



QUICK LINKS – new this week & news			
Herts Parent Carer Involvement Annual Survey	Springboard Letchworth Open Afternoon	Contact Money Matters	
ADD-Vance new this week/coming soon <ul style="list-style-type: none"> • NEW 113 Understanding ADHD/Autism – Dads • PDA • Understanding ADHD & Autism (Teen Years) 6wk course Hitchin 	Space Herts new this week/coming soon NEW 113 <ul style="list-style-type: none"> • ADHD/Autism Girls/Women • Autistic Girls • Understanding my Autism 	Supporting Links NEW 113 – new courses and dates added	Watch now: Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.
Angels Support Groups this week NEW 113 Rejection Sensitive Dysphoria	Autism Central <ul style="list-style-type: none"> • 	SEND News Sign up for SEND News for email updates SEND news - 30 September 2024 (hertfordshire.gov.uk)	Child Wellbeing Practitioners
NESSie this week/coming soon	Family Lives	Autism Hertfordshire Transition Service for 16-20 year olds	Sandbox Body Image (mindler.co.uk) Resource Zone The Sandbox (mindler.co.uk)
Families in Focus	Herts Mind Network	NHS Talking Therapies NEW 113 Talk for Your Health Campaign Support for Long Term Conditions; Diabetes and Emotional Wellbeing, Physical Health, Persistent Pain, Long Covid	ADHD Foundation Resources Archive - ADHD Foundation : ADHD Foundation
Families Feeling Safe	Wellbeing : Young People	Mental Health First Aid	Autism UK Social stories and comic strip conversations (autism.org.uk)
SENSational Active Tots with Stevenage FC (ages 1-5)	supporting-your-neurodiverse-child-handbook-pdf-6.6mb.pdf (hertfordshire.gov.uk)	Carers In Herts & Young Carers	CEOP Safety Centre



The SEND Local Offer



Hertfordshire Additional Needs Database (HAND)	Hertfordshire Additional Needs Database – voluntary register of disabled children and young people aged 0-25. By joining the register you can get discounts at places around the county and beyond.	Short Breaks	Short breaks offer disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with confidence their child is well supported by a trained worker. They include holiday and Saturday clubs, with activities ranging from Lego and computer skills to buddying sessions.
Educational, health and care plans (EHCP)	If SEN support isn't enough, then an Education, Health and Care Plan might be the next step.	Support with education	The educational support your child is entitled to, types of education and how to access learning if your child can't get into school
Courses and activities in Hertfordshire	Find courses, clubs and activities for you and your family, and short breaks and childcare too.	Early Years (ages 0-5)	Help available in the early years, including health visitors and family centres.
Contact a SEND service	Information on how to contact SEND service and details of their Advice Lines	Services for children and young people (ages 0-25)	From doctors and dentists to more specialist support for complex needs.
Preparing for adulthood	Thinking about your child's future early can help to relieve some of the worries you might have. Advice on how you and your child can prepare.	Services for parents, carers and families	Organisations who support parents, carers and families of children with SEND in Hertfordshire.
Money	Financial support you can apply for yourself, money advice, and funding professionals can get too.	Feedback	Find out how you can shape SEND services, or what to do if you're not happy.
The SEND Local Offer has lots of resources including:	Watch at a time to suit you webinars – Autism and ADHD ADD-vance Understanding ADHD Webinar ADD-vance Understanding Autism Webinar	ADHD Foundation – a Teenager's guide to living with ADHD SEND documents and resources (hertfordshire.gov.uk)	
Herts Parent Carer Involvement	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: http://www.surveymonkey.co.uk/r/HPCISurvey2024		
Annual Survey	If you would like to know more about HPCI or to become a member, you can visit their website: www.hertsparentcarers.org.uk or call 07840 360 245.		



