



QUICK LINKS – NEW THIS WEEK & NEWS

TRANSITION PHASES & EXAMS

Road to Year 7 - WithYouth

- **Services for Young People** : [Get September Ready July 2024 news story](#). **North Herts** 16th July, 1.30-3.30pm, at Letchworth Young People's Centre. **Stevenage** 17th July, 1.30-3.30pm, at Stevenage Young People's Centre
- [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 and Revision Stress](#)
- [Hertfordshire | Togetherall](#)

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 \(pdf 204kb\)](#)

GRIT'S SUMMER WELLBEING WORKSHOP

3 FEELGOOD DAYS OF:

- BOXING
- FITNESS
- CREATIVITY
- FUN!

WHEN 5TH-7TH AUGUST OR 19TH-21ST AUGUST 9:30-15:30

WHO AGE 11+

WHERE ELITE GYM STATION APPROACH HITCHIN

BOOK NOW HELLO@GRITCHARITY.ORG

GRIT: GROWING RESILIENCE IN TEENS

LIMITED SPACES AVAILABLE

SUGGESTED £10 DONATION PER DAY

EMPOWERING PARENTS TO HELP CHILDREN THRIVE

Bounce Forward | **HKF** | **HARRY KANE FOUNDATION**

Bounce Forward, in collaboration with the Harry Kane Foundation, are giving a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.

What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Reframing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to correct misapprehensions
- Enabling a growth mindset and focusing on strengths

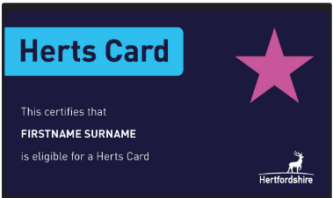
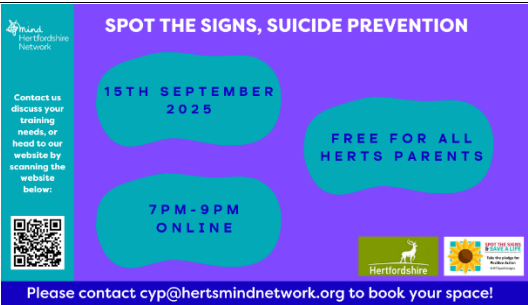
17,000+ parents highly rate this programme

REGISTER HERE



Space Herts new this week/coming soon NEW ANXIETY & SEND NEW UNDERSTANDING AND SUPPORTING EXECUTIVE FUNCTION NEW THE EHCP PROCESS SUBMISSION TO FINALISATION NEW NO TWO BRAINS ARE THE SAME NEW BEHAVIOUR AS A COMMUNICATION: A THERAPEUTIC APPROACH	ADD-Vance new this week/coming soon NEW TIPS/TOOLS TO MANAGE EVERYDAY CHANGES NEW TIPS/TOOLS SUPPORT EMOTIONAL DEVELOPMENT NEW TIPS/TOOLS SUPPORT SOCIAL SKILLS NEW TIPS/TOOLS POSITIVE BEHAVIOUR	Angels Support Groups this week SUPPORT GROUPS: IN PERSON & EVENINGS NEW MEET UP AND CHAT NEW SURVIVING THE SUMMER HOLIDAYS NEW TRIBUNALS NEW NICE2MEET YA – REJECTION SENSITIVE DYSPHORIA
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 – WEBINAR PLAYBACK	Child Wellbeing Practitioners NEW ADOLESCENT SELF-ESTEEM/RESILIENCE NEW DEVELOPING YOUR CHILD'S EMOTIONAL LITERACY NEW GENERAL EMOTIONAL WELLBEING NEW SCHOOL AVOIDANCE
NHS Talking Therapies UNDERSTANDING ADHD AND LOW SELF-ESTEEM WHAT IS DYNAMIC INTERPERSONAL THERAPY	FAMILY LIVES NEW GETTING ON WITH YOUR PRE-TEEN/TEENAGER NEW LESS SHOUTING, MORE COOPERATION NEW SORTING OUT FAMILY ARGUMENTS NEW ANXIETY AROUND ADHD	SEND NEWS: View SEND News here • Share your views for the SEND summit (all ages) • Hertfordshire's HAPpy Camps are back for summer (ages 5-16) • Free summer activities at Hudnall Park for young people with SEND (aged 13-19) • Get September ready - support form Services for Young People for students in year 11



Anger Avengers - WithYouth Lumi Nova Online Group - WithYouth Anxiety, Stress, and Panic 	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)	• New online groups to support wellbeing and transition (ages 5-18) • Events
Herts Card - additional needs database (previously HAND)	 Recorded Webinars (various topics) Neurodiversity Support	
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 about 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.



