



### QUICK LINKS – new this week & news

<a href="#">ADD-Vance</a> new this week/coming soon <b>NEW 109</b> <ul style="list-style-type: none"><li>• Challenging Behaviour</li><li>• Support Group</li><li>• Manage Anger</li><li>• Sensory Differences</li></ul>	<a href="#">Space Herts</a> new this week/coming soon <b>NEW 109</b> <ul style="list-style-type: none"><li>• Sensory, Signs, Solutions</li><li>• LifeSearch</li><li>• Executive Functioning</li></ul>	<a href="#">Supporting Links</a> new courses for Autumn <b>NEW 109</b> <ul style="list-style-type: none"><li>• ASD/ADHD: The Teenage Years</li><li>• ASD/ADHD: Responding to Anger</li><li>• ASD/ADHD: Tech Use</li><li>• ASD/ADHD: School Avoidance</li></ul>	<b>Watch now:</b> <a href="#">Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.</a>
<a href="#">Angels</a> Support Groups this week	Child <a href="#">Wellbeing</a> Practitioners	<a href="#">SEND News</a> Sign up for SEND News for email updates <a href="#">SEND news - 15 August 2024 (hertfordshire.gov.uk)</a>	
<a href="#">NESSie</a> this week/coming soon	Family Lives	<b>Autism Hertfordshire Transition Service for 16-20 year olds</b> <a href="#">Upcoming Events » Autism Bedfordshire</a> <a href="#">Support Groups » Autism Bedfordshire</a>	
<a href="#">Families</a> in Focus new courses for Autumn  •	Herts <a href="#">Mind</a> Network	NHS <a href="#">Talking</a> Therapies	<b>ADHD Foundation</b> <a href="#">Resources Archive - ADHD Foundation : ADHD Foundation</a>
Families <a href="#">Feeling</a> Safe	<a href="#">Wellbeing</a> : Young People	Mental <a href="#">Health</a> First Aid <b>NEW 109</b> MHFA First Aid Training <b>NEW 109</b> One Day Champion Training	<b>Autism UK</b> <a href="#">Social stories and comic strip conversations (autism.org.uk)</a>



## The SEND Local Offer



<b>Hertfordshire Additional Needs Database (<a href="#">HAND</a>)</b>	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.	<b>Short <a href="#">Breaks</a></b>	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.
<b>Educational, health and care plans (<a href="#">EHC</a>)</b>	If SEN support isn't enough, then an Education, Health and Care Plan might be the next step.	<b>Support with <a href="#">education</a></b>	The educational support your child is entitled to, types of education and how to access learning if your child can't get into school
<b>Courses and <a href="#">activities</a> in Hertfordshire</b>	Find courses, clubs and activities for you and your family, and short breaks and childcare too.	<b><a href="#">Early Years (ages 0-5)</a></b>	Help available in the early years, including health visitors and family centres.
<b>Contact a <a href="#">SEND</a> service</b>	Information on how to contact SEND service and details of their Advice Lines	<b><a href="#">Services for children and young people (ages 0-25)</a></b>	From doctors and dentists to more specialist support for complex needs.
<b>Preparing for <a href="#">adulthood</a></b>	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.	<b><a href="#">Services for parents, carers and families</a></b>	Organisations who support parents, carers and families of children with SEND in Hertfordshire.
<b><a href="#">Money</a></b>	Financial support you can apply for yourself, money advice, and funding professionals can get too.	<b><a href="#">Feedback</a></b>	Find out how you can shape SEND services, or what to do if you're not happy.
<b>The SEND Local Offer has lots of resources including:</b>	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 <a href="#">SEND documents and resources (hertfordshire.gov.uk)</a>

Hertfordshire County Council and the NHS are delighted to share with you the exciting and new **Supporting your Neurodivergent Child handbook** that has been developed for Hertfordshire parent/carers and professionals. The [Neurodiversity Handbook](#) has useful resources, support and signposting on a whole range of things relating to Neurodiversity.

The resource is accessible to all regardless of whether the young person has a diagnosis or not, and can be used at any point during a young person's journey.



