



QUICK LINKS – NEW THIS WEEK & NEWS

Book your place DSPL 1 Information Event

DSPL1 Delivering Special Provision Locally

INFORMATION EVENT

FOR PARENTS AND CARERS

Time	Topic	Presenters
10am	The Impact of Undiagnosed Mental Health Issues/Disorders? Signposting to Tools to Help all Ages	Parents-in
10:30am	Understanding OCD (Obsessive Compulsive Disorder)	SPACE Herts
11:30am	Social Media and Sleep	WIST Mental Health Support Team
12pm	Digital Wellbeing	PHASE
12:15pm	The Neurodiversity Support Hub Advice Line	ADD-vance
1:15pm	Support Groups	Angels Support Group
1:45pm	Emotionally Based School Avoidance EBSA	NESSU

The Icknield Centre, Letchworth
Thursday, 27 March 2025
9:30am to 3pm
Refreshments provided

nhdsp1.org.uk
Book your place via the website
PROFESSIONALS WELCOME TO ATTEND

DSPL1 Delivering Special Provision Locally

YOU CHOOSE - Drop-in at any time, pop along to hear the speakers, chat with local support services, stay for all or part of the day

INFORMATION EVENT

FOR PARENTS AND CARERS

Join us to find out information from local providers to help support children with SEND and/or who are struggling with their emotional and mental health.

Speakers from 10am to 2:15pm
Topics include
Social Media and Sleep
OCD
How to get support Autism & ADHD
EBSA - Emotionally Based School Avoidance
Undiagnosed Mental Health - signposting and tool for all ages

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speakers, speak to local support
services.

Drop-in, come for all or part of
the day. Refreshments
available throughout the day.



Space Herts new this week/coming soon ENCOURAGING INDEPENDENCE UNDERSTANDING TIC AND TOURETTE'S UNDERSTANDING DYSLEXIA EXECUTIVE FUNCTIONING DIFFICULTIES	ADD -Vance new this week/coming soon TIPS/TOOLS MANAGE EVERYDAY CHANGES TIPS/TOOLS EXECUTIVE FUNCTION TIPS/TOOLS POSITIVE BEHAVIOUR PDA ONLINE SUPPORT GROUP MANAGE SCHOOL ABSENCE	Angels Support Groups this week SUPPORT GROUPS: IN PERSON & EVENINGS SUPPORTING YOUR CHILD'S SENSORY NEEDS
Supporting Links NEW DATES ADDED TALKING TEENS TALKING DAD/MALE CARERS TALKING ANXIETY TALKING FAMILIES Bitesize Parenting for parents in Herts Eventbrite WHY DON'T MY CHILDREN GET ON BETTER?	NESSie this week/coming soon ANXIETY WHEN CHILDREN & YOUNG PEOPLE STRUGGLE TO ATTEND SCHOOL	Child Wellbeing Practitioners ADOLESCENT SELF ESTEEM AND RESILIENCE EMOTIONAL WELLBEING AND REGULATION EMOTIONAL WELLBEING FOR YOUNG PEOPLE 11-16 DEVELOPING YOUR CHILD'S EMOTIONAL LITERACY
NHS Talking Therapies UNDERSTANDING ADHD AND LOW SELF-ESTEEM WHAT IS DYNAMIC INTERPERSONAL THERAPY	AUTISM HERTFORDSHIRE FEMALE VOICE GRUP: BODY IMAGE & BODY POSITIVITY (AGES 18+)	PREPARING AND SUPPORTING YOUNG PEOPLE GOING TO UNIVERSITY WEBINAR
Families in Focus NEW DATES ADDED COMPLETE GUIDE TO PARENTING CHILDREN WITH AUTISM/ADHD HANDLING ANGER OF CHILDREN WITH AUTISM/ADHD HANDLING ANGER OF CHILDREN (NO SEND)	Springboard Letchworth Open Day 1 April 2025 3pm to 5pm	Recorded Webinars (various topics) Neurodiversity Support
Herts Card - additional needs database (previously HAND)		



Neurodiversity Celebration Week 2025 Events [NCW 2025 Events Schedule v1.0](#)

This year more panel discussions than ever before, with inspirational speakers from a range of backgrounds and professions. The discussions will all be focussing on key neurodiversity topics, and aim to educate while inspiring conversations about neurodiversity. All events are free of charge and open to all. [Link](#) to all topics.

