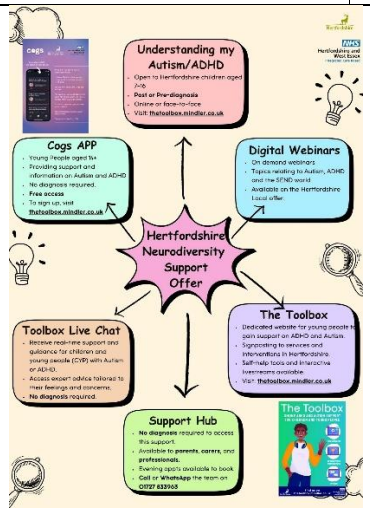
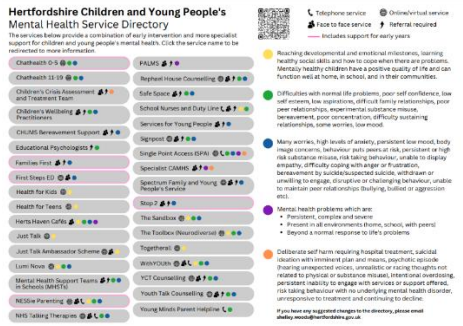
DSPL 1 (North Herts)

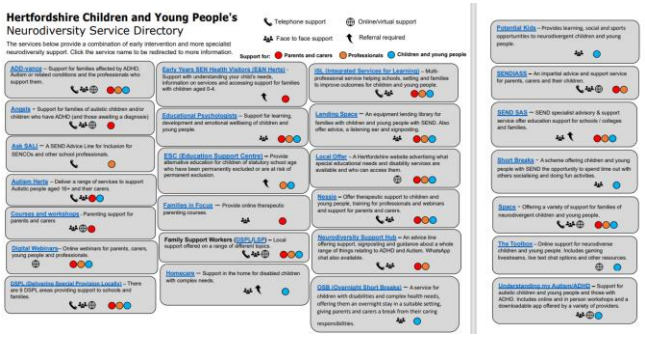
dspl1admin@wransom.herts.sch.uk
(please email if you need the flyers or further information)
Updates and Resources (nhdspl.org.uk) Find us on Facebook and Twitter

JustTalk

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







CYPMHS Service Directory - SW

Nutritionists supporting one to one sessions at First Steps ED Wellbeing Workshop, Avoidant Restrictive Food Intake Disorder (ARFID) Support Group, Binge Eating Workshops

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

Occupational Therapy Referral Form

Speech & Language Referral Form

Physiotherapy Referral Form

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

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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).*
Understanding Autism Workshop Tickets, Thu 22 May 2025 at 10:00 | Eventbrite	Understanding Autism Workshop
Puberty and Neurodiversity Tickets, Fri 23 May 2025 at 10:00 | Eventbrite	Puberty and Neurodiversity
Gaming Club (Watford) Tickets, Sat 24 May 2025 at 10:00 | Eventbrite	Gaming Club (Watford)
Children's Pottery Painting Tickets, Sat 24 May 2025 at 10:00 | Eventbrite	Pottering Painting (Knebworth)
Doughnutting Tickets, Thu 29 May 2025 at 13:30 | Eventbrite	Doughnutting (Welwyn)
Online Cooking Tickets, Mon 2 Jun 2025 at 17:30 | Eventbrite	Online cooking
ADHD in Girls and Women Tickets, Mon 2 Jun 2025 at 18:30 | Eventbrite	ADHD in Girls & Women
Understanding Tics and Tourette's Tickets, Tue 3 Jun 2025 at 10:00 | Eventbrite	Understanding Tics and Tourette
Sensory Signs, Signals and Solutions Workshop Tickets, Tue 3 Jun 2025 at 19:00 | Eventbrite	Sensory Signs, Signals and Solutions
Anxiety and SEND Tickets, Wed 4 Jun 2025 at 10:00 | Eventbrite	Anxiety and SEND
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events | Eventbrite	Additional Activities

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Autism Hertfordshire	
Evening Groups	*Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246 orenquiries@autismherts.org for details*
Daytime Groups	*Community based sessions where attendees can take advantage of regular walks or lunches in local cases with their peer group. Supported by two staff members, across Herts. contact 01727 743246 orenquiries@autismherts.org for details*
ADD-Vance	*A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. Some HCC Funded workshops are recorded to enable you to watch at a convenient time.*

Tips & Tools to Manage Sensory Differences - FREE ONLINE WORKSHOP Tickets, Fri 23 May 2025 at 10:00 | Eventbrite	Tips & Tools Manage Sensory Differences
Applying for an EHCP - FREE ONLINE WORKSHOP Tickets, Mon 2 Jun 2025 at 19:00 | Eventbrite	Applying for an EHCP
Preparing for an EHCP Review - FREE ONLINE WORKSHOP Tickets, Wed 4 Jun 2025 at 10:00 | Eventbrite	Preparing for an EHCP
Working in Partnership with School - FREE ONLINE WORKSHOP Tickets, Fri 6 Jun 2025 at 10:00 | Eventbrite	Working in partnership with school
Understanding Neurodivergent Teens - FREE ONLINE WORKSHOP Tickets, Mon 9 Jun 2025 at 10:00 | Eventbrite	Understanding Neurodivergent Teens
Tips & Tools to Manage School Absence - FREE ONLINE WORKSHOP Tickets, Wed 11 Jun 2025 at 10:00 | Eventbrite	Tips/Tools Manage School Absence

