



QUICK LINKS – new this week & news			
Herts Parent Carer <a href="#">Involvement Annual Survey</a>	<a href="#">Springboard</a> Letchworth Open Afternoon	Contact <a href="#">Money Matters</a>	
<a href="#">ADD-Vance</a> new this week/coming soon • <b>NEW 113</b> Understanding ADHD/Autism – <a href="#">Dads</a> • PDA • Understanding ADHD & Autism (Teen Years) 6wk course <a href="#">Hitchin</a>	<a href="#">Space</a> Herts new this week/coming soon <b>NEW 113</b> <ul style="list-style-type: none"><li>ADHD/Autism <a href="#">Girls/Women</a></li><li>Autistic Girls</li><li>Understanding my Autism</li></ul>	<a href="#">Supporting</a> Links <b>NEW 113</b> – <a href="#">new</a> courses and dates added	<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 113</b> <a href="#">Rejection</a> Sensitive Dysphoria	<a href="#">Autism</a> Central •	<a href="#">SEND</a> News Sign up for SEND News for email updates <a href="#">SEND news - 30 September 2024 (hertfordshire.gov.uk)</a>	Child <a href="#">Wellbeing</a> Practitioners
<a href="#">NESSie</a> this week/coming soon	Family Lives	<b>Autism</b> <a href="#">Hertfordshire</a> Transition Service for 16-20 year olds	Sandbox <a href="#">Body Image</a> (mindler.co.uk) <a href="#">Resource Zone   The Sandbox</a> (mindler.co.uk)
<a href="#">Families</a> in Focus	Herts <a href="#">Mind</a> Network	NHS <a href="#">Talking</a> Therapies <b>NEW 113</b> Talk for Your Health Campaign Support for Long Term Conditions; Diabetes and Emotional Wellbeing, Physical Health, Persistent Pain, Long Covid	<b>ADHD Foundation</b> <a href="#">Resources Archive - ADHD Foundation</a> : <a href="#">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>
<a href="#">SENSational</a> Active Tots with Stevenage FC (ages 1-5)	<a href="#">supporting-your-neurodiverse-child-handbook-pdf-6.6mb.pdf (hertfordshire.gov.uk)</a>	<a href="#">Carers</a> In Herts & Young Carers	<a href="#">CEOP Safety Centre</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="#">EHCP</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	<b>ADHD Foundation – a Teenager's guide to living with ADHD</b> <a href="http://SEND documents and resources (hertfordshire.gov.uk)"><u>SEND documents and resources (hertfordshire.gov.uk)</u></a>	
<b>Herts Parent Carer Involvement</b>	Herts Parent Carer Involvement, the independent parent carer forum for Hertfordshire, has asked us to share their annual survey with you. They want to hear from Hertfordshire parent carers of children and young people (age 0-25) with any Special Educational Need and/or Disability. Your child doesn't need to have a diagnosis or EHCP for you to take part. The survey is open until Sunday 3 November and can be accessed here: <a href="http://www.surveymonkey.co.uk/r/HPCISurvey2024">http://www.surveymonkey.co.uk/r/HPCISurvey2024</a>		
<b>Annual Survey</b>	If you would like to know more about HPCI or to become a member, you can visit their website: <a href="http://www.hertsparentcarers.org.uk">www.hertsparentcarers.org.uk</a> or call 07840 360 245.		



