



QUICK LINKS – new this week & news			
<a href="#">ADD-Vance</a> new this week/coming soon <b>NEW 110</b> <ul style="list-style-type: none"><li>• Sensory Differences</li><li>• PDA Support Group</li></ul>	<a href="#">Space Herts</a> new this week/coming soon <b>NEW 110</b> <ul style="list-style-type: none"><li>• Anger &amp; Conflict</li><li>• Sleep Workshop</li></ul>	<a href="#">Supporting</a> Links new courses for Autumn	<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	<b>NEW 110</b> <a href="#">Autism Central</a> <ul style="list-style-type: none"><li>• After school distress</li><li>• Sleep</li><li>• Christmas</li></ul>	<a href="#">SEND News</a> Sign up for SEND News for email updates <a href="#">SEND news - 15 August 2024 (hertfordshire.gov.uk)</a>	Child <a href="#">Wellbeing</a> Practitioners
<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 <b>NEW 110</b> January dates: A complete guide to parenting children with Autism & ADHD	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>Autism UK</b> <a href="#">Social stories and comic strip conversations (autism.org.uk)</a>
<b>NEW 110</b> <a href="#">SENsational</a> Active Tots with Stevenage FC (ages 1-5)	<b>NEW 110</b> <a href="#">supporting-your-neurodiverse-child-handbook-pdf-6.6mb.pdf (hertfordshire.gov.uk)</a>	<b>NEW 110</b> <a href="#">Carers</a> In Herts & Young Carers	

<b>Voices of Hertfordshire</b>	
<a href="#">Voices of Hertfordshire - YouTube</a> Instagram: <a href="#">Voices of Hertfordshire (@voicesofhertfordshire)</a>	 <b>Voices of Hertfordshire</b>



## 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

**thetoolbox.mindler.co.uk**

**ADD-vance** **Calm Zone** **COGS**

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)

A Range of Different Offers including an APP - You Choose

NHS Hertfordshire and West 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)

supporthub@odd-vance.org

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

Here to support, reach out for a listening ear

ADD-vance Calm Zone COGS

## Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:

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

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



01727 833963

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

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

**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	Repath House Counselling
Children's Crisis Assessment & 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	Step 3
Lumi Nova	WithYOUth
Mental Health Support Teams in Schools (MHSTS)	YCT Counselling
NESSIE Parenting	Youth Talk Counselling
NHS Talking Therapies	Young Minds Parent Helpline

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

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.**

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

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

**Nutritionists supporting one to one sessions at First Steps ED**



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.

**Mental Health Support for adults in Hertfordshire**

**Get Advice** **Get Support** **Self-Referral** **Get Help**

**Support**

- Together [www.together.com](http://www.together.com)
- POWER Advocacy [www.poweradvocacy.org.uk](http://www.poweradvocacy.org.uk)
- Call 01992 4562370
- Cruse Bereavement Support [www.cruse.org.uk](http://www.cruse.org.uk)
- Call 0808 808 1677 | [www.cruse.org.uk](http://www.cruse.org.uk)
- Healthwatch Herts [www.healthwatchherts.org](http://www.healthwatchherts.org)
- Call 01992 256391
- One YMCA [www.ymca.org](http://www.ymca.org)
- Email [shelley.wood@hertsymca.org](mailto:shelley.wood@hertsymca.org)
- SignHealth BSL [www.signhealth.org.uk](http://www.signhealth.org.uk)

**Advice**

- Text: SHOUT to 85258 [www.getus.org](http://www.getus.org)
- Shout [www.getus.org](http://www.getus.org)
- Text: SHOUT to 85258 [www.getus.org](http://www.getus.org)
- Healthwatch Herts [www.healthwatchherts.org](http://www.healthwatchherts.org)
- Call 01992 4562370
- Self-Referral
- BSL Talking Therapies [www.signhealth.org.uk](http://www.signhealth.org.uk)
- BSL Crisis Text Service [www.signhealth.org.uk](http://www.signhealth.org.uk)
- BSL Psychological Therapy [www.signhealth.org.uk](http://www.signhealth.org.uk)
- Call 07984 439473 | [www.hertsymca.org](http://www.hertsymca.org)
- Herts Mind Network [www.hertsymca.org](http://www.hertsymca.org)
- Call 01992 4562370
- Mind in Mid Herts [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)
- Call 01992 4562370
- SilverCloud [www.silvercloudhealth.com](http://www.silvercloudhealth.com)
- Call 0800 558588 [www.silvercloudhealth.com](http://www.silvercloudhealth.com)
- SANE [www.sane.org.uk](http://www.sane.org.uk)
- If in emergency, please contact your local Community Pharmacy.
- Scan here for full contact details and opening hours