Help Shape Services for Children and Young People Across Hertfordshire: Hertfordshire County Council is working on a new Plan for Children and Young People, which will outline our vision, ambitions and priorities for how we will support children and young people in the next five years. To help us shape this plan we would like to hear from professionals who work with children, young people and families across Hertfordshire. We want to know what you think is important for the people you work with and how we can best support them. <https://surveys.hertfordshire.gov.uk/s/CYPF-2025/>

Family Spring Explorers Hertfordshire County Council	Spring Activities for families	Using the hilarious Spring story of Mrs Honey's Hat by Pam Adams, this workshop enables parent and children to improve their well-being and learn new skills by spending time making crafts together. Activities based around Key Stage 1 and 2 curriculum and so will link to your child's learning in school. Age 4+ (Cannot accept siblings under 4). Hands-on interactive workshop where both adults and children will be expected to get involved and learn together.
Springboard Letchworth	North Herts College: Springboard Letchworth open day. Tuesday, 1 April 2025 3pm to 5pm For professionals, parents and prospective students to meet the team and find out more about the Springboard Programme.	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 07943 526089. To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend.



Delivering Special
Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 129
19/03/2025

DSPL 1
(North Herts)

dspl1admin@wransom.herts.sch.uk

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

[Updates and Resources \(nhdsp1.org.uk\)](https://nhdsp1.org.uk)

Find us on Facebook and Twitter



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OCD
How to get support Autism & ADHD
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Undiagnosed Mental Health - signposting and tool for all ages

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Neurodiversity Celebration Week 2025 Events

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
09:00 - 10:30 Celebrating Different Minds: An Introduction to Neurodiversity	09:30 - 10:30 Neurodiversity at Work Q&A: Products & Customer Services	08:30 - 10:00 Neurodiversity and Nutrition - Food For Thought	09:00 - 10:30 Is Neurodiversity a Community? Exploring Identity, Inclusion, and Intersectionality	09:00 - 10:30 Late Diagnosed Neurodiversity in Women
11:30 - 13:00 Breaking Barriers: The Power of Language in Neurodiversity	11:30 - 13:00 Neurodivergence & LGBTQIA+: A Conversation on Identity, Intersectionality & Empowerment	10:30 - 12:00 Shaping Neurodiversity through Innovation & Technology	11:00 - 12:30 Building the Neuroinclusive Classroom of Tomorrow...Today!	11:30 - 13:00 Parents & Carers - Supporting Children Through Times of Transition
13:30 - 15:00 Neurodivergence Seldom Travels Alone: The Unexplored World of Co-Occurring Conditions	13:30 - 15:00 Empowering Neurodiversity in the Workplace	13:00 - 14:00 Neurodiversity at Work Q&A: Designing Neuro-inclusive Working Environments	13:30 - 15:00 Workplace Burnout: How to Reclaim Your Energy as a Neurodivergent Woman at Work	13:30 - 15:00 Is the Business World leading society on Neuroinclusion?
15:30 - 17:00 Neurodiversity: Where can HR Professionals make a difference?	15:30 - 17:00 Neurodiversity & Mental Health - Acquired Neurodivergence	14:30 - 16:00 Person-Centered Management for Neuroinclusion	15:30 - 17:00 Navigating Neurodiversity & the Criminal Justice System	15:30 - 17:00 Celebrating Different Minds: Future Directions and Continuing Conversations
19:00 - 20:30 Perspective of Young People on Neurodiversity	19:00 - 20:30 Navigating Neurodiversity: Parental Perspectives, Professional Insights, and Policy Changes in 2025	16:30 - 18:00 What makes spaces and places neuroinclusive in education?	19:00 - 20:30 Neurodiversity around the World	