<p><b>Springboard Letchworth</b></p> <p>Open Afternoon North Hertfordshire College</p> <p>For young people aged 16 and over who require additional support</p> <p>Please note our address for this event will be:</p> <p>Springboard Letchworth Town Hall, Broadway, Letchworth Garden City, Hertfordshire, SG6 3BX</p> <p>The nearest car park is Morrison's where you can park for free for three hours.</p>	<p>North Hertfordshire College is pleased to announce our open afternoon at <b>Springboard Letchworth</b> which will be held on <b>Wednesday 27<sup>th</sup> of November 3pm – 5pm</b> at our prestigious premises. This is an opportunity for professionals, parents, and prospective students to meet the team and find out more about the Springboard programme.</p> <p><b>Springboard is a full-time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress into mainstream college and work. The course is delivered in self-contained teaching centres in Watford and Letchworth.</b></p> <p>Springboard is for young people aged 16 and over who require additional support before progressing to a cross college vocational course or employment. Many of our students have a diagnosis or traits of autism. Many have associated emotional and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood. We do also consider 15-year-olds but only if they have a EHCP.</p> <p>Our students study Employability, Functional Skills Maths and English from E3 to Level 2, Creative Arts (Drama) Therapy, Life Skills, Personal Development and Wellbeing, Vocational Tasters in Art, Cooking and First Aid, Enrichment, and complete 34 hours of work experience in their vocational area of interest. We support our students to transition into cross college vocational courses, supported internships or apprenticeships or employment by helping them to discover what they want to do after Springboard, arranging taster sessions and supporting them at interviews.</p> <p><b>Students need to meet our assessment criteria in order to access the provision although individual needs are always considered and decisions are made on a case by case basis and subject to funding being approved by the Local Authority.</b></p> <p>If you would like to attend please RSVP to Mickaela Windsor <a href="mailto:mwindsor@nhc.ac.uk">mwindsor@nhc.ac.uk</a> or Rebecca Lewis <a href="mailto:rebecca.lewis@nhc.ac.uk">rebecca.lewis@nhc.ac.uk</a> or call us on 07943526089.</p> <p>To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend.</p> <p><b>If you are unable to attend but would like to find out more about our provision, we would be happy to meet with you on an individual basis. Please email Mickaela or Rebecca at the above emails and we can arrange for you to come in and see us. Alternatively, we can come to your setting to meet with you any groups of students and parents that you believe would benefit from Springboard.</b></p>
<p><b>Services For Young People</b></p>	<p>Services for Young People (SfYP) Megamix Project for young people with SEND ages 13-17 Tuesdays, 6:30pm to 8:30pm Bowes Lyon Young People's Centre</p> <p><a href="#">Services for Young People (SfYP) Megamix Project for young people with SEND ages 13-17 (Stevenage) - 15/10/2024   Hertfordshire County Council</a></p>



**Supporting your  
Neurodivergent Child  
handbook**



**Voices of Hertfordshire**

**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	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	Togetherall
Lumi Nova	WithYouth
Mental Health Support Teams in Schools (MHSTS)	YCT Counselling
NESSIE Parenting	Youth Talk Counselling
NHS Talking Therapies	Young Minds Parent Helpline

**Voices of Hertfordshire - YouTube**

Instagram: [Voices of Hertfordshire \(@voicesofhertfordshire\)](https://www.instagram.com/voicesofhertfordshire/)



Telephone service

Online/virtual service

Face to face service

Referral required

Includes support for early years

- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn 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 intent, psychotic episodes (hearing suspected voices, delusions, racing thoughts not related to physical or substance misuse), intermittent 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.wood@hertfordshire.gov.uk](mailto:shelley.wood@hertfordshire.gov.uk)