# The Toolbox

ONLINE ADHD AND AUTISM SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Find us on [thetoolbox.mindler.co.uk](http://thetoolbox.mindler.co.uk)

Hertfordshire West Essex Integrated Care Board

**FREE RESOURCES**  
**INFORMATION ON OTHER SERVICES**  
**LIVE CHAT**

Understanding my AUTISM/ADHD

A Range of Different Offers including an APP - You Choose

- Are you aged 7-16 and have either Autism, ADHD, or both? 🌟
- We are launching some amazing workshops that could help you learn more about yourself and how incredible you are. 🌟

Are you ready to embark on an incredible journey of self-discovery? Join us now! 🚀

[thetoolbox.mindler.co.uk](http://thetoolbox.mindler.co.uk)

thetoolbox.mindler.co.uk

ADD-vance, CogS, SPACE, Herts and Essex Integrated Care Board

## Understanding my Autism/ADHD

Do you have a child aged between 7-16 diagnosed with Autism, ADHD, or both?

We're thrilled to launch a range of exciting offers designed to support children and teens just like yours!

These workshops, are available online and in-person. Led by experienced professionals, sessions will provide tailored strategies to help your young person understand their Autism, and/or ADHD, in a fun and engaging way!

Referrals from professionals are welcome, or you can easily sign up your child yourself.

Are you ready to empower your child on their journey of self-discovery?

Find out more here: [thetoolbox.mindler.co.uk](http://thetoolbox.mindler.co.uk)

thetoolbox.mindler.co.uk

ADD-vance, CogS, SPACE, Herts and Essex Integrated Care Board

## 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

Are you a Parent, Carer or Professional?

01727 833963

[supporthub@odd-vance.org](mailto:supporthub@odd-vance.org)

Opening Hours  
9AM - 1PM - Monday, Wednesday & Friday  
9AM - 3PM - Tuesday & Thursday  
7PM - 9PM - Wednesday (By App)

supporthub@odd-vance.org

ADD-vance, CogS, SPACE, Herts and Essex Integrated Care Board, HCT, NHS

## Parenting SEN children when separated online programme

A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.

These courses will be delivered by MS Teams over 6 sessions, on the following dates:

- Tuesday 4, 11, 18, 25 June & 2, 9 July
- Wednesday 5, 12, 19, 26 June & 3, 10 July
- Evening: 7pm - 8pm

For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

We build better family lives together

[www.familylives.org.uk](http://www.familylives.org.uk)

[familylevethandbeds](http://familylevethandbeds)

SCAN ME

Hertfordshire, NHS

Family Lives is registered as a company limited by guarantee in England and Wales No. 3887962. Registered charity No. 507722. Registered address: 517 The Broadway, Hertford, Hertfordshire, AL9 5HZ.

<p><b>FOLLOW</b> <b>Help develop Speech, Language &amp; Communication Skills at home</b></p>	<p><b>FOLLOW   Linktree</b> 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.</p> <p><a href="https://linktr.ee/EYFOLLOW">https://linktr.ee/EYFOLLOW</a></p>	
<p><b>Hertfordshire Community NHS Trust</b></p>	<p><b>Children &amp; Young People's Therapies referral forms are now Online!</b></p> <p><b>What is changing?</b></p> <p>Starting on the <b>4th March</b>, 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.</p> <p>CYPT services includes Children's Occupational Therapy, Physiotherapy &amp; 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.</p>	<p>You can make a referral to these services by following the below links or visiting our website <a href="http://www.hct.nhs.uk">www.hct.nhs.uk</a></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Occupational Therapy Referral Form</p> </div> <div style="text-align: center;"> <p>Speech &amp; Language Referral Form</p> </div> <div style="text-align: center;"> <p>Physiotherapy Referral Form</p> </div> </div>





### ***'Introduction to the SEND Local Offer website' – webinar***

*The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too. 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](http://www.hertfordshire.gov.uk/localoffer)

**(for professionals AND parent carers) Wednesday 25 September 8pm - 9pm** [Join the meeting](#)

*A quick note: The Local Offer website is different to Short Breaks (SBLO). We won't be going into detail about SBLO.*

### **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](mailto: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.

### **Join Team, our 12-week personal development programme for the change to gain new skills, take a qualification and meet new people. For ages 16-25.**

Take on your own group community project. Take part in an action-packed residential trip. Get two weeks' work experience. Develop your English and Maths skills. Spend some time developing your CV and interview skills.