Neurodiversity
Celebration
Week

March 17 - 23, 2025



SIGNPOSTING

Signposting	Previous Weekly, Parent Guide : News	
The SEND Local Offer	<i>A friendly face from the Local Offer team will take you through what's on the website and how you can use it to find the right services and support.</i> www.hertfordshire.gov.uk/localoffer	
The SEND Community Directory	The SEND Community Directory is a great way of finding a wide range of community activities, support groups and services for families and young people with SEND. Click HERE for details.	
Head Up!	Student Mentoring for 14-18 year olds Accepting new signups for 2025 mentoring programme. Free scheme run by disabled students and graduates, supports 14-18 year olds who self-identify as disabled (or anyone who has a physical/mental health condition, SpLD, or neurodiverse). Click HERE for further details.	
'My Health Information Document' (ages 11-17)	The 'My Health Information Document' contains important health information about young people aged 11-17 with health needs or special education needs, or both. It can be used by health professionals to make sure that the young person can access effective support and also help them prepare for the transition into adulthood. More Information click HERE . Pupils view click HERE .	
Duke of Edinburgh's Award projects	Duke of Edinburgh's Award projects for young people with SEND (ages 14-24) Hertfordshire County Council Services for Young People (SFYP) will be launching 4 new Duke of Edinburgh's Aware (DofE) projects across Hertfordshire. Specifically designed for young people with SEND, young people missing from education, home educated young people, and young people being supported by a social worker. The SFYP DofE projects will offer a range of activities, from environmental conservation to community support opportunities, ensuring there is something to suit all participants. Click HERE for details.	
Introducing the new EHC Portal: tracking the EHC assessment process with ease	Hertfordshire County Council Introducing the new EHC Portal: tracking the EHC assessment process with ease	Development of a new online EHC Portal for families, launching (in a phased way) from mid-October. The portal will make it easier for families to track the progress of their Education Health and Care (EHC) Needs Assessment. See link for further details.
Voices of Hertfordshire 	Voices of Hertfordshire - YouTube Instagram: Voices of Hertfordshire @voicesofhertfordshire	Free online wellbeing groups for neurodivergent and/or disabled young people (ages 13-25) 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
Hertfordshire Partner Organisations The Toolbox	<ul style="list-style-type: none"> See link for current schedule of workshops including and full details/criteria: Understanding My ADHD and Autism Hertfordshire Bee You – Autism and ADHD – No Diagnosis Required. 	<ul style="list-style-type: none"> CathARTic – Autism and Me: 6 Week Creative Program COGS Neurodiversity App NESSie – My World and Me – Autism/ADHD SPACE – Understanding My Autism and ADHD
JustTalk	Mental health support for all children and young people in Hertfordshire (justtalkherts.org)	



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Find us on Facebook and Twitter

Understanding my Autism/ADHD
Open to Hertfordshire resident only
Book for free diagnosis
Online or face-to-face
Visit: hertsbox.nhs.uk

Cogs APP
Young people aged 11-18
Providing support and information on autism and ADHD
No diagnosis required
Free access
To sign up visit: hertsbox.nhs.uk

Digital Webinars
On demand webinars
Topics relating to Autism, ADHD and the SEND world
Available on the Hertfordshire Local offer

The Toolbox
Dedicated website for young people to gain support on ADHD and Autism
Signposting to services and professionals in Hertfordshire
Self-help tools and interactive resources available
Visit: the.toolbox.nhs.uk

Support Hub
No diagnosis required to access this support
Available to parents, carers, and professionals
Feeling stuck? Available to book
Call or WhatsApp the support on 01272 833963

Toolbox Live Chat
Receive expert live support and guidance for children and young people (CYPs with Autism or ADHD)
Access expert advice tailored to your diagnosis and concerns
No diagnosis required

Hertfordshire Neurodiversity Support Offer

Herts Haven Café
For 10 - 18 year olds

Mental Health Support for adults in Hertfordshire

Get Advice
Advice
Visit: www.hertsbox.nhs.uk
Email: advice@hertsbox.nhs.uk
Phone: 01272 833963

Get Support
Support
Visit: www.hertsbox.nhs.uk
Email: support@hertsbox.nhs.uk
Phone: 01272 833963

Self-Referral
Self-Referral
Visit: www.hertsbox.nhs.uk
Email: selfreferral@hertsbox.nhs.uk
Phone: 01272 833963

Get Help
Help
Visit: www.hertsbox.nhs.uk
Email: help@hertsbox.nhs.uk
Phone: 01272 833963

Services
• 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 cafes 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 Lane, Stevenage
Wed	3:30 – 8pm	Bowes Lane, Stevenage
Thu	3:30 – 8pm	Quaker Meeting House, Hemel Hempstead
Fri	12pm – 5pm	Bowes Lane, Stevenage
Sat	12pm – 5pm	Quaker Meeting House, Hemel Hempstead

Contact Information
Tel: 01208 189 8400 E: cypsherts@mindnetwork.org W: www.withyouk.org

[illegible]

FOLLOW

Help develop Speech, Language & Communication Skills at home [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>



You can make a referral to these services by following the below links or visiting our website www.hct.nhs.uk

Disclaimer: DSP1 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.



