



The **SEND** Local Offer



Hertfordshire Additional Needs Database (HAND)	Hertfordshire Additional Needs Database – voluntary register of disabled children and young people aged 0-25. By joining the register you can get discounts at places around the county and beyond.	Short Breaks	Short breaks offer disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with confidence their child is well supported by a trained worker. They include holiday and Saturday clubs, with activities ranging from Lego and computer skills to buddying sessions.
Educational, health and care plans (EHCP)	If SEN support isn't enough, then an Education, Health and Care Plan might be the next step.	Support with education	The educational support your child is entitled to, types of education and how to access learning if your child can't get into school
Courses and activities in Hertfordshire	Find courses, clubs and activities for you and your family, and short breaks and childcare too.	Early Years (ages 0-5)	Help available in the early years, including health visitors and family centres.
Contact a SEND service	Information on how to contact SEND service and details of their Advice Lines	Services for children and young people (ages 0-25)	From doctors and dentists to more specialist support for complex needs.
Preparing for adulthood	Thinking about your child's future early can help to relieve some of the worries you might have. Advice on how you and your child can prepare.	Services for parents, carers and families	Organisations who support parents, carers and families of children with SEND in Hertfordshire.
Money	Financial support you can apply for yourself, money advice, and funding professionals can get too.	Feedback	Find out how you can shape SEND services, or what to do if you're not happy.
The SEND Local Offer has lots of resources including:	Watch at a time to suit you webinars – Autism and ADHD ADD-vance Understanding ADHD Webinar ADD-vance Understanding Autism Webinar	ADHD Foundation – a Teenager's guide to living with ADHD SEND documents and resources (hertfordshire.gov.uk)	

QUICK LINKS – new this week & news

ADD-Vance new this week/coming soon	Angels Support Groups this week	Watch now: Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.
NESSie this week/coming soon	Space Herts new this week/coming soon	SEND News Sign up for SEND News for email updates SEND news - 15 August 2024 (hertfordshire.gov.uk)
Families in Focus new courses for Autumn	Family Lives	Autism Hertfordshire Transition Service for 16-20 year olds Upcoming Events » Autism Bedfordshire Support Groups » Autism Bedfordshire
Supporting Links new courses for Autumn	Herts Mind Network	ADHD Foundation Resources Archive - ADHD Foundation : ADHD Foundation
Families Feeling Safe	Wellbeing: Young People	Autism UK Social stories and comic strip conversations (autism.org.uk)



FOLLOW Help develop Speech, Language & Communication Skills at home	FOLLOW Linktree Introducing the FOLLOW campaign! A very simple and easy to use set of strategies that parents and carers can use with their little ones to help develop speech, language and communication skills at home. For more information, please use the link below. https://linktr.ee/EYFOLLOW
Hertfordshire Community NHS Trust	Children & Young People's Therapies referral forms are now Online! What is changing? Starting on the 4th March, HCT will launch the updated digital referral forms. These changes have been made to help improve patient experience by providing easier access to services and streamlining the overall process. CYPT services includes Children's Occupational Therapy, Physiotherapy & Speech, and Language Therapy. The digital referral form route is accessible by an online link for use by appropriate referrers including Schools, Parents/Carers, Self-referrals, GP's and Health Care Professionals. You can make a referral to these services by following the below links or visiting our website www.hct.nhs.uk   



Mental Health Survey for young people and their families (ages 5-18)

We're looking for feedback from parents, carers & young people in a short survey which will help us understand more about people's experiences of Children & Young People's Mental Health Services (CYPMHS). [Complete the survey](#) to be in with a chance of winning Wagamama and Hollywood Bowl vouchers. **Tell us your views by 20 September.**

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.

Chathealth 0-5	PALMS
Chathealth 11-19	Rephael House Counselling
Children's Crisis Assessment and Treatment Team	Safe Space
Children's Wellbeing Practitioners	School Nurses and Duty Line
CHUMS Bereavement Support	Signpost
Educational Psychologists	Single Point Access (SPA)
Families First	Specialist CAMHS
First Steps ED	Spectrum Family and Young People's Service
Health for Kids	Step 2
Health for Teens	The Sandbox
Herts Haven Cafés	The Toolbox (Neurodiverse)
Just Talk	Togethereal
Just Talk Ambassador Scheme	WithYOUTH
Lumi Nova	YCT Counselling
Mental Health Support Teams (MHSTs)	Youth Talk Counselling
NESSE Parenting	Young Minds Parent Helpline
NHS Talking Therapies	



Telephone service Online/virtual service
Face to face service Referral required
Includes support for early years

- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawal or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
- Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
- Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.