**CYPMHS Service Directory - SW (justtalkherts.org)**

**Mental health support for all children and young people in Hertfordshire (justtalkherts.org)**

**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.**



**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

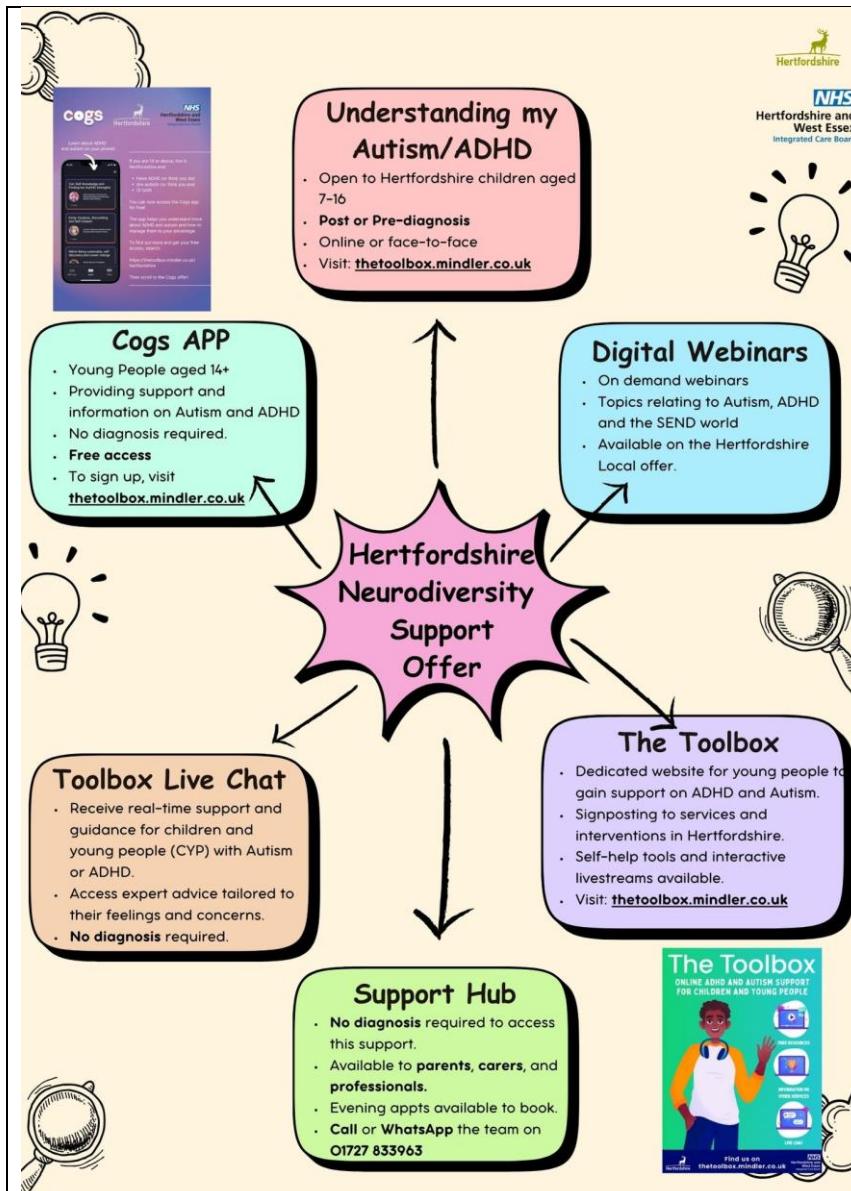
T: 0208 189 8400 E: [cyp@hertsmindnetwork.org](mailto:cyp@hertsmindnetwork.org) W: [www.withyouth.org](http://www.withyouth.org)

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





<p><b>FOLLOW</b> <b>Help develop Speech, Language &amp; Communication Skills at home</b></p>	<p><a href="#">FOLLOW   Linktree</a> 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. <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> <b>What is changing?</b> 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 data-bbox="1426 508 1605 706">  </div> <div data-bbox="1628 508 1808 706">  </div> <div data-bbox="1830 508 2010 706">  </div>

 <p><a href="http://www.hertfordshire.gov.uk/youthmentalhealth">www.hertfordshire.gov.uk/youthmentalhealth</a></p> <p><b>Nutritionists supporting one to one sessions at First Steps ED</b></p>	<p>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.</p> <p><b>First Steps to Understanding Eating Disorders (First Steps ED)</b> 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 (<b>Wellbeing Workshop, Avoidant Restrictive Food Intake Disorder (ARFID) Support Group, Binge Eating Workshops</b> etc). Parents, carers and older siblings can also gain access to First Steps ED's Parent Support Programme.</p>
<p><b>'Cogs' wellbeing app for neurodiverse young people (ages 14+)</b></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. <a href="#">Register for free access on the Toolbox website</a></p>



## 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+)

'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. [Register for free access on the Toolbox website](#)