<p>Springboard Letchworth</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 Springboard Letchworth which will be held on Wednesday 27th of November 3pm – 5pm 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>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.</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>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.</p> <p>If you would like to attend please RSVP to Mickaela Windsor mwindsor@nhc.ac.uk or Rebecca Lewis rebecca.lewis@nhc.ac.uk 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>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.</p>
<p>Services For Young People</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 Services for Young People (SfYP) Megamix Project for young people with SEND ages 13-17 (Stevenage) - 15/10/2024 Hertfordshire County Council</p>



Delivering Special
Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 113
23/10/2024

DSPL 1
(North Herts)

dspl1admin@wransom.herts.sch.uk

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

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

Supporting your Neurodivergent Child handbook

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.



Voices of Hertfordshire

[Voices of Hertfordshire - YouTube](#)

Instagram: [Voices of Hertfordshire \(@voicesofhertfordshire\)](#)

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.

Chatheath D-5	PALMS
Chatheath 11-19	Rephael House Counselling
Children's Crisis Assessment and Treatment Team	Safe Space
Children's Wellbeing Practitioners	School Nurses and Duty Line
CHUMS Bereavement Support	Services for Young People
Educational Psychologists	Signpost
Families First	Single Point Access (SPA)
First Steps ED	Specialist CAMHS
Health for Kids	Spectrum Family and Young People's Service
Health for Teens	Step 2
Herts Haven Cafés	The Sandbox
Just Talk	The Toolbox (Neurodiverse)
Just Talk Ambassador Scheme	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



Telephone service
Face to face service
Online/virtual 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 means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.

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



- 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

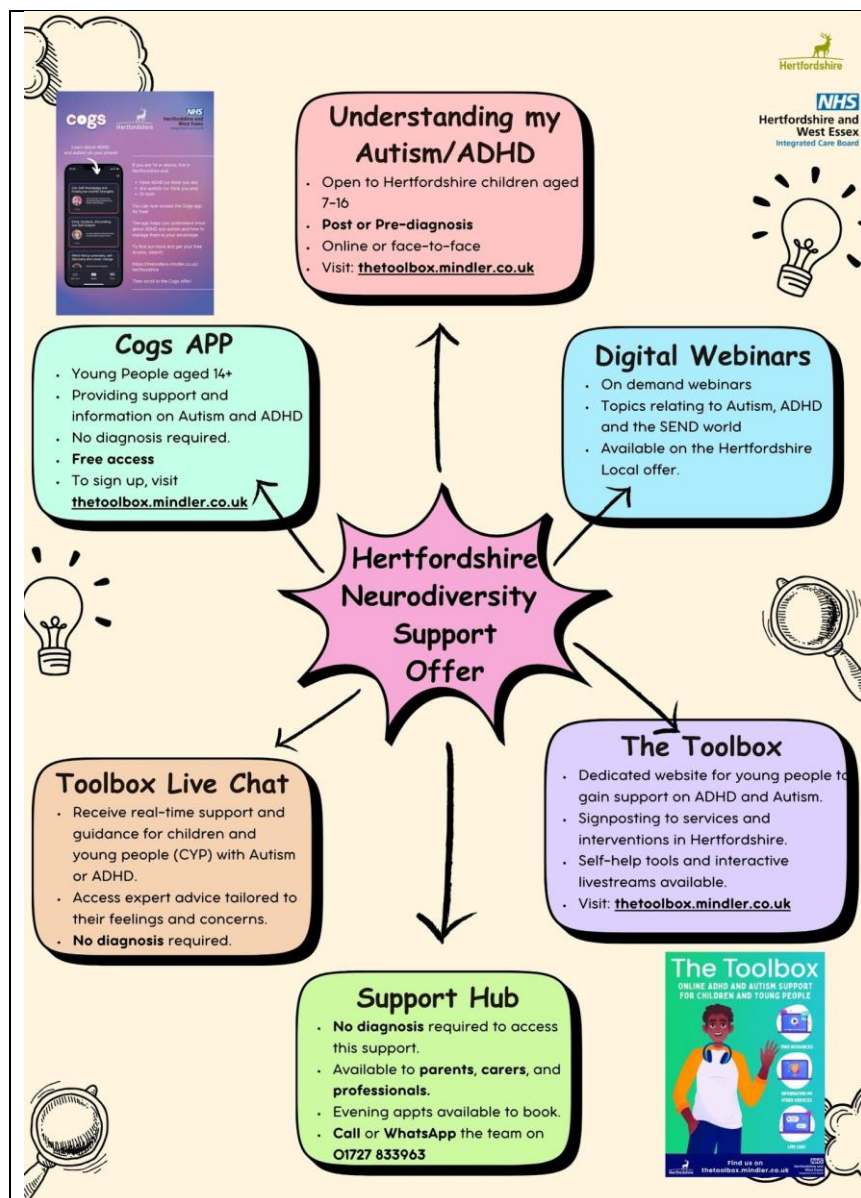
T: 0208 189 8400 E: ecp@hertsmindnetwork.org W: www.withyouth.org