**Help**

- Herts Mind Network [www.hertsymca.org](http://www.hertsymca.org)
- Call 01992 256391
- Community Pharmacy: Ask for ANH advice Needed Immediately! [www.hertsymca.org](http://www.hertsymca.org)
- Needed Immediately! [www.hertsymca.org](http://www.hertsymca.org)
- Call 0800 6444 103
- Freephone: 0800 6444 103 [www.hfsl-igpt.nhs.uk](http://www.hfsl-igpt.nhs.uk)
- NHS 111, option 2 for [www.hertsymca.org](http://www.hertsymca.org)
- Victims of Domestic Abuse [www.hertsymca.org](http://www.hertsymca.org)
- You can contact your local hospital for further help.

**Mental Health Support for Hertfordshire's Children and Young People** [www.hertsymca.org](http://www.hertsymca.org)



• 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 189 8400 E: [cyp@hertsmindnetwork.org](mailto:cyp@hertsmindnetwork.org) W: [www.withyouth.org](http://www.withyouth.org)



### ***'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



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>
<a href="#">Understanding and Supporting Executive Functioning Difficulties Tickets, Thu 3 Oct 2024 at 10:00   Eventbrite</a>	Executive Functioning Difficulties
<a href="#">Anger and Conflict Tickets, Mon 7 Oct 2024 at 18:30   Eventbrite</a>	Anger and Conflict
<a href="#">Sleep Tight - 3 week course Tickets, Wed 9 Oct 2024 at 10:00   Eventbrite</a>	Sleep Tight
<a href="#">Understanding Autism Workshop Tickets, Thu 10 Oct 2024 at 19:00   Eventbrite</a>	Understanding Autism
<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
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. <b>Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</b></i>
<a href="#">Understanding Sensory Differences - FREE ONLINE WORKSHOP Tickets, Mon 7 Oct 2024 at 19:00   Eventbrite</a>	Sensory Differences
<a href="#">PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 8 Oct 2024 at 13:30   Eventbrite</a>	PDA Support Group
<a href="#">Tips &amp; Tools to Manage Sensory Differences - FREE ONLINE WORKSHOP Tickets, Wed 9 Oct 2024 at 10:00   Eventbrite</a>	Manage Sensory Differences
<a href="#">Applying for an EHCP - FREE ONLINE WORKSHOP Tickets, Mon 14 Oct 2024 at 19:00   Eventbrite</a>	Applying for an EHCP
Autism Hertfordshire	
Evening Groups	<i>Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246 <a href="mailto:orenquiries@autismherts.org">orenquiries@autismherts.org</a> for details</i>
Daytime Groups	<i>Community based sessions where attendees can take advantage of regular walks or lunches in local cafes with their peer group. Supported by two staff members, across Herts. contact 01727 743246 <a href="mailto:orenquiries@autismherts.org">orenquiries@autismherts.org</a> for details</i>



<b><u>Angels Support Group</u></b>	<i>Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).</i>		
<b>Tuesdays – Zoom 10am to 12pm</b>	<b>Wednesdays – Letchworth 10am to 12pm The Pod, Northfields Infants</b>	<b>Thursdays – Stevenage 10am to 12pm The Phoenix Group</b>	<b>Thursdays – Zoom 7:30pm to 8:30pm</b>
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>Autism Central</u></b>	<i>Autism Central aims to make it easier to learn more about autism and services available to you.</i>		
<b><u>Resources</u></b>	Designed to make it easier, signposts to information on wide range of topics around autism and support that is available from Autism Central, their partner organisations and other trusted sources.	<a href="#">Understanding Autism   Autism Central</a>	10 October 9:30am to 11am
<b><u>One-to-one</u></b>	Talk to your hub for a one-to-one chat to help find the information and services available in your area.	<a href="#">Supporting Sleeping   Autism Central</a>	12 October 2pm to 3:30pm
<b><u>Events</u></b>	Talk to people who share similar experiences by joining a workshop, coffee morning or virtual meet up.	<a href="#">Supporting Afterschool Distress   Autism Central</a>	14 October 9:30am to 11am
<b><u>Christmas   Autism Central</u></b>	Resources and information	<a href="#">Session for Personal Assistants   Autism Central</a>	17 October 12pm to 1:30pm



