



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



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)	

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.



FOLLOW Help develop Speech, Language & Communication Skills at home
Hertfordshire Community NHS Trust

[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>

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





Delivering Special Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 109
25/09/2024

DSPL 1
(North Herts)

dspl1admin@wrsom.herts.sch.uk

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

[Updates and Resources \(nhdspl.org.uk\)](https://updatesandresources.nhdspl.org.uk) Find us on Facebook and Twitter

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	Services for Young People
Educational Psychologists	Signpost
Families First	Single Point Access (SPA)
First Steps ED	Specialist CAMHS
Health for Kids	Spectrum Family and Young People's Service
Health for Teens	Step 2
Herts Haven Cafés	The Sandbox
Just Talk	The Toolbox (Neurodiverse)
Just Talk Ambassador Scheme	Togethereal
Lumi Nova	WithYOUTH
Mental Health Support Teams (MHSTs)	YCT Counselling
NESSE Parenting	Youth Talk Counselling
NHS Talking Therapies	Young Minds Parent Helpline



Telephone service
Face to face service
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
On YNCA
Email: herts@ynca.org.uk
www.ynca.org.uk
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 432 473 | 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.



<p><u>'Introduction to the SEND Local Offer website' – webinar</u></p> <p><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. 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</i></p>	<p>(for professionals AND parent carers) Wednesday 25 September 8pm - 9pm Join the meeting</p> <p><i>A quick note: The Local Offer website is different to Short Breaks (SBLO). We won't be going into detail about SBLO.</i></p>
<p>Free online wellbeing groups for neurodivergent and/ or disabled young people (ages 13 - 25)</p> <p>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.</p> <p>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.</p> <p>In the past, we have run peer support groups on:</p> <ul style="list-style-type: none"> • Social anxiety • Protecting our mental health online • Boundaries • Autistic burnout • Making a self care plan 	<p>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.</p> <p>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.</p> <p>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.</p> <p>View all of the wellbeing groups - Young People's Hub from KIDS</p>
<p>'Cogs' wellbeing app for neurodiverse young people (ages 14+)</p> <p>Register for free access on the Toolbox website</p>	<p>'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.</p>
<p>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.</p> <p>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.</p>	<p>Contact to book your place 07866 898309 katy.carroll@hertfordshire.gov.uk In Partnership with The Prince's Trust</p>



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>	
No Two Brains are the Same. What is Neurodiversity? Tickets, Fri 27 Sep 2024 at 10:00 Eventbrite		No Two Brains are the Same
Access Arrangements Workshop Tickets, Mon 30 Sep 2024 at 18:30 Eventbrite		Access Arrangements
Sensory Signs, Signals and Solutions Workshop Tickets, Tue 1 Oct 2024 at 10:00 Eventbrite		Sensory, Signs, Solutions
Questions and Answers with... Laura Clarke from LifeSearch Tickets, Wed 2 Oct 2024 at 19:00 Eventbrite		Q&A Laura Clarke LifeSearch
Understanding and Supporting Executive Functioning Difficulties Tickets, Thu 3 Oct 2024 at 10:00 Eventbrite		Executive Functioning Difficulties
Navigating the SEND World Tickets, Thu 5 Dec 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>	
Understanding Challenging Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 30 Sep 2024 at 10:00 Eventbrite		Challenging Behaviour
ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 1 Oct 2024 at 13:30 Eventbrite		Online Support Group
Tips & Tools to Manage Anger - FREE ONLINE WORKSHOP Tickets, Wed 2 Oct 2024 at 10:00 Eventbrite		Tips/Tools Manage Anger
Understanding Sensory Differences - FREE ONLINE WORKSHOP Tickets, Mon 7 Oct 2024 at 19:00 Eventbrite		Sensory Differences



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
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: Podcasts - Angels Support Group		Support Groups and workshops, Meet up and Chat www.angelssupportgroup.org.uk / Angels Autumn Term Programme (angelssupportgroup.org.uk) (angelssupportgroup.org.uk)	



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)
TALKING ASD & ADHD The Teenage Years	Talking ASD & ADHD: The Teenage Years (690) For parents/carers in Herts. Registration, Mon 25 Nov 2024 at 19:30 Eventbrite	The Teenage Years
TALKING ASD & ADHD Responding to Anger	Talking ASD & ADHD: Responding to Anger(688) For parents/carers in Herts. Registration, Mon 4 Nov 2024 at 19:30 Eventbrite	Responding to Anger
TALKING ASD & ADHD Tech Use	Talking ASD & ADHD: Tech Use(689) For parents/carers in Herts. Registration, Thu 21 Nov 2024 at 09:30 Eventbrite	Tech Use
TALKING ASD & ADHD School Avoidance	Talking ASD & ADHD: School Avoidance(687) For parents/carers in Herts. Registration, Wed 23 Oct 2024 at 09:30 Eventbrite	School Avoidance
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
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19 Tuesday 7:45pm to 9:15pm 17 September to 22 October ONLINE COURSE ID: 682 FULLY BOOKED	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 FULLY BOOKED	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 JUST ADDED Wednesdays 7:45pm to 9:15pm 6 Nov to 11 Dec ONLINE COURSE ID 686	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.	16 September to 21 October COURSE ID 675 FULLY BOOKED 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 19 September to 24 October ONLINE COURSE ID 680 FULLY BOOKED	17 September to 22 October ONLINE COURSE ID 678 FULLY BOOKED Tuesdays 7pm to 9pm 5 November to 10 December STEVENAGE (venue TBC) COURSE ID 679	Talking Families