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.

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
In Partnership with The Prince's Trust

Disclaimer: DSPL 1 provides this information in good faith, it is provided for information only, it does not imply that we support/endorse them. We aim to provide accurate and up to date information but cannot be held responsible for any damage or loss caused by any inaccuracy. We are not responsible for the privacy practices, recommended that you read the privacy policy of any site you visit, particularly if you are asked to give personal data.



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

Hertfordshire and West Essex Integrated Care Board

The Toolbox

ONLINE ADHD AND AUTISM SUPPORT FOR CHILDREN AND YOUNG PEOPLE

FREE RESOURCES

INFORMATION ON OTHER SERVICES

LIVE CHAT

Find us on thetoolbox.mindler.co.uk

Hertfordshire and West Essex Integrated Care Board

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

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

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

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

01727 833963

supporthub@add-vance.org









Opening Hours


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

Here to support, reach out for a listening ear

Hertfordshire and West Essex Integrated Care Board



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

 <p>Nutritionists supporting one to one sessions at First Steps ED</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>First Steps to Understanding Eating Disorders (First Steps ED) is for Hertfordshire's children and young people aged 5-18, parents/care givers. The service provides digital and face to face one-to-one support sessions, as well as weekly psychoeducation and group support programmes (Wellbeing Workshop, Avoidant Restrictive Food Intake Disorder (ARFID) Support Group, Binge Eating Workshops etc). Parents, carers and older siblings can also gain access to First Steps ED's Parent Support Programme.</p>
<p>'Cogs' wellbeing app for neurodiverse young people (ages 14+)</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. Register for free access on the Toolbox website</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. 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](#)



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>	
Puberty and Neurodiversity Tickets, Thu 24 Oct 2024 at 18:30 Eventbrite		Puberty and Neurodiversity
Understanding My Autism and ADHD - School Years 3-6 Tickets, Wed, Oct 30, 2024 at 10:00 AM Eventbrite		Understanding my Autism/ADHD Sch yr 3-6
Understanding My Autism and ADHD - School Years 7-9 Girls Tickets, Wed, Oct 30, 2024 at 2:00 PM Eventbrite		Understanding my Autism/ADHD Sch yr 7-9 (girls)
Neurodiversity in Girls and Women (ADHD and Autism) - a 4 week course Tickets, Mon 4 Nov 2024 at 18:30 Eventbrite		4 wk course: ADHD/Autism Girls/Women
Autistic Girls Workshop Tickets, Tue 5 Nov 2024 at 10:00 Eventbrite		Autistic Girls
Understanding My Autism and ADHD - School Years 3-6 Tickets, Tue, Nov 5, 2024 at 4:30 PM Eventbrite		Sch Yrs 3-6 understanding my Autism/ADHD
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite		Additional Activities
ADD-Vance	<i>A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</i>	
Tips & Tools for Sleep - FREE ONLINE WORKSHOP Tickets, Mon 4 Nov 2024 at 10:00 Eventbrite		Tips/Tools for Sleep
Understanding ADHD and Autism in Girls - FREE ONLINE 6 WEEK COURSE Tickets, Tue 5 Nov 2024 at 10:00 Eventbrite		ADHD/Autism – Girls – 6 week course
Understanding ADHD and Autism - FREE ONLINE DAYTIME 6 WEEK COURSE FOR DADS Tickets, Wed 6 Nov 2024 at 10:00 Eventbrite		Understanding ADHD/Autism
Understanding ADHD and Autism - FREE ONLINE EVENING 6 WEEK COURSE FOR DADS Tickets, Wed 6 Nov 2024 at 19:00 Eventbrite		For Dads – understanding ADHD/Autism
Understanding PDA - FREE ONLINE WORKSHOP Tickets, Wed 6 Nov 2024 at 19:00 Eventbrite		Understanding PDA
Understanding ADHD & Autism (Teen Years) 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 Understanding ADHD and Autism in the Teen Years-FREE 6 WK COURSE IN HITCHIN Tickets, Thu 7 Nov 2024 at 10:00 Eventbrite		