Contact to book your place

07866 898309

[katy.carroll@hertfordshire.gov.uk](mailto:katy.carroll@hertfordshire.gov.uk)

In Partnership with The Prince's Trust



<b>SPACE Herts</b>	<i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>
<a href="#">No Two Brains are the Same. What is Neurodiversity? Tickets, Fri 27 Sep 2024 at 10:00   Eventbrite</a>	No Two Brains are the Same
<a href="#">Access Arrangements Workshop Tickets, Mon 30 Sep 2024 at 18:30   Eventbrite</a>	Access Arrangements
<a href="#">Sensory Signs, Signals and Solutions Workshop Tickets, Tue 1 Oct 2024 at 10:00   Eventbrite</a>	Sensory, Signs, Solutions
<a href="#">Questions and Answers with... Laura Clarke from LifeSearch Tickets, Wed 2 Oct 2024 at 19:00   Eventbrite</a>	Q&A Laura Clarke LifeSearch
<a href="#">Understanding and Supporting Executive Functioning Difficulties Tickets, Thu 3 Oct 2024 at 10:00   Eventbrite</a>	Executive Functioning Difficulties
<a href="#">Navigating the SEND World Tickets, Thu 5 Dec 2024 at 18:30   Eventbrite</a>	Navigating the SEND World
FOR FURTHER ACTIVITIES AND SESSIONS SEE: <a href="#">SPACE HERTFORDSHIRE Events   Eventbrite</a>	Additional Activities
<b>ADD-Vance</b>	<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>
<a href="#">Understanding Challenging Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 30 Sep 2024 at 10:00   Eventbrite</a>	Challenging Behaviour
<a href="#">ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 1 Oct 2024 at 13:30   Eventbrite</a>	Online Support Group
<a href="#">Tips &amp; Tools to Manage Anger - FREE ONLINE WORKSHOP Tickets, Wed 2 Oct 2024 at 10:00   Eventbrite</a>	Tips/Tools Manage Anger
<a href="#">Understanding Sensory Differences - FREE ONLINE WORKSHOP Tickets, Mon 7 Oct 2024 at 19:00   Eventbrite</a>	Sensory Differences



Angels Support Group	<i>Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).</i>		
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
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: <a href="#">Podcasts - Angels Support Group</a>	Support Groups and workshops, Meet up and Chat <a href="http://www.angellssupportgroup.org.uk">www.angellssupportgroup.org.uk</a> / <a href="#">Angels Autumn Term Programme (angellssupportgroup.org.uk) (angellssupportgroup.org.uk)</a>		