If you have any suggested changes to the directory, please email shelley.moody@hertfordshire.gov.uk

[CYPMHS Service Directory - SW \(justtalkherts.org\)](https://www.justtalkherts.org)

[Mental health support for all children and young people in Hertfordshire \(justtalkherts.org\)](https://www.justtalkherts.org)

Mental Health Support for adults in Hertfordshire

Get Advice
Advice less
www.eatsheds.com
Hertfordshire and Mid-Essex Talking Therapies
Call: 0800 644 101
www.hfth-tpt.nhs.uk
Samaritans
Call: 116 123
www.samaritans.org
Shout
Text: SHOUT to 83258
www.giveasouth.org
Mind Online Community
Website: adviceforthemind.org.uk
Herts Mind Network
Call: 0203 727600
www.hertsmindnetwork.org
Mindline Times
Call: 0330 330 5468
Mind in Mel Herts
www.mindinherts.org.uk
CALM
Call: 0800 555818
Webchat: www.thecalmline.net
SilverCloud
Website: uk.silvercloudhealth.com
SANE
Call: 0300 304 7000
www.sane.org.uk
From emergency, please consider contacting your local Community Pharmacist.

Get Support
Support Togetherall
www.togetherall.com
POWHER Advocacy
www.powher.net
Call: 0500 455 3370
Crisis Bereavement Support
Call: 0800 805 1577
www.crisis.org.uk
Healthy Hubs Hertfordshire
www.healthyhubs.org.uk
Herts Mind Network Nightlight
Crisis Helpline Call: 01923 256391
One YNCA
Email: herts@oneynca.org
www.oneynca.org
SignHealth (BSL)
www.signhealth.org.uk

Self-Referral
BSL Talking Therapies
www.signhealth.org.uk
BSL Crisis Text Service
Text: 0547 to 83258
BSL Psychological Therapy
Text: 07984 432473 | Call: 01494 687606
Herts Mind Network Nightlight
Crisis House Overnight Beds, Call: 01923 256391
HertsTalk
Call: 0300 125 4544 | www.hertstalking.net
Mind in Mel Herts
Call: 03303 208300
Email: admin@mindinmelherts.org.uk

Get Help
Herts Mind Network
Highlight Crisis Cafés
Call: 01923 256391
Community Pharmacy:
Ask for AN (Action Needed Immediately) codecard to enable victims of domestic abuse to access immediate help.
Hertfordshire Partnership University NHS Foundation Trust
Freephone: 0800 6444 101
www.hfth-tpt.nhs.uk
NHS 111, option 2 for mental health services
You can contact your local hospital for further help.

Seriously ill or injured dial 999 for the emergency services

Scan here for full contact details and opening hours

Working together for a healthier future

Herts Haven Cafés

For 10 - 18 year olds

- No referrals, no judgements – just an open door and a safe welcoming space to talk
- Professional workers to support you with your wellbeing
- Practical help at your fingertips – coping strategies, stress management techniques and more!
- Emotional support tailored to your needs

For more information scan the QR code

Opening times and locations

The cafés are open in Watford, Hemel Hempstead and Stevenage across the week.

Day	Time	Location
Mon	3:30 – 8pm	Watford Palace Theatre
Tue	3:30 – 8pm	Bowes Lyon, Stevenage
Wed	3:30 – 8pm	Bowes Lyon, Stevenage
Thu	3:30 – 8pm	Quaker Meeting House, Hemel Hempstead
Sat	12pm – 5pm	Bowes Lyon, Stevenage
Sat	12pm – 5pm	Quaker Meeting House, Hemel Hempstead

T: 0208 169 8400 E: cyp@hertsmindnetwork.org W: www.withyouth.org

Nutritionists supporting one to one sessions at First Steps ED



www.hertfordshire.gov.uk/youthmentalhealth

Nutritionists are now embedded into one to one support pathways at First Steps ED. This is following the latest advice and guidance in ensuring the best outcomes for children and young people with eating difficulties.

First Steps to Understanding Eating Disorders (First Steps ED) is for Hertfordshire's children and young people aged 5-18, parents/care givers. The service provides digital and face to face one-to-one support sessions, as well as weekly psychoeducation and group support programmes (**Wellbeing Workshop, Avoidant Restrictive Food Intake Disorder (ARFID) Support Group, Binge Eating Workshops** etc). Parents, carers and older siblings can also gain access to First Steps ED's Parent Support Programme.