Autism Hertfordshire			
Confidence in Communication	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. Enquiries@autismherts.org / 01727 743246		
Understanding My Autistic Identity	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: enquiries@autismherts.org / 01727 743246		
Evening Groups	<i>Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246</i> orenquiries@autismherts.org for details		
Daytime Groups	<i>Community based sessions where attendees can take advantage of regular walks or lunches in local cases with their peer group. Supported by two staff members, across Herts. contact 01727 743246</i> orenquiries@autismherts.org for details		
Autism Central	Autism Central aims to make it easier to learn more about autism and services available to you.		
Resources	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.	Session for Personal Assistants Autism Central	17 October 12pm to 1:30pm
One-to-one	Talk to your hub for a one-to-one chat to help find the information and services available in your area.		
Events	Talk to people who share similar experiences by joining a workshop, coffee morning or virtual meet up.	Christmas Autism Central	Resources and information



Angels Support Group		<i>Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).</i>	
Tuesdays – Zoom 10am to 12pm	Wednesdays – Letchworth 10am to 12pm The Pod, Northfields Infants	Thursdays – Stevenage 10am to 12pm The Phoenix Group	Thursdays – Zoom 7:30pm to 8:30pm
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: Podcasts - Angels Support Group		Support Groups and workshops, Meet up and Chat www.angelssupportgroup.org.uk / Angels Autumn Term Programme (angelssupportgroup.org.uk) (angelssupportgroup.org.uk)	



Supporting Links		A local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children.	
Workshops: We have a number of single session workshops for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend.		Use the Course ID (See below) to book your place Booking Essential: bookings@supportinglinks.co.uk or 07512 709556 See website for flyers and links: New What's On (supportinglinks.co.uk)	
TALKING ASD & ADHD The Teenage Years	Talking ASD & ADHD: The Teenage Years (690) For parents/carers in Herts. Registration, Mon 25 Nov 2024 at 19:30 Eventbrite		The Teenage Years
TALKING ASD & ADHD Responding to Anger	Talking ASD & ADHD: Responding to Anger(688) For parents/carers in Herts. Registration, Mon 4 Nov 2024 at 19:30 Eventbrite		Responding to Anger
TALKING ASD & ADHD Tech Use	Talking ASD & ADHD: Tech Use(689) For parents/carers in Herts. Registration, Thu 21 Nov 2024 at 09:30 Eventbrite		Tech Use
TALKING ASD & ADHD School Avoidance	Talking ASD & ADHD: School Avoidance(687) For parents/carers in Herts. Registration, Wed 23 Oct 2024 at 09:30 Eventbrite		School Avoidance
Talking Anxiety in Families 6 Weekly Sessions for parents/carers of under 12's	Tuesdays 9:45am to 11:30m 5 November to 10 December ONLINE COURSE ID 677	JUST ADDED Wednesdays 7:45pm to 9:30pm 8 Jan to 12 Feb ONLINE COURSE ID 705	Talking Anxiety in Families
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19	Wednesdays 7:45pm to 9:15pm 5 November to 10 December ONLINE COURSE ID 683 Wednesdays 7:45pm to 9:15pm 6 November to 11 December ONLINE COURSE ID 684	JUST ADDED Wednesdays 7pm to 9pm 26 Feb to 2 April Face to Face Course ID 707 Oakleaf Primary School, Hemel Hempstead Tuesdays 7:45pm to 9:15pm 7 Jan to 11 Feb ONLINE COURSE ID 708	Talking Teens
Talking Dads/Male Carers 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	JUST ADDED Mondays 7:45pm to 9:15pm (ages 0-19) 6 Jan to 10 Feb ONLINE COURSE ID 710 Thursdays 7:45pm to 9:15pm (ages 0-11) 27 Feb to 3 Apr ONLINE COURSE ID 711 Wednesdays 7:45pm to 9:15pm (ages 12-19) 26 Feb to 2 Mar ONLINE COURSE ID 712	Talking Dads/Male Carers
Talking Anxiety in Teens 6 week session for parents and carers of children 12-19		JUST ADDED Mondays 7:45pm to 9:30pm	