<b><u>Supporting Links</u></b>		<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: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a> or 07512 709556 See website for flyers and links: <a href="http://New What's On (supportinglinks.co.uk)">New What's On (supportinglinks.co.uk)</a>	
<b>TALKING ASD &amp; ADHD The Teenage Years</b>		<a href="#">Talking ASD &amp; ADHD: The Teenage Years (690) For parents/carers in Herts. Registration, Mon 25 Nov 2024 at 19:30   Eventbrite</a>	
<b>TALKING ASD &amp; ADHD Responding to Anger</b>		<a href="#">Talking ASD &amp; ADHD: Responding to Anger(688) For parents/carers in Herts. Registration, Mon 4 Nov 2024 at 19:30   Eventbrite</a>	
<b>TALKING ASD &amp; ADHD Tech Use</b>		<a href="#">Talking ASD &amp; ADHD: Tech Use(689) For parents/carers in Herts. Registration, Thu 21 Nov 2024 at 09:30   Eventbrite</a>	
<b>TALKING ASD &amp; ADHD School Avoidance</b>		<a href="#">Talking ASD &amp; ADHD: School Avoidance(687) For parents/carers in Herts. Registration, Wed 23 Oct 2024 at 09:30   Eventbrite</a>	
<b>Talking Anxiety in Families</b> 6 Weekly Sessions for parents/carers of under 12's		<b>Tuesdays 9:45am to 11:30m</b> 5 November to 10 December ONLINE COURSE ID 677	
<b>Talking Teens</b> 6 Weekly Sessions for parents/carers of children aged 12-19 <del>Tuesday 7:45pm to 9:15pm 17 September to 22 October ONLINE COURSE ID: 682 FULLY BOOKED</del>		<b>Wednesdays 7:45pm to 9:15pm</b> 5 November to 10 December ONLINE COURSE ID 683 <b>Wednesdays 7:45pm to 9:15pm</b> 6 November to 11 December ONLINE COURSE ID 684	
<b>Talking Anger in TEENS</b> 6 Weekly Sessions for parents/carers of children aged 12-19		<b>Wednesdays 7:45pm to 9:30pm</b> <del>18 September to 23 October ONLINE COURSE ID 681 FULLY BOOKED</del>	
<b>Talking Dads/Male Carers</b> 6 Weekly sessions for Dads/Male Carers of all ages		<b>Wednesdays 7:45pm to 9:15pm</b> 18 September to 23 October ONLINE COURSE ID 685 <b>JUST ADDED</b> Wednesdays 7:45pm to 9:15pm 6 Nov to 11 Dec ONLINE COURSE ID 686	
<b>Talking Additional Needs</b> (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-25.		<del>16 September to 21 October COURSE ID 675 FULLY BOOKED</del> <b>Wednesdays 9:30am to 11:30am</b> 6 November to 11 December Venue TBC St Albans Course ID 676	
<b>Talking Families</b> 6 weekly sessions for parents and carers of children aged 0-12 <del>19 September to 24 October ONLINE COURSE ID 680 FULLY BOOKED</del>		<del>17 September to 22 October ONLINE COURSE ID 678 FULLY BOOKED</del> <b>Tuesdays 7pm to 9pm</b> 5 November to 10 December STEVENAGE (venue TBC) COURSE ID 679	



<b><u>Families in Focus</u></b>	<i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>		
Email to book: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>			
<b>Transforming family life through empathy - helping families to build strong family connections</b>  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: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Transforming family life through empathy for <b>Parents of children with SEND 4-10 years</b> 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 <b>Parents of children aged 4-10 years</b> Monday evenings 6:30pm to 8:30pm September 30, October 7, 14	Transforming family life through empathy for <b>Fathers of children aged 4-10 years</b> Wednesday evenings November 27, December 4, 11
	Transforming family life through empathy for <b>Grandparents of grandchildren aged 4-10 years</b> Monday mornings 9:30am to 11:30am November 11, 18		
	<b>Tuesday mornings 9:30am to 11:30am OR Tuesday evenings 6:30pm to 8:30pm 10, 17, 24 September &amp; 1, 8, 15 October</b>	<b>Handing anger of children with Autism &amp; ADHD</b>  <a href="#"><u>Current SEND courses – Families in Focus</u></a>	
	<b>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</b>	<b>A Complete Guide to parenting children with Autism and ADHD</b>  <a href="#"><u>Current SEND courses – Families in Focus</u></a>	



<p><b>Handling anger of primary aged children with Autism or ADHD</b> 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.</p>	<p>Tuesday mornings 9:30am to 11:30am November 5, 12, 19, 26 &amp; December 3, 10 Tuesday evenings 6:30pm to 8:30pm November 5, 12, 19, 26 &amp; December 3, 10</p>	Handling anger Primary aged children (Autism/ADHD)
<p><b>Handling anger in your family</b> Online, interactive course will transform family life and includes: Increase understanding of the triggers leading to children's &amp; parents' anger Techniques to increase children's emotional regulation and decrease angry meltdowns Strategies to support children to understand and 'let go' of their emotions safely Tried and tested techniques to reduce stress and conflict Support parents to share experiences and knowledge</p>	<p>Monday Evenings 6:30pm to 8:30pm November 4, 11, 18, 25 &amp; December 2, 9</p>	Handling anger in your family