<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 <b>NOW ONLINE</b> 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>Handling anger of children with Autism &amp; ADHD</b>  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  <a href="#">Current SEND courses – Families in Focus</a>	
<b>A complete guide to parenting children with Autism &amp; ADHD</b>  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  <b>NEW DATES ADDED</b> Tuesday mornings 9:30am to 11:30am 7, 14, 21, 28 January 4, 11, 28 February, 4, 11 March Tuesday evening 6:30pm to 8:30pm 7, 14, 21, 28 January 4, 11, 28 February 4, 11 March	A Complete Guide to parenting children with Autism and ADHD  <a href="#">Current SEND courses – Families in Focus</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>	<p>Handling anger Primary aged children (Autism/ADHD)</p>
<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>	<p>Handling anger in your family</p>



<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>
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<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>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><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	<p><a href="http://HCT Children's Wellbeing Practitioners Events   Eventbrite">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><a href="http://Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)">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><b>NHS</b> Hertfordshire Community NHS Trust</p>	<p>Check for available courses, please note they book up quickly</p>
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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	
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="#">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="#">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="#">Understanding ADHD and low self-esteem   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a>
<h2>MENTAL HEALTH FIRST AID</h2>		
Youth Mental Health First Aid Training	<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>	
1 Day Champion Course	<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>	



<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	



## CARERS IN HERTS

<b>Carers</b> In Herts Evening Phone Support	Evening Phone Appointments available 5:30pm to 7:30pm on Wednesdays Book now: <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a> / 01992 58 69 69
<b>Young</b> Carers	See link for contact and links

## EARLY YEARS – SEND GROUPS

<p><b>NORTH HERTS FAMILY CENTRE</b></p> <p><b>SEND Drop In - Free Drop In</b></p> <p><a href="#">What's On North Herts District Summer 2024 (mailchi.mp)</a></p>	<p><b>SEND Drop In - Free Drop In</b></p> <p><b>Toddler Group: Arise and Shine</b> Letchworth Garden City Church, The Icknield Centre, Icknield Way, <b>Letchworth, SG6 1EF</b> Monthly from 10.00am to 11.30am</p> <p><b>Toddler Group: Wrigglers &amp; Tiddlers</b> Walsworth Road Baptist Church Hall, Walsworth Road, <b>Hitchin, SG4 9SP</b> Monthly from 9:30am to 11.00am</p> <p><b>Toddler Group: Friends First</b> Royston Methodist Church, Queens Road, <b>Royston, SG8 7AU</b> Monthly from 9:15am to 11.00am</p>	
<p><b>NEW 110 SENsational Active Tots with Stevenage FC (ages 1-5)</b></p>	<p><b>Looking for somewhere to run off a bit of steam? The Family Centre Service alongside Stevenage FC are running new SENsational Active Tots</b> Sessions for 1-5 year olds. These sessions are all about bringing physical activity to life through various sports and challenges. Taking place at Fairlands Valley Park in Stevenage and FREE for the first 8 weeks (£3.50 thereafter). Wednesdays 10am to 10:45am, <a href="#">joinin.online</a></p>	
<p><b>ARISE &amp; SHINE</b></p>	<p>Letchworth Garden City Church A <b>SEND pre-school toddler play group</b> and parent/adult support group. <b>ARISE &amp; shine</b></p> <ul style="list-style-type: none"> <li>Sensory Play, Bucket Time, Toys, Music, Stories, Soft Play Letchworth Garden City Church, Icknield Way, Letchworth Garden City, SG6 1EF</li> </ul> <p>Tuesdays 10am to 11:15am (term time only) FREE to attend, donations welcome. Light refreshments are available.</p>	