		24 Feb to 31 Mar ONLINE COURSE ID 706	
Talking Additional Needs (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	JUST ADDED Tuesdays 9:45am to 11:15am (ages 2-19) 25 Feb to 1 Apr ONLINE COURSE ID 701 Wednesdays 7:45pm to 9:15pm (AGES 12-19) 8 Jan to 12 Feb ONLINE COURSE ID 709	Talking Additional Needs
Talking Families 6 weekly sessions for parents and carers of children aged 0-12	Tuesdays 7pm to 9pm November to 10 December NOW ONLINE COURSE ID 679	JUST ADDED Tuesdays 9:45am to 11:15am 7 Jan to 11 Feb ONLINE COURSE ID 703 Tuesdays 8pm to 9:30pm 7 Jan to 11 Feb ONLINE COURSE ID 704 Tuesdays 8pm to 9:30pm 25 Feb to 1 Apr ONLINE COURSE ID 702	Talking Families
<u>Families</u> in Focus	<i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>		
Email to book: bookings@familiesinfocus.co.uk			
Transforming family life through empathy - helping families to build strong family connections		Transforming family life through empathy for Parents of children with SEND 4-10 years More dates coming soon in March 2025	
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		Transforming family life through empathy for Fathers of children aged 4-10 years Wednesday evenings November 27, December 4, 11 SPACES AVAILABLE	
Email to book: bookings@familiesinfocus.co.uk		Transforming family life through empathy for Grandparents of grandchildren aged 4-10 years Monday mornings 9:30am to 11:30am November 11, 18 SPACES AVAILABLE	
Handling anger of children with Autism & ADHD FREE 6 week course Increase understanding of how Autism and ADHD affects emotional regulation Increase awareness of a child's sensory needs Increase your understanding of triggers that cause children's angry outbursts		NEW DATES ADDED <ul style="list-style-type: none">Monday mornings 9.30-11.30am ONLINE VIA ZOOM 6 sessions Bookings openJanuary 6th 13th 20th 27th February 3rd 10thMonday lunchtimes 12.15 -2.15pm ONLINE VIA ZOOM 6 session course Book now	Handling anger of children with Autism & ADHD Current SEND courses – Families in Focus