<b>Family Lives</b>	<p><b>Positive Co-Parenting of Neurodiverse Children – 8 Week online facilitated group</b></p> <p>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.</p> <p>Who should attend?</p> <ul style="list-style-type: none"> <li>Parents who are experiencing conflicts and challenges due to the neurodiversity of their child.</li> <li>Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.</li> <li>Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.</li> </ul> <p>For more information or make a referral, scan the QR code, email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> or call 0204 522 8700 or 0204 522 8699.</p>	<p>These 2 courses will be delivered via MS Teams, over 8 sessions:</p> <p>Tuesday 1, 8, 15, 22 October &amp; 5, 12, 19, 26 November 7pm to 9pm</p> <p>Thursday 3, 10, 17, 24 October &amp; 7, 14, 21, 28 November 9:30am to 11:30am</p>
---------------------	---	--

<b>Herts Mind Network</b>		
<b>Staying Calm Course</b> 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.	<ul style="list-style-type: none"> <li>Understand what difficult emotions are and why they occur Identify and challenge unhelpful thinking</li> <li>Understand how our thinking impacts on mood and behaviour</li> <li>Effectively use a number of strategies/techniques for manager difficult emotions</li> </ul>	<p>26 November &amp; 3 December 2 x Tuesdays 2pm to 4pm online</p> <p><a href="#">Staying Calm Course - Mind in Mid Herts</a></p>
<b>Sleeping Well</b> This workshop will provide participants with a good understanding of sleep and explore strategies to improve it. This workshop will be delivered online and in our centres by experienced Mind in Mid Herts Trainers.	<ul style="list-style-type: none"> <li>Understand the science of sleep, sleep cycles, the psychological and physiological benefits of sleep.</li> <li>Have learn and developed strategies to improve their sleep</li> </ul>	<p>19 September / 12 December 5pm to 8pm</p> <p><a href="#">Sleeping Well - Mind in Mid Herts</a></p>
<b>Feeling Well</b> This four week course enables participants to gain an understanding of depression; its causes and symptoms and develop a range of strategies to effectively manage their mood.	<ul style="list-style-type: none"> <li>Understand depression, and recognise the symptoms of depression</li> <li>Recognise their own unhealthy cycle of depression Be able to identify and challenge their own unhelpful thinking patterns</li> <li>Effectively use of a number of strategies to manage mood</li> <li>Complete their own staying well recovery plan</li> </ul>	<p>13 November – 20 November 2 x Wednesdays 2pm to 4pm Online Courses</p> <p><a href="#">Feeling Well - Mind in Mid Herts</a></p>
<b>Learning to Relax Workshop</b> This one off workshop equips participants with a good understanding of what stress is, how it is managed and equips Learners with a range of strategies to effectively manage their stress.	<ul style="list-style-type: none"> <li>Understand stress, the causes and effects of stress Recognise the relationship between their thoughts, feelings and behaviour and how these help to maintain stress</li> <li>Implement a range of relaxation techniques</li> <li>Understand a range of strategies to effectively manage stress</li> </ul>	<p>24 October 5pm to 8pm Online</p> <p><a href="#">Learning to Relax Workshop - Mind in Mid Herts</a></p>