First Steps ED	Workshops & Support Groups for Eating Disorders First Steps ED - Body Image Workshop - Boys and Men Workshop	- ARFID Support Workshop (Avoidant Restrictive Food Intake Disorder Binge Eating Workshop) - Young People's Wellbeing Workshop - Finding Peace with Food Workshop	See website for full details
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SUMMER HOLIDAYS

	Angels Support Group – Surviving the Summer Holidays Tuesdays – Zoom 10am to 12pm 15 July 2025 Angels 2025 Programme Summer Term April - July 2025	
	Hertfordshire Holiday Activity Programme HAPpy – Bookings go live 26 June 2025, FREE for children/teens living in Hertfordshire who get benefits free school meals. HAPpy Activity Camps	
	Events for Young People – SPACE Hertfordshire SPACE activities are always very popular. To receive details of upcoming activities as soon as they are available to book, please join our community on Facebook and follow us on Eventbrite	
	SEND Local Offer Hertfordshire County Council	Neurodiversity Support
	Find an Activity - Herts Disability	Short Breaks
	Holidays – guide for parents and carers	Guest blog: Just Being Me - creating inclusive events

Have your say on SEND in Hertfordshire - a message from Hertfordshire County Council

Hertfordshire's [SEND Summit](#) is taking place this September, and we want to ensure that the voices of families are at the heart of it. Your experiences and ideas will help shape the event and our future SEND Strategy. The survey includes questions about your experiences with SEND services, what you think should be discussed at the summit, and what changes would make the biggest difference to your family.

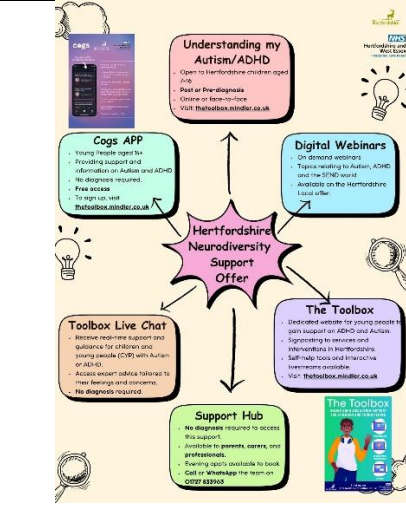
Please take a few minutes to [complete this short survey](#) and share your views.

Your feedback will help us improve support for children and young people with SEND across the county. Thank you for being part of this important conversation.



SIGNPOSTING

Signposting	Previous Weekly, Parent Guide : News	
The SEND Local Offer	<i>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.</i> www.hertfordshire.gov.uk/localoffer	
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 - 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
JustTalk	Mental health support for all children and young people in Hertfordshire (justtalkherts.org)	



Understanding my Autism/ADHD
Open to Hertfordshire children aged 5-16
No diagnosis required
Free access
To sign up visit theboxbox.herts.gov.uk

Cogs APP
Young people's app for providing support and information on Autism and ADHD
No diagnosis required
Free access
To sign up visit theboxbox.herts.gov.uk

Digital Webinars
On demand webinars
Topics relating to Autism, ADHD and the SEND world
Available on the Hertfordshire Local offer

Toolbox Live Chat
Receive real-time support and guidance for children and young people (CYP) with Autism or ADHD
Access expert advice tailored to their feelings and concerns
No diagnosis required

The Toolbox
Dedicated website for young people to gain support on ADHD and Autism
Supporting to review and interventions in Hertfordshire
Self-help tools and interactive resources available
Visit theboxbox.herts.gov.uk

Support Hub
No diagnosis required to access this support
Available to parents, carers, and professionals
Booking slots available to book
Call or WhatsApp the team on 01727 833963