<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="#">Puberty and Neurodiversity Tickets, Thu 24 Oct 2024 at 18:30   Eventbrite</a>	Puberty and Neurodiversity
<a href="#">Understanding My Autism and ADHD - School Years 3-6 Tickets, Wed, Oct 30, 2024 at 10:00 AM   Eventbrite</a>	Understanding my Autism/ADHD Sch yr 3-6
<a href="#">Understanding My Autism and ADHD - School Years 7-9 Girls Tickets, Wed, Oct 30, 2024 at 2:00 PM   Eventbrite</a>	Understanding my Autism/ADHD Sch yr 7-9 (girls)
<a href="#">Neurodiversity in Girls and Women (ADHD and Autism) - a 4 week course Tickets, Mon 4 Nov 2024 at 18:30   Eventbrite</a>	4 wk course: ADHD/Autism Girls/Women
<a href="#">Autistic Girls Workshop Tickets, Tue 5 Nov 2024 at 10:00   Eventbrite</a>	Autistic Girls
<a href="#">Understanding My Autism and ADHD - School Years 3-6 Tickets, Tue, Nov 5, 2024 at 4:30 PM   Eventbrite</a>	Sch Yrs 3-6 understanding my Autism/ADHD
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="#">Tips &amp; Tools for Sleep - FREE ONLINE WORKSHOP Tickets, Mon 4 Nov 2024 at 10:00   Eventbrite</a>	Tips/Tools for Sleep
<a href="#">Understanding ADHD and Autism in Girls - FREE ONLINE 6 WEEK COURSE Tickets, Tue 5 Nov 2024 at 10:00   Eventbrite</a>	ADHD/Autism – Girls – 6 week course
<a href="#">Understanding ADHD and Autism - FREE ONLINE DAYTIME 6 WEEK COURSE FOR DADS Tickets, Wed 6 Nov 2024 at 10:00   Eventbrite</a>	Understanding ADHD/Autism
<a href="#">Understanding ADHD and Autism - FREE ONLINE EVENING 6 WEEK COURSE FOR DADS Tickets, Wed 6 Nov 2024 at 19:00   Eventbrite</a>	For Dads – understanding ADHD/Autism
<a href="#">Understanding PDA - FREE ONLINE WORKSHOP Tickets, Wed 6 Nov 2024 at 19:00   Eventbrite</a>	Understanding PDA
<b>Understanding ADHD &amp; Autism (Teen Years)</b> FREE Introductory 6 week courses for parent/cares of teens Thursdays, 7 Nov to 12 Dec 10am to 12pm St Ippolyts Parish Hall, Waterdell Lane, St Ippolyts Hitchin SG4 7RB <a href="#">Understanding ADHD and Autism in the Teen Years-FREE 6 WK COURSE IN HITCHIN Tickets, Thu 7 Nov 2024 at 10:00   Eventbrite</a>	



<a href="#">Autism Hertfordshire</a>			
Confidence in Communication	<p>4 week online course - 17 October 11am to 12:30pm FREE for 16 – 25 year olds Learn different communication skills, including your style of communication, difference and barriers, build confidence, practice communication and self-advocating. <a href="mailto:Enquiries@autismherts.org">Enquiries@autismherts.org</a> / 01727 743246</p>		
Understanding My Autistic Identity	<p>6-week course – FREE This course is a resourceful insight to exploring your Autistic Identity by challenging your concepts from a social perspective and recognising the negative narratives and barriers that Autistic people face. Looking at Autism as an acceptable neurological difference that gives positive light to understanding who you are. Tuesdays from 22 October 11am to 2pm Register interest: <a href="mailto:enquiries@autismherts.org">enquiries@autismherts.org</a> / 01727 743246</p>		
Evening Groups	<p><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></p>		
Daytime Groups	<p><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></p>		
<a href="#">Autism Central</a>	<p><i>Autism Central aims to make it easier to learn more about autism and services available to you.</i></p>		
<a href="#">Resources</a>	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="#">Session for Personal Assistants   Autism Central</a>	17 October 12pm to 1:30pm
<a href="#">One-to-one</a>	Talk to your hub for a one-to-one chat to help find the information and services available in your area.		
<a href="#">Events</a>	Talk to people who share similar experiences by joining a workshop, coffee morning or virtual meet up.	<a href="#">Christmas   Autism Central</a>	Resources and information