<p><b>Children's Wellbeing Practitioners</b></p>	<p><a href="#">HCT Children's Wellbeing Practitioners Events   Eventbrite</a></p> <p>Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child's Emotional Literacy</p>	<p>Check for available courses, please note they book up quickly</p>														
	<p><a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.</p>	<p>School Avoidance</p>														
	<p><b>Children's Wellbeing Practitioner Workshops</b> October-December 2024</p> <p>Workshops are open to all young people &amp; parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.</p> <p>All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <a href="https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787">https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787</a></p> <table border="1"> <thead> <tr> <th>Workshop</th><th>Date &amp; Time</th></tr> </thead> <tbody> <tr> <td><b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</td><td>Thursday 21<sup>st</sup> November 6-8pm</td></tr> <tr> <td><b>Adolescent Self-Esteem and Resilience</b> A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</td><td>Thursday 28<sup>th</sup> November 6-8pm</td></tr> <tr> <td><b>Supporting your Child's Self-Esteem and Resilience</b> A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</td><td>Monday 28<sup>th</sup> October 6-8pm Wednesday 11<sup>th</sup> December 10-12pm</td></tr> <tr> <td><b>Supporting with Sleep Difficulties</b> This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</td><td>Wednesday 2<sup>nd</sup> October 6-8pm Monday 2<sup>nd</sup> December 6-8pm</td></tr> <tr> <td><b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.</td><td>Tuesday 1<sup>st</sup> October 10-12pm Monday 4<sup>th</sup> November 6-8pm Thursday 12<sup>th</sup> December 10-12pm</td></tr> <tr> <td><b>General Emotional Wellbeing and Regulation Tips for Parents</b> A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</td><td>Tuesday 15<sup>th</sup> October 10-12pm Monday 11<sup>th</sup> November 10-12pm Tuesday 17<sup>th</sup> December 6-8pm</td></tr> </tbody> </table>	Workshop	Date & Time	<b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 21 <sup>st</sup> November 6-8pm	<b>Adolescent Self-Esteem and Resilience</b> A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 28 <sup>th</sup> November 6-8pm	<b>Supporting your Child's Self-Esteem and Resilience</b> A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 28 <sup>th</sup> October 6-8pm Wednesday 11 <sup>th</sup> December 10-12pm	<b>Supporting with Sleep Difficulties</b> This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 2 <sup>nd</sup> October 6-8pm Monday 2 <sup>nd</sup> December 6-8pm	<b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 1 <sup>st</sup> October 10-12pm Monday 4 <sup>th</sup> November 6-8pm Thursday 12 <sup>th</sup> December 10-12pm	<b>General Emotional Wellbeing and Regulation Tips for Parents</b> A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 15 <sup>th</sup> October 10-12pm Monday 11 <sup>th</sup> November 10-12pm Tuesday 17 <sup>th</sup> December 6-8pm	
Workshop	Date & Time															
<b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 21 <sup>st</sup> November 6-8pm															
<b>Adolescent Self-Esteem and Resilience</b> A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 28 <sup>th</sup> November 6-8pm															
<b>Supporting your Child's Self-Esteem and Resilience</b> A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 28 <sup>th</sup> October 6-8pm Wednesday 11 <sup>th</sup> December 10-12pm															
<b>Supporting with Sleep Difficulties</b> This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 2 <sup>nd</sup> October 6-8pm Monday 2 <sup>nd</sup> December 6-8pm															
<b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 1 <sup>st</sup> October 10-12pm Monday 4 <sup>th</sup> November 6-8pm Thursday 12 <sup>th</sup> December 10-12pm															
<b>General Emotional Wellbeing and Regulation Tips for Parents</b> A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 15 <sup>th</sup> October 10-12pm Monday 11 <sup>th</sup> November 10-12pm Tuesday 17 <sup>th</sup> December 6-8pm															
	<p><a href="#">Developing Your Child's Emotional Literacy Tickets, Tue 1 Oct 2024 at 10:00   Eventbrite</a></p>	<p>Emotional Literacy</p>														
	<p><a href="#">Sleep Workshop (Child and Adolescent) Tickets, Wed 2 Oct 2024 at 18:00   Eventbrite</a></p>	<p>Sleep Workshop</p>														
	<p><a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Tue 15 Oct 2024 at 10:00   Eventbrite</a></p>	<p>Emotional Wellbeing and Regulation</p>														
	<p><a href="#">Supporting your Child's Self-esteem and Resilience Workshop Tickets, Mon 28 Oct 2024 at 18:00   Eventbrite</a></p>	<p>Child's Self-Esteem</p>														
	<p><a href="#">Developing Your Child's Emotional Literacy Tickets, Mon 4 Nov 2024 at 18:00   Eventbrite</a></p>	<p>Emotional Literacy</p>														
	<p><a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Mon 11 Nov 2024 at 10:00   Eventbrite</a></p>	<p>Emotional Wellbeing and Regulation</p>														
	<p><a href="#">Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Thu 21 Nov 2024 at 18:00   Eventbrite</a></p>	<p>Emotional Wellbeing</p>														

To access the recorded Emotionally Based School Avoidance Webinar please visit:  
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>