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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**
			22 May – Evening Parent/Carer Support
3 June – Emotionally Based School Absence	5 June – Meet Up and Chat		
10 June – Q&A with Sarah Lewis-Hayes		12 June – Meet Up and Chat	
17 June – Charley Crow – Specialist Advisors Support Service - Transitions			19 June – Evening Parent/Carer Support Group
24 June – Tribunals	26 June – Meet Up and Chat		
1 July – Supporting your child's sensory needs		3 July Meet Up and Chat	
8 July – Nice2Meet Ya – Rejection Sensitive Dysphoria			10 July – Evening Parent/Carer Support Group
15 July – Surviving the Summer holidays	17 July – Meet Up and Chat		
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)	
ASD & ADHD RESPONDING TO ANGER	**Talking ASD & ADHD: Responding to Anger (764) For parents/carers in Herts. Registration, Mon 9 Jun 2025 at 19:30 | Eventbrite**		Responding to Anger
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19	Wednesdays 7:45pm to 9:15pm 7 May to 18 Jun ONLINE COURSE ID 759	Tuesdays 7:45pm to 9:15pm 3 Jun to 8 July ONLINE COURSE ID 760	Talking Teens
Talking Dads/Male Carers 6 Weekly sessions for Dads/Male Carers of all ages		Wednesdays 7:45pm to 9:15pm 4 Jun to 9 Jul ONLINE COURSE ID 761	Talking Dads/Male Carers
Talking Additional Needs (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-19.		Tuesdays 8pm to 9:30pm 6 May to 17 June ONLINE COURSE 756	Talking Additional Needs
Talking ASD & ADHD The Teenage Years	**Talking ASD & ADHD: The Teenage Years (765) For parents/carers in Herts. Registration, Wed 25 Jun 2025 at 19:30 | Eventbrite**		The Teenage Years
Talking ASD & Tech	**Talking ASD & ADHD: Tech Use (766) For parents/carers in Herts. Registration, Wed 2 Jul 2025 at 09:30 | Eventbrite**		Tech
Talking Families 6 weekly sessions for parents and carers of children aged 0-12	Thursday 9:45am to 11:15am 8 May to 19 Jun ONLINE COURSE ID 757 Tuesdays 8pm to 9:30pm 6 May to 17 June ONLINE COURSE ID 758	**NEW DATES** Thursdays 9:45am to 11:15am ONLINE COURSE ID 757 5, 12, 19, 26 June, 3, 10 July	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 Current SEND courses – Families in Focus
Handling anger in your family (no SEN Needs) Increase understanding of why children react with anger and learn tried and tested techniques to support children to de-escalate and change reactions to trigger situations to bring harmony and calm for the whole family.	NEW DATES: Tuesday mornings 9:30am to 11:30am 3, 10, 17, 24,June & 1, 8 July	Handling Anger in your family
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.	Weds, 23, 30 Apr, 7, 14, 21 May, 4, 11, 18, 25 June 9:30am to 11:30am or 6:30pm to 8:30pm NEW DATES Tuesdays 9:30am to 11:30am OR 6:30pm to 8:30pm 9, 16, 23, 30 September, 7, 14 October & 4, 11, 18 November	A Complete Guide to parenting children with Autism and ADHD
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: Monday afternoon 12:30pm to 2pm: 2, 9, 16, 23, 30 June & 7 July NEW DATES (EVENINGS) Monday 6:30pm to 8:30pm 2, 9, 16, 23, 30 June & 7 July	Handling anger Primary aged children (Autism/ADHD)

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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
Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Thu 29 May 2025 at 18:00 | Eventbrite		Emotion Wellbeing Workshop
Sleep Workshop (Child and Adolescent) Tickets, Mon 9 Jun 2025 at 18:00 | Eventbrite		Sleep Workshop
Developing Your Child's Emotional Literacy Tickets, Tue 17 Jun 2025 at 10:00 | Eventbrite		Developing your child's emotional literacy
Child General Emotional Wellbeing and Regulation Tips for Parents/Carers Tickets, Thu 19 Jun 2025 at 18:00 | Eventbrite		Emotional Wellbeing and Regulation
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	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**
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'™ 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

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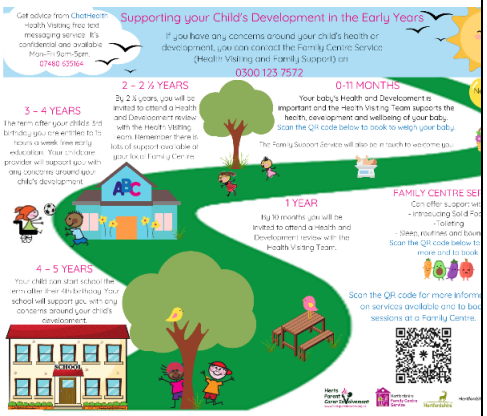
EARLY YEARS – SEND GROUPS

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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