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 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




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



<div>Family Lives</div> <div><div>SCAN ME</div></div>	<div>Positive Co-Parenting of Neurodiverse Children – 8 Week online facilitated group</div> <div>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.</div> <div>Who should attend?</div> <div><ul style="list-style-type: none">• 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.</div> <div>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.</div>	<div>These 2 courses will be delivered via MS Teams, over 8 sessions:</div> <div>Tuesday 1, 8, 15, 22 October & 5, 12, 19, 26 November 7pm to 9pm</div> <div>Thursday 3, 10, 17, 24 October & 7, 14, 21, 28 November 9:30am to 11:30am</div>
<div>Herts Mind Network</div>		
<div>Staying Calm Course</div> <div>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.</div>	<div><ul style="list-style-type: none">• Understand what difficult emotions are and why they occur Identify and challenge unhelpful thinking• Understand how our thinking impacts on mood and behaviour• Effectively use a number of strategies/techniques for manager difficult emotions</div>	<div>26 November & 3 December 2 x Tuesdays 2pm to 4pm online</div> <div>Staying Calm Course - Mind in Mid Herts</div>
<div>Sleeping Well</div> <div>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.</div>	<div><ul style="list-style-type: none">• Understand the science of sleep, sleep cycles, the psychological and physiological benefits of sleep.• Have learn and developed strategies to improve their sleep</div>	<div>19 September / 12 December 5pm to 8pm</div> <div>Sleeping Well - Mind in Mid Herts</div>
<div>Feeling Well</div> <div>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.</div>	<div><ul style="list-style-type: none">• Understand depression, and recognise the symptoms of depression• Recognise their own unhealthy cycle of depression Be able to identify and challenge their own unhelpful thinking patterns• Effectively use of a number of strategies to manage mood• Complete their own staying well recovery plan</div>	<div>13 November – 20 November 2 x Wednesdays 2pm to 4pm Online Courses</div> <div>Feeling Well - Mind in Mid Herts</div>
<div>Learning to Relax Workshop</div> <div>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.</div>	<div><ul style="list-style-type: none">• Understand stress, the causes and effects of stress Recognise the relationship between their thoughts, feelings and behaviour and how these help to maintain stress• Implement a range of relaxation techniques• Understand a range of strategies to effectively manage stress</div>	<div>24 October 5pm to 8pm Online</div> <div>Learning to Relax Workshop - Mind in Mid Herts</div>



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																
<div><div><div></div><div>Children's Wellbeing Practitioner Workshops October-December 2024</div></div><div><p>Workshops are open to all young people & 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: https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787</p><table><tr><th>Workshop</th><th>Date & Time</th></tr><tr><td>Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</td><td>Thursday 21st November 6-8pm</td></tr><tr><td>Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</td><td>Thursday 28th November 6-8pm</td></tr><tr><td>Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</td><td>Monday 28th October 6-8pm Wednesday 11th December 10-12pm</td></tr><tr><td>Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</td><td>Wednesday 2nd October 6-8pm Monday 2nd December 6-8pm</td></tr><tr><td>Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</td><td>Tuesday 1st October 10-12pm Monday 4th November 6-8pm Thursday 12th December 10-12pm</td></tr><tr><td>General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</td><td>Tuesday 15th October 10-12pm Monday 11th November 10-12pm Tuesday 17th December 6-8pm</td></tr></table><p>To access the recorded Emotionally Based School Avoidance Webinar please visit: https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/</p></div></div>			Workshop	Date & Time	Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 21 st November 6-8pm	Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 28 th November 6-8pm	Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 28 th October 6-8pm Wednesday 11 th December 10-12pm	Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 2 nd October 6-8pm Monday 2 nd December 6-8pm	Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 1 st October 10-12pm Monday 4 th November 6-8pm Thursday 12 th December 10-12pm	General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 15 th October 10-12pm Monday 11 th November 10-12pm Tuesday 17 th December 6-8pm		
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	Developing Your Child's Emotional Literacy Tickets, Tue 1 Oct 2024 at 10:00 Eventbrite	Emotional Literacy																
	Sleep Workshop (Child and Adolescent) Tickets, Wed 2 Oct 2024 at 18:00 Eventbrite	Sleep Workshop																
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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: Diabetes and Emotional Wellbeing HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)
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)
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.	World Mental Health Day 2024 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)



NESSie	Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.	
NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.	FREE online and face-to-face workshops on a range of mental health issues that affect children and young people. Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups. support advice sessions. Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio	
'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.	Tuesdays, 10 September to 3 December 11:15am to 12:15pm
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.	Friday, 13 September to 6 December 2:15pm to 3:15pm
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.	Wednesday 11 September to 4 December 11:15pm to 12:15pm
Understanding My Autism / ADHD for Girls, School Years 10 – 11 (in person, Stevenage) Booking	Wednesday 11 September to 4 December 4pm to 5pm	
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	



MENTAL HEALTH FIRST AID

Youth Mental Health First Aid Training	2 day first aider course 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 hweicbhv.schoolsmh@nhs.net
1 Day Champion Course	Mental Health First Aid Training – 1 Day Champion Course FREE 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. Mental Health First Aid (MHFA) 1 day course for Parents & Carers Tickets, Multiple Dates Eventbrite



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.