<i>'Introduction to the SEND Local Offer website' – webinar</i> <i>The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.</i> <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	(For professionals) Tuesday 24 September at 10am - 11am Join the meeting (for professionals AND parent carers) Wednesday 25 September 8pm - 9pm Join the meeting <i>A quick note: The Local Offer website is different to Short Breaks (SBLO). We won't be going into detail about SBLO.</i>
Free online wellbeing groups for neurodivergent and/ or disabled young people (ages 13 - 25) Young neurodivergent and/or disabled people aged 13-25 (plus those awaiting diagnosis or young people with suspected diagnosis) can join KIDS for free self-care groups, every Thursday 3pm - 4pm throughout summer. Every week will be different. This is a space for you to recharge and reset. Every session you will be able to talk and get to know other young people. These will be safe spaces for peer support and connection so this is the place to share experiences and ask for advice. There will be an opportunity to try different types of movement such as dance, yoga and stretches. We'll end each session with some mindfulness that might include music and sounds. All activities are optional and you can join to talk and/or listen only. You will be able to take breaks when you need. All the movements can be adapted to be done from a chair. In the past, we have run peer support groups on: • Social anxiety • Protecting our mental health online • Boundaries • Autistic burnout • Making a self care plan	Young people suggested all the topics above themselves for groups and we are always open to what young people would like to talk to about. The young people have also suggested film and book discussion groups and a group to talk about their special interests, there is no shortage of ideas on what to do moving forward. All of the groups have time for the young people to input on what they want to do next. The groups can be a really good place to learn about neurodivergence in general and managing your mental health with respect to this and to ask any questions when you are at the start of the diagnostic process. If you have any questions or want to have a chat about this group, please email Orla at orla.price@kids.org.uk. Orla can also set up meetings with young people 1:1 to provide any support or answer any questions to do with accessing the groups. View all of the wellbeing groups - Young People's Hub from KIDS
'Cogs' wellbeing app for neurodiverse young people (ages 14+) Register for free access on the Toolbox website	'Cogs' is a wellbeing app created by and for the neurodivergent community. For ages 14+, it can help young people navigate their day, understand more about autism and ADHD and build positive habits.



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>	
First Steps - 6 Week Course (Buntingford) Tickets, Fri 20 Sep 2024 at 10:00 Eventbrite	First Steps – 6 week course	
Navigating the SEND World Tickets, Thu 5 Dec 2024 at 18:30 Eventbrite	Navigating the SEND World	
Sleep Workshop Tickets, Thu 5 Sep 2024 at 19:00 Eventbrite	Sleep Workshop	
Anxiety and SEND Tickets, Fri 6 Sep 2024 at 10:00 Eventbrite	Anxiety and SEND	
Talking SENSory - Signs, Signals and Solutions - 3 week course Tickets, Mon 9 Sep 2024 at 10:00 Eventbrite	Talking SENSory Signs/Signals/Solutions	
Understanding ADHD Tickets, Tue 10 Sep 2024 at 10:00 Eventbrite	Understanding ADHD	
Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Wed 11 Sep 2024 at 10:00 Eventbrite	Behaviour as Communication	
Navigating the SEND World Course - 4 week course Tickets, Thu 12 Sep 2024 at 18:30 Eventbrite	Navigating the SEND World	
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite	Additional Activities	
ADD-Vance	<i>A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</i>	
Identifying ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Mon 9 Sep 2024 at 19:00 Eventbrite	Identifying ADHD and/or Autism	
Understanding ADHD and Autism in the Primary Years - FREE 6 WEEK COURSE Tickets, Tue 10 Sep 2024 at 10:00 Eventbrite	Understanding ADHD and Autism (Primary)	
Understanding Autism - FREE ONLINE WORKSHOP Tickets, Wed 11 Sep 2024 at 10:00 Eventbrite	Understanding Autism	
Understanding ADHD and Autism - FREE 6 WEEK COURSE FOR DADS Tickets, Wed 11 Sep 2024 at 19:00 Eventbrite	Understanding ADHD/Autism – Dads 6 week course	
Understanding ADHD - FREE ONLINE WORKSHOP Tickets, Mon 16 Sep 2024 at 10:00 Eventbrite	Understanding ADHD	