<u>Angels</u> Support Group	<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>
5 Nov – Education Q&A	7 Nov – Meet Up & Chat		24 October Parent/Carer Support Group
12 Nov – Parent/Carers Support Group		14 Nov – Meet Up and Chat	
19 Nov – Workshop Rejection Sensitive Dysphoria delivered by Nice to Meet Ya			21 Nov Evening Parent/Carer Support Group
26 Nov – Parent/Carer Support Group			
3 Dec – Workshop Masking in School		5 Dec – Meet Up and Chat	
10 Dec – Parent/Carer Support Group			12 Dec Evening Parent/Carer Support Group
17 Dec – Workshop Supporting your ADHD Child			
Podcasts: <a href="#">Podcasts - Angels Support Group</a>	Support Groups and workshops, Meet up and Chat <a href="http://www.angelsupportgroup.org.uk">www.angelsupportgroup.org.uk</a> / <a href="#">Angels Autumn Term Programme</a> ( <a href="http://angelsupportgroup.org.uk">angelsupportgroup.org.uk</a> ) ( <a href="http://angelsupportgroup.org.uk">angelsupportgroup.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>		The Teenage Years
<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>		Responding to Anger
<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>		Tech Use
<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>		School Avoidance
<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>JUST ADDED</b> <b>Wednesdays 7:45pm to 9:30pm</b> 8 Jan to 12 Feb ONLINE COURSE ID 705	Talking Anxiety in Families
<b>Talking Teens</b> 6 Weekly Sessions for parents/carers of children aged 12-19	<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>JUST ADDED</b> <b>Wednesdays 7pm to 9pm</b> 26 Feb to 2 April Face to Face Course ID 707 Oakleaf Primary School, Hemel Hempstead <b>Tuesdays 7:45pm to 9:15pm</b> 7 Jan to 11 Feb ONLINE COURSE ID 708	Talking Teens
<b>Talking Dads/Male Carers</b> 6 Weekly sessions for Dads/Male Carers of all ages	Wednesdays 7:45pm to 9:15pm 6 Nov to 11 Dec ONLINE COURSE ID 686	<b>JUST ADDED</b> <b>Mondays 7:45pm to 9:15pm (ages 0-19)</b> 6 Jan to 10 Feb ONLINE COURSE ID 710 <b>Thursdays 7:45pm to 9:15pm (ages 0-11)</b> 27 Feb to 3 Apr ONLINE COURSE ID 711 <b>Wednesdays 7:45pm to 9:15pm (ages 12-19)</b> 26 Feb to 2 Mar ONLINE COURSE ID 712	Talking Dads/Male Carers
<b>Talking Anxiety in Teens</b> 6 week session for parents and carers of children 12-19		<b>JUST ADDED</b> <b>Mondays 7:45pm to 9:30pm</b>	



		24 Feb to 31 Mar ONLINE COURSE ID 706	
<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.	6 November to 11 December Venue TBC St Albans Course ID 676	<b>JUST ADDED</b> <b>Tuesdays 9:45am to 11:15am (ages 2-19)</b> 25 Feb to 1 Apr ONLINE COURSE ID 701 <b>Wednesdays 7:45pm to 9:15pm (AGES 12-19)</b> 8 Jan to 12 Feb ONLINE COURSE ID 709	Talking Additional Needs
<b>Talking Families</b> 6 weekly sessions for parents and carers of children aged 0-12	<b>Tuesdays 7pm to 9pm</b> November to 10 December <b>NOW ONLINE COURSE ID 679</b>	<b>JUST ADDED</b> <b>Tuesdays 9:45am to 11:15am</b> 7 Jan to 11 Feb ONLINE COURSE ID 703 <b>Tuesdays 8pm to 9:30pm</b> 7 Jan to 11 Feb ONLINE COURSE ID 704 <b>Tuesdays 8pm to 9:30pm</b> 25 Feb to 1 Apr ONLINE COURSE ID 702	Talking Families
<b>Families in Focus</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> More dates coming soon in March 2025	
		Transforming family life through empathy for <b>Fathers of children aged 4-10 years</b> Wednesday evenings November 27, December 4, 11 <b>SPACES AVAILABLE</b>	
		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>SPACES AVAILABLE</b>	
<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		<b>NEW DATES ADDED</b> <ul style="list-style-type: none"><li>Monday mornings 9.30-11.30am ONLINE VIA ZOOM 6 sessions Bookings open</li><li>January 6th 13th 20th 27th February 3rd 10th</li><li>Monday lunchtimes 12.15 -2.15pm ONLINE VIA ZOOM 6 session course Book now</li></ul>	Handling anger of children with Autism & ADHD  <a href="#">Current SEND courses – Families in Focus</a>