Learn healthy anger management strategies for children and parents to reduce angry reactions	<ul style="list-style-type: none"> January 6th 13th 20th 27th February 3rd 10th Monday evenings 6.30-8.30pm ONLINE VIA ZOOM 6 Session course Book now January 6th 13th 20th 27th February 3rd 10th 	
A complete guide to parenting children with Autism & ADHD FREE 10 week course for parents living in Hertfordshire and parenting a child with Autism or ADHD (with diagnosis or awaiting assessment) aged 2 to 11. Gain a greater understanding and answer the question 'why does my child do that?' Learn a range of strategies and solutions, to better manage behaviours that challenge. Understanding sensory needs of children. Increase understanding of children's common sleep issues.	Wednesday mornings 9:30am to 11:30am OR Wednesday evenings 6:30pm to 8:30pm September 11, 18, 25. October 2, 9, 16, 23. November 6, 13, 20 NEW DATES ADDED 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 Current SEND courses – Families in Focus
Handling anger of primary aged children with Autism or ADHD FREE six-week course is funded by Hertfordshire County Council and FREE for parents of primary-aged children with ADHD and/or Autism living in Hertfordshire. Online, interactive course for parents provides practical support to understand why children with Autism or ADHD react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family.	Tuesday mornings 9:30am to 11:30am November 5, 12, 19, 26 & December 3, 10 Tuesday evenings 6:30pm to 8:30pm November 5, 12, 19, 26 & December 3, 10	Handling anger Primary aged children (Autism/ADHD)
Handling anger in your family Online, interactive course will transform family life and includes: Increase understanding of the triggers leading to children's & parents' anger Techniques to increase children's emotional regulation and decrease angry meltdowns Strategies to support children to understand and 'let go' of their emotions safely Tried and tested techniques to reduce stress and conflict Support parents to share experiences and knowledge	Monday Evenings 6:30pm to 8:30pm November 4, 11, 18, 25 & December 2, 9	Handling anger in your family




Family Lives	<p>Positive Co-Parenting of Neurodiverse Children – 8 Week online facilitated group</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"> • Parents who are experiencing conflicts and challenges due to the neurodiversity of their child. • Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child. • Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child. <p>For more information or make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699.</p>		<p>These 2 courses will be delivered via MS Teams, over 8 sessions:</p> <p>Tuesday 1, 8, 15, 22 October & 5, 12, 19, 26 November 7pm to 9pm</p> <p>Thursday 3, 10, 17, 24 October & 7, 14, 21, 28 November 9:30am to 11:30am</p>
Herts Mind Network			
<p>Staying Calm Course</p> <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"> • Understand what difficult emotions are and why they occur Identify and challenge unhelpful thinking • Understand how our thinking impacts on mood and behaviour • Effectively use a number of strategies/techniques for manager difficult emotions 		<p>26 November & 3 December 2 x Tuesdays 2pm to 4pm online Staying Calm Course - Mind in Mid Herts</p>
<p>Sleeping Well</p> <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"> • Understand the science of sleep, sleep cycles, the psychological and physiological benefits of sleep. • Have learn and developed strategies to improve their sleep 		<p>12 December 5pm to 8pm Sleeping Well - Mind in Mid Herts</p>
<p>Feeling Well</p> <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"> • Understand depression, and recognise the symptoms of depression • Recognise their own unhealthy cycle of depression Be able to identify and challenge their own unhelpful thinking patterns • Effectively use of a number of strategies to manage mood • Complete their own staying well recovery plan 		<p>13 November – 20 November 2 x Wednesdays 2pm to 4pm Online Courses Feeling Well - Mind in Mid Herts</p>
<p>Learning to Relax Workshop</p> <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"> • Understand stress, the causes and effects of stress Recognise the relationship between their thoughts, feelings and behaviour and how these help to maintain stress • Implement a range of relaxation techniques • Understand a range of strategies to effectively manage stress 		<p>24 October 5pm to 8pm Online Learning to Relax Workshop - Mind in Mid Herts</p>