Neurodiversity Support Hub
For Parents, Carers and Professionals in Hertfordshire
We can offer support, signposting and guidance about a whole range of things including but not limited to:

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

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

01727 833963
support@add-voice.org
Opening Hours
9AM - 1PM - Monday, Wednesday & Friday
9AM - 3PM - Tuesday & Thursday
7PM - 9PM - Wednesday (By App)
Here to support, reach out for a listening ear

Mental Health Support for adults in Hertfordshire

Get Advice
Hertfordshire Adult Mental Health Support
01455 551111
www.hertfordshire.gov.uk/adult-mental-health

Get Support
Hertfordshire Adult Mental Health Support
01455 551111
www.hertfordshire.gov.uk/adult-mental-health

Self-Referral
Hertfordshire Adult Mental Health Support
01455 551111
www.hertfordshire.gov.uk/adult-mental-health

Get Help
Hertfordshire Adult Mental Health Support
01455 551111
www.hertfordshire.gov.uk/adult-mental-health

Hertfordshire Children and Young People's Mental Health Service Directory

Telephone service: Online/virtual service

Face to face service: Referral required

Indicates support for many years

- Childhood 0-5
- Childhood 6-11
- Childhood 12-17
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**New countywide services
for Hertfordshire children & young people
ages 5-19th birthday
begin 1 April 2025**

Hertfordshire's new county-wide counselling (previously known as community counselling) and creative therapies services open for referrals on 1 April 2025 for children and young people from the age of five, up to their 19th birthdays who are registered with a Hertfordshire GP.

Both services accept self-referrals, as well as referrals via professionals. They will both be offering groups, one-to-one, online and in person options, at various locations throughout the county, based on the specific needs of each child/young person.

How do I know whether counselling or creative therapies would be more suitable for a child or young person?

Different therapies work for different people at different times.

Counselling can work well for children and young people who feel able to open-up to a registered counsellor about things that may be quite personal or difficult for them to talk about, including their feelings and behaviour. Creative therapies may be more suitable for those who find it easier to understand and express themselves through creative art forms, such as play or drama with a registered creative therapist.

If you're still unsure, please don't worry! As part of their assessment process, Hertfordshire Mind Network (counselling provider) and Signpost (creative therapies provider) will consider which type of therapy may be most suitable for a child or young person's needs.

Find out more and make a referral for:

- *Counselling from Hertfordshire Mind Network (link/information coming soon)*
- **Creative therapies from Signpost) (link/information coming soon)*

**Creative therapies is a newly funded service in Hertfordshire from 1 April 2025, with a limited number of funded spaces available for children and young people who might benefit from it.*

Hertfordshire's CYPMHS system will be closely monitoring demand for creative therapies against Signpost's capacity, as well as the outcomes for the children and young people who use this new service.

Please bear with us during this information-gathering period and please also ensure that children, young people and families are aware of and using the wide range of other Herts CYPMHS whilst they are waiting: www.hertfordshire.gov.uk/youthmentalhealth



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DSPL 1
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(please email if you need the flyers or further information)

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

Find us on Facebook and Twitter

SPACE Herts	<i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>	
Puberty and Neurodiversity Tickets, Thu 3 Jul 2025 at 18:30 Eventbrite		Puberty and Neurodiversity
Anxiety and SEND Tickets, Fri 4 Jul 2025 at 10:00 Eventbrite		Anxiety and SEND
Understanding and Supporting Executive Functioning Difficulties Tickets, Mon 7 Jul 2025 at 10:00 Eventbrite		Understanding and Supporting Executive Function
The EHCP Process from Submission to Finalisation Tickets, Tue 8 Jul 2025 at 10:00 Eventbrite		The EHCP Process Submission to Finalisation
No Two Brains are the Same. What is Neurodiversity? Tickets, Wed 9 Jul 2025 at 10:00 Eventbrite		No Two Brains are the Same
Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Fri 11 Jul 2025 at 10:00 Eventbrite		Behaviour as Communication: A Therapeutic Approach
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite		Additional Activities