Learn healthy anger management strategies for children and parents to reduce angry reactions	<ul style="list-style-type: none"><li>• January 6th 13th 20th 27th February 3rd 10th</li><li>• Monday evenings 6.30-8.30pm ONLINE VIA ZOOM 6 Session course Book now</li><li>• January 6th 13th 20th 27th February 3rd 10th</li></ul>	
<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>
<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.	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)
<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 & 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

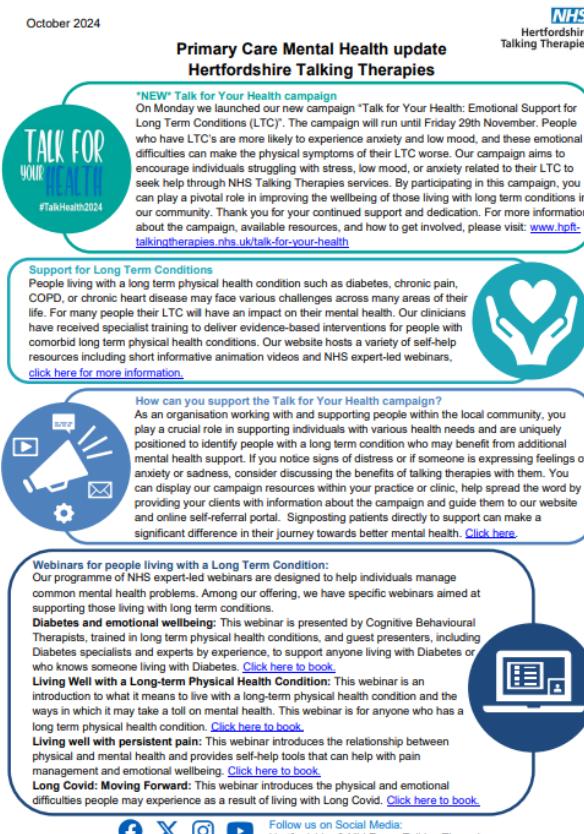


<b>Family Lives</b>	<p><b>Positive Co-Parenting of Neurodiverse Children – 8 Week online facilitated group</b></p> <p>This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is 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>	<p>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.</p>	<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>	<p>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.</p>	<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>	<p>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.</p>	<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>	<p>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.</p>	<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> 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></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>	<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><a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Mon 11 Nov 2024 at 10:00   Eventbrite</a></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 Literacy</p> <p>Emotional Wellbeing and Regulation</p> <p>Emotional Wellbeing</p>
	<p>To access the recorded Emotionally Based School Avoidance Webinar please visit: <a href="https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/">https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/</a></p>	