Children's Wellbeing Practitioners	HCT Children's Wellbeing Practitioners Events Eventbrite Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child's Emotional Literacy	Check for available courses, please note they book up quickly														
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance														
<div><div></div><div>Children's Wellbeing Practitioner Workshops October-December 2024</div></div> <p>Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.</p> <p>All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787</p> <table><tr><th>Workshop</th><th>Date & Time</th></tr><tr><td>Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</td><td>Thursday 21st November 6-8pm</td></tr><tr><td>Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</td><td>Thursday 28th November 6-8pm</td></tr><tr><td>Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</td><td>Monday 28th October 6-8pm Wednesday 11th December 10-12pm</td></tr><tr><td>Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</td><td>Wednesday 2nd October 6-8pm Monday 2nd December 6-8pm</td></tr><tr><td>Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</td><td>Tuesday 1st October 10-12pm Monday 4th November 6-8pm Thursday 12th December 10-12pm</td></tr><tr><td>General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</td><td>Tuesday 15th October 10-12pm Monday 11th November 10-12pm Tuesday 17th December 6-8pm</td></tr></table> <p>To access the recorded Emotionally Based School Avoidance Webinar please visit: https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/</p>	Workshop	Date & Time	Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 21 st November 6-8pm	Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 28 th November 6-8pm	Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 28 th October 6-8pm Wednesday 11 th December 10-12pm	Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 2 nd October 6-8pm Monday 2 nd December 6-8pm	Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 1 st October 10-12pm Monday 4 th November 6-8pm Thursday 12 th December 10-12pm	General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 15th October 10-12pm Monday 11 th November 10-12pm Tuesday 17 th December 6-8pm	Supporting your Child's Self-esteem and Resilience Workshop Tickets, Mon 28 Oct 2024 at 18:00 Eventbrite	Child's Self-Esteem
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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.	Referral HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)
ADHD Awareness Month	Understanding ADHD and low self-esteem webinar. Most people with ADHD can experience low self-esteem because of difficulties in different areas of their life. These difficulties may arise because of the experiences that come with ADHD, such as forgetfulness, poor concentration, extreme restlessness.	Understanding ADHD and low self-esteem HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)
 <p>October 2024</p> <p>Primary Care Mental Health update Hertfordshire Talking Therapies</p> <p>"NEW" Talk for Your Health campaign 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: www.hpft-talkingtherapies.nhs.uk/talk-for-your-health</p> <p>Support for Long Term Conditions 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, click here for more information.</p> <p>How can you support the Talk for Your Health campaign? 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. Click here.</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. Diabetes and emotional wellbeing: 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. Click here to book. Living Well with a Long-term Physical Health Condition: 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. Click here to book. Living well with persistent pain: This webinar introduces the relationship between physical and mental health and provides self-help tools that can help with pain management and emotional wellbeing. Click here to book. Long Covid: Moving Forward: This webinar introduces the physical and emotional difficulties people may experience as a result of living with Long Covid. Click here to book.</p> <p>Follow us on Social Media: Hertfordshire & Mid Essex Talking Therapies</p>		<p>Talk for Your Health Campaign #TalkHealth2024</p> <p>Support for LTC – Long Term Conditions. Talk for Your Health: Emotional Support for Long Term Conditions (LTC) HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</p> <p>Support for Long Term Conditions</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. Resources and Self-help HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</p> <p>Webinars</p> <p>Diabetes and emotional wellbeing: Diabetes and Emotional Wellbeing HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</p> <p>Living Well with a Long-term Physical Health Condition: Living Well with a Long-term Physical Health Condition HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</p> <p>Living well with persistent pain: Living well with persistent pain HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</p> <p>Long Covid: Moving Forward: Long COVID: Moving forwards HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)</p>



CARERS IN HERTS

[Carers](#) In Herts Evening Phone Support

Evening Phone Appointments available
5:30pm to 7:30pm on Wednesdays
Book now: contact@carersinherts.org.uk / 01992 58 69 69

[Young](#) Carers

See link for contact and links

MENTAL HEALTH FIRST AID

Youth Mental Health First Aid Training

2 day first aider course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds. Fully funded.
9:30am to 4pm
Youth MHFA, Facts and Figures, Depression and Anxiety, Suicide and Psychosis, Self-harm and Eating Disorders
For further information contact hweicbhv.schoolsmh@nhs.net

1 Day Champion Course

Mental Health First Aid Training – 1 Day Champion Course FREE
For Parents and Carers of 8 to 18 Year Olds
9:30am to 4pm
What is mental health, health and mental ill health, stigma and discrimination, depression and suicide. Mental health conditions: anxiety, self harm, eating disorders, psychosis, recovery, resilience.
[Mental Health First Aid \(MHFA\) 1 day course for Parents & Carers Tickets, Multiple Dates | Eventbrite](#)

NESSie

Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.

NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.

FREE online and face-to-face workshops on a range of mental health issues that affect children and young people.
Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment)
Private moderated Facebook support groups. support advice sessions. Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: [Podio](#)



NESSie		Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.	
Parent/Carer Live Webinar –	Bullying Thursday, 5 December 9:30am to 11:30am Nessie Public Booking Platform V3.0 (procfu.com)	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.	
	Anxiety Thursday, 7 November 9:30am to 11:30am https://procfu.com/nespubbooking/eventDetail_home/2830715156	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.	
	Bereavement/Loss Monday, 11 November 11:30am to 1:30pm Nessie Public Booking Platform V3.0 (procfu.com)	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.	
	When Children and Young People Struggle to Attend School Wednesday, 20 November 7pm to 9pm Nessie Public Booking Platform V3.0 (procfu.com)	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.	
Webinar Playback	Supporting a Child Struggling to Attend School	Nessie Public Booking Platform V3.0 (procfu.com)	
‘My World & Me’™ is a 12-week group programme for children and young people aged 7-16 years who live in Hertfordshire. This group is run by two NESSie Autism/LD specialists and aims to support your child/young person to have an opportunity to meet other young people of similar age and experiences. Focusing on celebrating your child’s strengths, this group aims to be fun whilst supporting confidence, independence, and resilience. NESSie is proud to be neurodiverse affirmative with the majority of our team having lived experience. Please note that spaces are limited to 8 participants per group. Upon receiving your booking information you will be contacted by a member of our team for a chat. If your requested group is at capacity or a need for alternative support is identified, you will be offered an alternative group or signposted to alternative support. Completing the booking does not guarantee a space on the chosen group.			
Understanding My Autism: for school years 7-9 (online) Booking		This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be send ahead of the first session.	Tuesdays, 10 September to 3 December 11:15am to 12:15pm



Understanding My Autism: for school years 3-5 (online) Booking	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be sent ahead of the first session.	Friday, 13 September to 6 December 2:15pm to 3:15pm
Understanding My Autism: Supporting Transitions for School Years 5-6 (in person, Puckeridge) Booking	Tuesdays, 10 September to 3 December 4pm to 5pm	
Understanding My Autism: for school years 4-6 (online) Booking	This workshop is during school hours – children are welcome to join online from school or home. Please contact info@nessieined.com for more information. The joining link will be sent ahead of the first session.	Wednesday 11 September to 4 December 11:15pm to 12:15pm
Understanding My Autism / ADHD for Girls, School Years 10 – 11 (in person, Stevenage) Booking	Wednesday 11 September to 4 December 4pm to 5pm	
Understanding My Autism/ADHD : for Girls, School Years 10 – 11 (in person, Hitchin) Booking	Wednesday 11 September to 4 December 4:30pm to 5:30pm	
Understanding My Autism/ADHD: for School Years 7 – 9 (online) Booking	Thursdays 12 September to 5 December 4:30pm to 5:39pm	
Understanding My Autism/ADHD: Boxing for School Years 7-9 (in person, Watford) Booking	Thursdays 12 September to 5 December 4:15pm to 5:15pm	

EARLY YEARS – SEND GROUPS

NORTH HERTS FAMILY CENTRE SEND Drop In - Free Drop In What's On North Herts District Summer 2024 (mailchi.mp)	Toddler Group: Arise and Shine Letchworth Garden City Church, The Icknield Centre, Icknield Way, Letchworth , SG6 1EF Tuesdays from 10.00am to 11.15am (term time)	
	Broadwater Family Centre, Longmeadow Primary School, Oaks Cross, Stevenage SG2 8LT Thursdays 10am to 11:15 (all year)	
	Royston & Villages Family Centre, Roman Way First School, Burns Road, Royston SG8 5EQ Fridays 9:30am to 10:45am from 24 October.	
SENsational Active Tots with Stevenage FC (ages 1-5)	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, joinin.online	