Autism Hertfordshire	
Evening Groups	<i>Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246 orenquiries@autismherts.org for details</i>
Daytime Groups	<i>Community based sessions where attendees can take advantage of regular walks or lunches in local cases with their peer group. Supported by two staff members, across Herts. contact 01727 743246 orenquiries@autismherts.org for details</i>
Helpline	Our telephone Helpline is open 9am-5pm, Monday to Friday for information, advice, and guidance on all aspects of Autistic Spectrum Conditions and associated problems. The telephone number is 01727 743246. We provide advice and support to autistic individuals, parents, carers, partners, and professionals. If you reach the answerphone, please leave your name, a short message and your contact number and we will call you back. Alternatively, you can e-mail us with your query at enquiries@autismherts.org . We aim to respond to any calls and/or emails within 48 hours of any working weekday. If responses are delayed, it may be because we are receiving a high volume of calls, but we will endeavour to get back to you as soon as we can.
Post-Diagnostic Support	There are various types of support you might want to explore after getting a diagnosis. You may need to approach/and or be supported by approaching professionals and local services for this support. You will be offered up to eight one-to-one sessions either online or in-person with a member of staff from Autism Hertfordshire.
ADD-Vance	<i>A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</i>
Tips & Tools to Manage Everyday Changes - FREE ONLINE WORKSHOP Tickets, Fri 4 Jul 2025 at 10:00 Eventbrite	Tips/Tools to manage everyday changes
Tips & Tools to Support Emotional Development - FREE ONLINE WORKSHOP Tickets, Mon 7 Jul 2025 at 19:00 Eventbrite	Tips/Tools Support Emotional Development
Tips & Tools to Support Social Skills - FREE ONLINE WORKSHOP Tickets, Wed 9 Jul 2025 at 10:00 Eventbrite	Tips/Tools Support Social Skills
Tips & Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Fri 11 Jul 2025 at 10:00 Eventbrite	Tips/Tools Positive Behaviour



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
		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.angelssupportgroup.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.		



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	ASD & ADHD: Responding to Anger (781) For parents/carers in Herts. Registration, Tue 23 Sep 2025 at 09:30 Eventbrite		Responding to Anger
ASD & ADHD The Teenage Years	Talking ASD & ADHD: The Teenage Years (782) For parents/carers in Herts. Registration, Mon 13 Oct 2025 at 19:30 Eventbrite		Teenage Years
ASD & ADHD School Avoidance	Talking ASD & ADHD: School Avoidance(783) For parents/carers in Herts. Registration, Mon 10 Nov 2025 at 19:30 Eventbrite		School Avoidance
ASD & ADHD Tech Use	Talking ASD & ADHD: Tech Use (784) For parents/carers in Herts. Registration, Mon 24 Nov 2025 at 19:30 Eventbrite		Tech Use
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19	NEW DATES Tuesdays 7:45pm to 9:15pm 16, 23, 30 Sept, 7, 14, 21 Oct Online Course ID 778 Thursdays 7:45pm to 9:15pm 6, 13, 20, 27 Nov, 4, 11 Dec Online Course ID 777		Talking Teens
Talking Dads/Male Carers 6 Weekly sessions for Dads/Male Carers of all ages	NEW DATES Wednesdays 7:45pm to 9:15pm 17, 24 Sept, 1, 8, 15, 22 Oct Online Course ID 779 Wednesdays 7:45pm to 9:15pm 5, 12, 19, 26 Nov, 3, 10 Dec Online Course ID 780		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.	NEW DATES Wednesdays 9:45am to 11:15am Sept 17, 24, Oct 1, 8, 15, 22 via Zoom Online Course ID 770	NEW DATES Wednesdays 8pm to 9:30pm Face to Face 5, 12, 19, 26 Nov 3, 10 Dec COURSE ID 771	Talking Additional Needs
NEW Talking Anxiety in Teens 6 weekly sessions for parents/carers of children aged 12-18	NEW DATES Tuesdays , 7:45pm to 9:30pm 16, 23, 30 Sept, 7, 14, 21 Oct online Course ID 776		Talking anxiety in teens
Talking Anger in Teens 6 weekly sessions for parents/carers of children aged 12-18	NEW DATES 4, 11, 18, 25 Nov, 2, 9 Dec Online Course ID 776		Talking Anger in teens
Talking Families	NEW DATES Wednesdays 8pm to 9:30pm		Talking Families