NHS Hertfordshire Talking Therapies	Primary Care Mental Health Update	
Diabetes support	Guest speaker Emily Allardice, Diabetes Specialist Dietitian Team Lead Diabetes and Emotional Wellbeing webinar. Explores the relationship between physical and mental health when living with Diabetes. It introduces Cognitive Behavioural Therapy (CBT) and explains from a CBT perspective how emotional wellbeing can be impacted when living with Diabetes.	26 September 2pm Register to attend: <a href="http://Diabetes and Emotional Wellbeing   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)">Diabetes and Emotional Wellbeing   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a>
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.	<a href="http://Referral   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)">Referral   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a>
Mental Health Awareness Training	As part of the World Mental Health Day celebrations in October, offer of free online Mental Health Awareness Training session to raise awareness of common mental health problems and how to identify them.	<a href="http://World Mental Health Day 2024   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)">World Mental Health Day 2024   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a>
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.	<a href="http://Understanding ADHD and low self-esteem   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)">Understanding ADHD and low self-esteem   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a>



<b>NESSie</b>	<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.	<b>FREE online and face-to-face workshops</b> on a range of mental health issues that affect children and young people. <b>Parent Support Line 07932 651319</b> (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: <a href="#">Podio</a>	
<b>'My World &amp; Me'™ is a 12-week group programme for children and young people aged 7-16 years who live in Hertfordshire.</b> 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.		
<b>Understanding My Autism: for school years 7-9 (online)</b> <a href="#">Booking</a>	This workshop is during school hours – children are welcome to join online from school or home. Please contact <a href="mailto:info@nessieined.com">info@nessieined.com</a> for more information. The joining link will be send ahead of the first session.	Tuesdays, 10 September to 3 December 11:15am to 12:15pm
<b>Understanding My Autism: for school years 3-5 (online)</b> <a href="#">Booking</a>	This workshop is during school hours – children are welcome to join online from school or home. Please contact <a href="mailto:info@nessieined.com">info@nessieined.com</a> for more information. The joining link will be send ahead of the first session.	Friday, 13 September to 6 December 2:15pm to 3:15pm
<b>Understanding My Autism: Supporting Transitions for School Years 5-6 (in person, Puckeridge)</b> <a href="#">Booking</a>	Tuesdays, 10 September to 3 December 4pm to 5pm	
<b>Understanding My Autism: for school years 4-6 (online)</b> <a href="#">Booking</a>	This workshop is during school hours – children are welcome to join online from school or home. Please contact <a href="mailto:info@nessieined.com">info@nessieined.com</a> for more information. The joining link will be sent ahead of the first session.	Wednesday 11 September to 4 December 11:15pm to 12:15pm
<b>Understanding My Autism / ADHD for Girls, School Years 10 – 11 (in person, Stevenage)</b> <a href="#">Booking</a>	Wednesday 11 September to 4 December 4pm to 5pm	
<b>Understanding My Autism/ADHD : for Girls, School Years 10 – 11 (in person, Hitchin)</b> <a href="#">Booking</a>	Wednesday 11 September to 4 December 4:30pm to 5:30pm	
<b>Understanding My Autism/ADHD: for School Years 7 – 9 (online)</b> <a href="#">Booking</a>	Thursdays 12 September to 5 December 4:30pm to 5:39pm	
<b>Understanding My Autism/ADHD: Boxing for School Years 7-9 (in person, Watford)</b> <a href="#">Booking</a>	Thursdays 12 September to 5 December 4:15pm to 5:15pm	



## MENTAL HEALTH FIRST AID

<b>Youth Mental Health First Aid Training</b>	<b>2 day first aider course</b> suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds. Fully funded. 9:30am to 4pm Youth MHFA, Facts and Figures, Depression and Anxiety, Suicide and Psychosis, Self-harm and Eating Disorders For further information contact <a href="mailto:hweicbhv.schoolsmh@nhs.net">hweicbhv.schoolsmh@nhs.net</a>
<b>1 Day Champion Course</b>	<b>Mental Health First Aid Training – 1 Day Champion Course FREE</b> For Parents and Carers of 8 to 18 Year Olds 9:30am to 4pm What is mental health, health and mental ill health, stigma and discrimination, depression and suicide. Mental health conditions: anxiety, self harm, eating disorders, psychosis, recovery, resilience. <a href="#">Mental Health First Aid (MHFA) 1 day course for Parents &amp; Carers Tickets, Multiple Dates   Eventbrite</a>



## EARLY YEARS – SEND GROUPS

### NORTH HERTS FAMILY CENTRE

#### SEND Drop In - Free Drop In

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