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	Wednesdays – Letchworth 10am to 12pm The Pod, Northfields Infants	Thursdays – Stevenage 10am to 12pm The Phoenix Group	Thursdays – Zoom 7:30pm to 8:30pm
10 September Parent/Carer Support Group	11 September Meet Up & Chat in partnership with Letchworth Family Support Team		
17 September How the police can support families. PC Lewis Thompson		19 September Meet Up & Chat	
24 September Parent/Carer Support Group			26 September Parent/Carer Support Group
1 October Workshop: Social Stories & Comic Strip Conversations			
8 October Parent/Carer Support Group	9 October Meet Up and Chat in partnership with Letchworth Family Support Team		
15 October Workshop: Emotionally Based School Avoidance			17 October Meet Up and Chat
22 October Parent/Carer Support Group			24 October Parent/Carer Support Group
Podcasts: As it is World Autism Acceptance Week, here is our latest podcast discussing getting an Autism diagnosis as an... Instagram		Support Groups and workshops, Meet up and Chat www.angelssupportgroup.org.uk / Angels Summer Term Programme (angelssupportgroup.org.uk)	



<u>Supporting Links</u>	<i>A local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children.</i>	
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)	
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19 Wednesdays 5 June to 10 July 7pm to 9pm (In Person: Bushey) In Person Course ID 658	Tuesday 7:45pm to 9:15pm 17 September to 22 October ONLINE COURSE ID: 682 Wednesdays 7:45pm to 9:15pm 5 November to 10 December ONLINE COURSE ID 683 Wednesdays 7:45pm to 9:15pm 6 November to 11 December ONLINE COURSE ID 684	Talking Teens
Talking Anger in TEENS 6 Weekly Sessions for parents/carers of children aged 12-19	Wednesdays 7:45pm to 9:30pm 18 September to 23 October ONLINE COURSE ID 681	Talking Anger in TEENS
Talking Dads/Male Carers 6 Weekly sessions for Dads/Male Carers of all ages	Wednesdays 7:45pm to 9:15pm 18 September to 23 October ONLINE COURSE ID 685	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 2-25.	Mondays 8pm to 9:30pm 16 September to 21 October COURSE ID 675 Wednesdays 9:30am to 11:30am 6 November to 11 December Venue TBC St Albans Course ID 676	Talking Additional Needs
Talking Families 6 weekly sessions for parents and carers of children aged 0-12 Wednesdays 12 June to 17 July 8pm to 9:30pm (online) Course ID 653	Tuesdays 9:45am to 11:15am 17 September to 22 October ONLINE COURSE ID 678 Tuesdays 7pm to 9pm 5 November to 10 December STEVENAGE (venue TBC) COURSE ID 679 Thursdays 8pm to 9:30pm 19 September to 24 October ONLINE COURSE ID 680	Talking Families
Talking Anxiety in Families 6 Weekly Sessions for parents/carers of under 12's	Tuesdays 9:45am to 11:30m 5 November to 10 December ONLINE COURSE ID 677	Talking Anxiety in Families



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 Monday Evenings 6:30pm to 8:30pm September 9, 16, 23 Monday Mornings 9:30am to 11:30am September 16, 23, 30		
	Transforming family life through empathy for Parents of children aged 4-10 years Monday evenings 6:30pm to 8:30pm September 30, October 7, 14		
	Transforming family life through empathy for Fathers of children aged 4-10 years Wednesday evenings November 27, December 4, 11		
	Transforming family life through empathy for Grandparents of grandchildren aged 4-10 years Monday mornings 9:30am to 11:30am November 11, 18		
Handling anger of children with Autism & ADHD FREE 6 week course Increase understanding of how Autism and ADHD affects emotional regulation Increase awareness of a child’s sensory needs Increase your understanding of triggers that cause children’s angry outbursts Learn healthy anger management strategies for children and parents to reduce angry reactions	Tuesday mornings 9:30am to 11:30am OR Tuesday evenings 6:30pm to 8:30pm 10, 17, 24 September & 1, 8, 15 October		Handling anger of children with Autism & ADHD Current SEND courses – Families in Focus
A complete guide to parenting children with Autism & ADHD FREE 10 week course for parents living in Hertfordshire and parenting a child with Autism or ADHD (with diagnosis or awaiting assessment) aged 2 to 11. Gain a greater understanding and answer the question ‘why does my child do that?’ Learn a range of strategies and solutions, to better manage behaviours that challenge. Understanding sensory needs of children. Increase understanding of children’s common sleep issues.	Wednesday mornings 9:30am to 11:30am OR Wednesday evenings 6:30pm to 8:30pm September 11, 18, 25. October 2, 9, 16, 23. November 6, 13, 20		A Complete Guide to parenting children with Autism and ADHD Current SEND courses – Families in Focus