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[Updates and Resources \(nhdsp1.org.uk\)](https://nhdsp1.org.uk)

Find us on Facebook and Twitter

6 weekly sessions for parents and carers of children aged 0-12	17, 24 Sept, 1, 8, 15, 22 Oct Online Course ID 774 Thursdays 9:45am to 11:15am 18, 25 Sept 2, 9, 16, 23 Oct Online Course ID 772 Tuesday 8pm to 9:30pm 4, 11, 18, 25 Nov 2, 9 Dec Online Course ID 773	
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Families in Focus		<i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>
Email to book: bookings@familiesinfocus.co.uk		
Transforming family life through empathy - helping families to build strong family connections A proven therapeutic approach for parents of children aged 3 to 11 yrs, to increase positive family communication to manage behaviours that challenge, reducing behaviours that challenge and building your family's emotional wellbeing 3 x 2 hour sessions Email to book: bookings@familiesinfocus.co.uk		Transforming family life through empathy for Parents of children with SEND 4-10 years More dates coming soon in March 2025 Current SEND courses – Families in Focus
A complete guide to parenting children with Autism & ADHD FREE 10 week course for parents living in Hertfordshire and parenting a child with Autism or ADHD (with diagnosis or awaiting assessment) aged 2 to 11. Gain a greater understanding and answer the question 'why does my child do that?' Learn a range of strategies and solutions, to better manage behaviours that challenge. Understanding sensory needs of children. Increase understanding of children's common sleep issues.	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: (EVENINGS) Monday 6:30pm to 8:30pm 2, 9, 16, 23, 30 June & 7 July NEW DATES Wednesdays 9:30am to 11:30am OR 12:30pm to 2pm OR 6:30pm to 8:30pm 10, 17, 24 September, 1, 8, 15 October	Handling anger Primary aged children (Autism/ADHD)



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.	
Getting on with your pre teen/teenager (6 weeks) online group	Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.	Wednesday, 4 June to 9 July 7pm to 9pm
Less Shouting, More Cooperation (6 weeks) online group	Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.	Friday 6 June to 11 July 9:30am to 11:30am
Sorting out family arguments (6 weeks) online group	Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.	Tuesday, 10 June to 15 July 7pm to 9pm
Anxiety around ADHD online workshop	A workshop that helps parents understand ADHD and provides strategies to help support you and your child	Tuesday, 24 June 9:30am to 11:30am
	For more information, please contact Louise or Lesley on 0204 522 8700/8701, or email services@familylives.org.uk . Please scan our QR code for our referral form.	



Herts Mind Network	Hertfordshire Mind Network	
Meeting Places	Meeting Places Hertfordshire Mind Network Online and Face to Face drop in groups	
Music Groups	Music Groups Hertfordshire Mind Network Online Music Group	
LGBTQ+	LGBTQ+ Group Hertfordshire Mind Network Online group for adults – safe space, peer to peer support, advice and information, build social networks	

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
	Adolescent Self-esteem and Resilience Workshop Tickets, Tue 8 Jul 2025 at 18:00 Eventbrite	Adolescent self-esteem/resilience
	Developing Your Child's Emotional Literacy Tickets, Thu 10 Jul 2025 at 18:00 Eventbrite	Developing your child's emotional literacy
	Child General Emotional Wellbeing and Regulation Tips for Parents/Carers Tickets, Wed 16 Jul 2025 at 10:00 Eventbrite	General emotional wellbeing
	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Thu 31 Jul 2025 at 10:00 Eventbrite	Emotional wellbeing
	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	



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CARERS IN HERTS

[Carers](#) In Herts Evening Phone Support

Evening Phone Appointments available
5:30pm to 7:30pm on Wednesdays
Book now: contact@carersinherts.org.uk / 01992 58 69 69

Monthly Support Group

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



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)	



NESSie		<i>Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.</i>	
NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.		FREE online and face-to-face workshops on a range of mental health issues that affect children and young people. Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups. support advice sessions. Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio	
Webinar Playback	Supporting a Child Struggling to Attend School	Nessie Public Booking Platform V3.0 (procfu.com)	
NESSie		<i>Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.</i>	
'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	



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](#)