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>
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>
 <p>October 2024</p> <p><b>Primary Care Mental Health update</b> Hertfordshire Talking Therapies</p> <p><b>NEW</b> Talk for Your Health campaign</p> <p>On Monday we launched our new campaign "Talk for Your Health: Emotional Support for Long Term Conditions (LTC)". The campaign will run until Friday 29th November. People who have LTC's are more likely to experience anxiety and low mood, and these emotional difficulties can make the physical symptoms of their LTC worse. Our campaign aims to encourage individuals struggling with stress, low mood, or anxiety related to their LTC to seek help through NHS Talking Therapies services. By participating in this campaign, you can play a pivotal role in improving the wellbeing of those living with long term conditions in our community. Thank you for your continued support and dedication. For more information about the campaign, available resources, and how to get involved, please visit: <a href="http://www.hpft-talkingtherapies.nhs.uk/talk-for-your-health">www.hpft-talkingtherapies.nhs.uk/talk-for-your-health</a></p> <p><b>Support for Long Term Conditions</b></p> <p>People living with a long term physical health condition such as diabetes, chronic pain, COPD, or chronic heart disease may face various challenges across many areas of their life. For many people their LTC will have an impact on their mental health. Our clinicians have received specialist training to deliver evidence-based interventions for people with comorbid long term physical health conditions. Our website hosts a variety of self-help resources including short informative animation videos and NHS expert-led webinars, <a href="#">click here for more information</a>.</p> <p><b>How can you support the Talk for Your Health campaign?</b></p> <p>As an organisation working with and supporting people within the local community, you play a crucial role in supporting individuals with various health needs and are uniquely positioned to identify people with a long term condition who may benefit from additional mental health support. If you notice signs of distress or if someone is expressing feelings of anxiety or sadness, consider discussing the benefits of talking therapies with them. You can display our campaign resources within your practice or clinic, help spread the word by providing your clients with information about the campaign and guide them to our website and online self-referral portal. Signposting patients directly to support can make a significant difference in their journey towards better mental health. <a href="#">Click here</a>.</p> <p><b>Webinars</b></p> <p>Webinars for people living with a Long Term Condition: Our programme of NHS expert-led webinars are designed to help individuals manage common mental health problems. Among our offering, we have specific webinars aimed at supporting those living with long term conditions.</p> <p><b>Diabetes and emotional wellbeing:</b> This webinar is presented by Cognitive Behavioural Therapists trained in long term physical health conditions, and guest presenters, including Diabetes specialists and experts by experience, to support anyone living with Diabetes or who knows someone living with Diabetes. <a href="#">Click here to book</a>.</p> <p><b>Living Well with a Long-term Physical Health Condition:</b> This webinar is an introduction to what it means to live with a long-term physical health condition and the ways in which it may take a toll on mental health. This webinar is for anyone who has a long term physical health condition. <a href="#">Click here to book</a>.</p> <p><b>Living well with persistent pain:</b> This webinar introduces the relationship between physical and mental health and provides self-help tools that can help with pain management and emotional wellbeing. <a href="#">Click here to book</a>.</p> <p><b>Long Covid: Moving Forward:</b> This webinar introduces the physical and emotional difficulties people may experience as a result of living with Long Covid. <a href="#">Click here to book</a>.</p> <p>Follow us on Social Media: <a href="#">Facebook</a> <a href="#">Twitter</a> <a href="#">Instagram</a> <a href="#">YouTube</a></p>	<p>Talk for Your Health Campaign #TalkHealth2024</p> <p>Support for LTC – Long Term Conditions. <a href="#">Talk for Your Health: Emotional Support for Long Term Conditions (LTC)   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a></p> <p><b>Support for Long Term Conditions</b></p> <p>People living with long term physical health conditions such as diabetes, chronic pain, COPD, or chronic heart disease may face various challenges across many areas of their life. <a href="#">Resources and Self-help   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a></p> <p><b>Webinars</b></p> <p>Diabetes and emotional wellbeing: <a href="#">Diabetes and Emotional Wellbeing   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a></p> <p>Living Well with a Long-term Physical Health Condition: <a href="#">Living Well with a Long-term Physical Health Condition   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a></p> <p>Living well with persistent pain: <a href="#">Living well with persistent pain   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a></p> <p>Long Covid: Moving Forward: <a href="#">Long COVID: Moving forwards   HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</a></p>	



## 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

## MENTAL HEALTH FIRST AID

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>
NESSie	<i>Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.</i>  NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.

FREE online and face-to-face workshops on a range of mental health issues that affect children and young people.

Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment)

Private moderated Facebook support groups. support advice sessions. Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: [Podio](#)



<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>	
<b>Parent/Carer Live Webinar –</b>	<b>Bullying</b> Thursday, 5 December 9:30am to 11:30am <a href="http://Nessie Public Booking Platform V3.0 (procfu.com)">Nessie Public Booking Platform V3.0 (procfu.com)</a>	The aim of this early intervention webinar is to share helpful tools and strategies to support your child to develop confidence and resilience in order to manage dealing with bullying. This webinar will provide information for families about managing, signposting and supporting with appropriate interventions. It will also offer parents and carers a chance to ask open questions in a warm and supportive environment with members of the NESSie Team.
	<b>Anxiety</b> Thursday, 7 November 9:30am to 11:30am <a href="https://procfu.com/nespubbooking/eventDetail_home/2830715156">https://procfu.com/nespubbooking/eventDetail_home/2830715156</a>	The aim of this early intervention webinar is to share helpful tools and strategies to support your child to develop confidence and resilience in order to manage their anxiety. Provide information for families about managing, signposting and supporting with appropriate interventions. It will also offer parents and carers a chance to ask open questions in a warm and supportive environment and meet some of the NESSie team.
	<b>Bereavement/Loss</b> Monday, 11 November 11:30am to 1:30pm <a href="http://Nessie Public Booking Platform V3.0 (procfu.com)">Nessie Public Booking Platform V3.0 (procfu.com)</a>	This interactive live online webinar is delivered by NESSie team members and aims to: Enable parents/carers to develop their confidence in supporting their child with bereavement and loss. Explore strategies to support their child/ren to discuss aspects of bereavement and loss, including divorce and separation. Provide a space to look at and identify effective support and management for the whole family and the opportunity to ask questions in a warm and supportive environment.
	<b>When Children and Young People Struggle to Attend School</b> Wednesday, 20 November 7pm to 9pm <a href="http://Nessie Public Booking Platform V3.0 (procfu.com)">Nessie Public Booking Platform V3.0 (procfu.com)</a>	The aim of this early intervention webinar is to share helpful tools and strategies to support your child. Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer and it is easy to feel lost and alone. This webinar will provide information for families about managing, signposting and supporting with appropriate interventions. It will also offer parents and carers a chance to ask open questions to the NESSie team in a warm and supportive environment.
<b>Webinar Playback</b>	<b>Supporting a Child Struggling to Attend School</b>	<a href="http://Nessie Public Booking Platform V3.0 (procfu.com)">Nessie Public Booking Platform V3.0 (procfu.com)</a>
<p><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></p> <p>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.</p>		
<p><b>Understanding My Autism: for school years 7-9 (online)</b> <a href="#">Booking</a></p>		<p>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.</p> <p>The joining link will be sent ahead of the first session.</p>
		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 sent 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	

## EARLY YEARS – SEND GROUPS

<b>NORTH HERTS FAMILY CENTRE</b>  <b>SEND Drop In - Free Drop In</b>  <a href="#">What's On North Herts District Summer 2024 (mailchi.mp)</a>	<b>Toddler Group: Arise and Shine</b> Letchworth Garden City Church, The Icknield Centre, Icknield Way, <b>Letchworth, SG6 1EF</b> <b>Tuesdays from 10.00am to 11.15am (term time)</b>	
	<b>Broadwater Family Centre, Longmeadow Primary School, Oaks Cross, Stevenage SG2 8LT</b> <b>Thursdays 10am to 11:15 (all year)</b>	
	<b>Royston &amp; Villages Family Centre, Roman Way First School, Burns Road, Royston SG8 5EQ</b> <b>Fridays 9:30am to 10:45am from 24 October.</b>	
<b>SENSational Active Tots with Stevenage FC (ages 1-5)</b>	<b>Looking for somewhere to run off a bit of steam? The Family Centre Service alongside Stevenage FC are running new SENsational Active Tots Sessions for 1-5 year olds. These sessions are all about bringing physical activity to life through various sports and challenges. Taking place at Fairlands Valley Park in Stevenage and FREE for the first 8 weeks (£3.50 thereafter). Wednesdays 10am to 10:45am, <a href="#">joinin.online</a></b>	