Family Lives	Within My Reach Within my Reach 8-week programme is for specifically designed 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 can 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	Within My Reach – 8 week programme, facing conflicts and struggling to find common ground raising neurodiverse child. Reducing Parental Conflict Parenting, or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk
Herts Mind Network	Staying Calm Course 17 & 24 September 2pm to 4pm Online Our Staying Calm course is not a therapy group. The course is psychoeducational and aims to give participants practical tips to better manage their emotions. This practical and reflective course enables participants to learn positive communication styles and ways to remain calm when difficult emotions arise.	Staying Calm Course - Mind in Mid Herts
Children's Wellbeing Practitioners	HCT Children's Wellbeing Practitioners Events Eventbrite Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child's Emotional Literacy	Check for available courses, please note they book up quickly
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
	Adolescent Self-esteem and Resilience Workshop Tickets, Mon 9 Sep 2024 at 18:00 Eventbrite	Self Esteem / Resilience
	Developing Your Child's Emotional Literacy Tickets, Mon 16 Sep 2024 at 18:00 Eventbrite	Emotional Literacy
	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 18 Sep 2024 at 18:00 Eventbrite	Emotional Wellbeing
	Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Mon 23 Sep 2024 at 10:00 Eventbrite	Child General Emotional Wellbeing/Regulation



EARLY YEARS – SEND GROUPS

NORTH HERTS FAMILY CENTRE

SEND Drop In - Free Drop In

[What's On North Herts District Summer 2024 \(mailchi.mp\)](#)

SEND Drop In - Free Drop In

Toddler Group: Arise and Shine
Letchworth Garden City Church, The Icknield Centre, Icknield Way,
Letchworth, SG6 1EF
Monthly from 10.00am to 11.30am

Toddler Group: Wrigglers & Tiddlers
Walsworth Road Baptist Church Hall, Walsworth Road, **Hitchin**, SG4 9SP
Monthly from 9:30am to 11.00am

Toddler Group: Friends First
Royston Methodist Church, Queens Road, **Royston**, SG8 7AU
Monthly from 9:15am to 11.00am

ARISE & SHINE

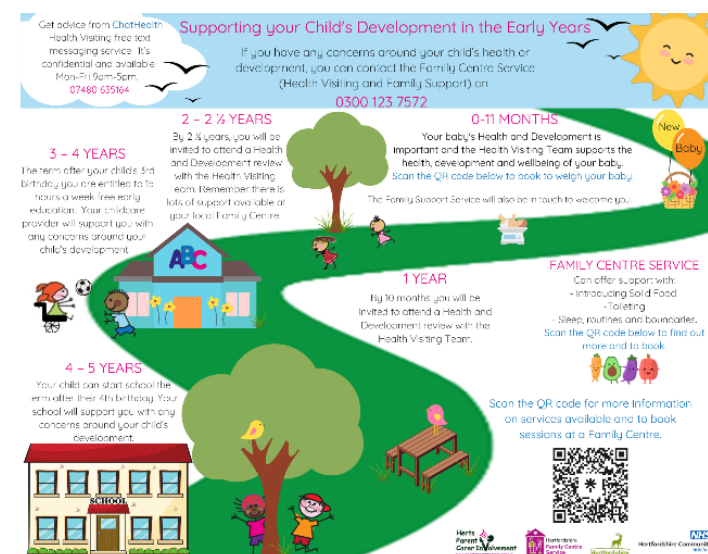
Letchworth Garden City Church
A **SEND pre-school toddler play group** and parent/adult support group.

ARISE & shine

- Sensory Play
- Bucket Time
- Toys
- Music
- Stories

Soft Play Letchworth Garden City Church, Icknield Way, Letchworth Garden City, SG6 1EF

Tuesdays 10am to 11:15am (term time only)
FREE to attend, donations welcome. Light refreshments are available.





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	
'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.			
Understanding My Autism: for school years 7-9 (online) Booking		This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	
Understanding My Autism: for school years 3-5 (online) Booking		This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	
Understanding My Autism: Supporting Transitions for School Years 5-6 (in person, Puckeridge) Booking		Tuesdays, 10 September to 3 December 4pm to 5pm	
Understanding My Autism: for school years 4-6 (online) Booking		This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be sent ahead of the first session.	
Understanding My Autism / ADHD for Girls, School Years 10 – 11 (in person, Stevenage) Booking		Wednesday 11 September to 4 December 11:15pm to 12:15pm	
Understanding My Autism/ADHD : for Girls, School Years 10 – 11 (in person, Hitchin) Booking		Wednesday 11 September to 4 December 4:30pm to 5:30pm	
Understanding My Autism/ADHD: for School Years 7 – 9 (online) Booking		Thursdays 12 September to 5 December 4:30pm to 5:39pm	
Understanding My Autism/ADHD: Boxing for School Years 7-9 (in person, Watford) Booking		Thursdays 12 September to 5 December 4:15pm to 5:15pm	