Preparing and supporting young people going to University Webinar	<p>Preparing and supporting young people going to university - an online webinar: Thursday 3 April 7- 8.30pm</p> <p>This webinar has been collaboratively produced by Mind in Mid Herts, DrugLink and Carers in Herts. It will explore the wider context to the challenges faced by young people as they leave home and start further education. During this time we know that many struggle with their mental health and this session will look at understanding risk-taking behaviours, including experimentation with substances and gambling, and provide guidance on how to address concerns when these behaviours escalate.</p> <p>The webinar has been designed for parents and carers of young people either preparing to start university or further education away from home or for those whose young people may already be at university. Attendees will look at ways to prepare, strategies for better communication and how to notice when something may be going wrong. The session will explore some practical strategies to support from afar. Further signposting support will be given and there will be opportunities for further discussion.</p>	<p>Following the session you will receive a toolkit and resource pack which will include practical tips and helpful signposting to additional resources and services.</p> <p>The webinar has been co-developed with contributions from experts with lived experience from each organisation to ensure the content is accurate and relevant.</p> <p>Signup is via EventBrite, please go to: https://www.eventbrite.co.uk/e/1223427557759?aff=oddttdtcreat or</p> <p>Further training sessions around the topic of Suicide Prevention are also available and can be found on the Spot the Signs EventBrite page: https://www.eventbrite.co.uk/o/spot-the-signs-and-save-a-life-18307455358</p> <p>Or contact debbie.worrall@mindinmidherts.org.uk for further information</p>
	SPACE Herts	<i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>
Encouraging Independence in Neurodiverse Young People (Ages 8-18) Tickets, Thu 20 Mar 2025 at 10:00 Eventbrite		Encouraging Independence
Understanding Tics and Tourette's Tickets, Fri 21 Mar 2025 at 10:00 Eventbrite		Understanding Tics and Tourette's
Understanding Dyslexia Workshop Tickets, Mon 24 Mar 2025 at 10:00 Eventbrite		Understanding Dyslexia
Understanding and Supporting Executive Functioning Difficulties Tickets, Tue 25 Mar 2025 at 10:00 Eventbrite		Executive Functioning Difficulties
Understanding Autism Workshop Tickets, Tue 25 Mar 2025 at 10:00 Eventbrite		Understanding Autism
The EHCP Process from Submission to Finalisation Tickets, Thu 27 Mar 2025 at 19:00 Eventbrite		EHCP Process Submission to Finalisation
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite		Additional Activities



Autism Hertfordshire	
Female Voice	Autism Hertfordshire - Female Voice group (ages 18+) Hertfordshire County Council <i>Female Voice Group: During this session we will be discussing body image and body positivity. This is a safe space for those impacted by this subject to share their experiences and support one another.</i> Wednesday, 26 February 7:30pm Online / FREE
Evening Groups	Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246 orenquiries@autismherts.org for details
Daytime Groups	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 orenquiries@autismherts.org for details
ADD-Vance	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. <i>Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</i>
Tips & Tools to Manage Everyday Changes - FREE ONLINE WORKSHOP Tickets, Mon 24 Mar 2025 at 10:00 Eventbrite	Tips/Tools Manage Everyday Changes
ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 25 Mar 2025 at 13:30 Eventbrite	Online Support (Secondary Aged Children)
Tips & Tools to Support Executive Function - FREE ONLINE WORKSHOP Tickets, Wed 26 Mar 2025 at 10:00 Eventbrite	Tips/Tools Support Executive Function
Tips & Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 31 Mar 2025 at 19:00 Eventbrite	Tips/Tools Positive Behaviour
PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 1 Apr 2025 at 13:30 Eventbrite	PDA Online Support Group
Tips & Tools to Manage School Absence - FREE ONLINE WORKSHOP Tickets, Wed 2 Apr 2025 at 10:00 Eventbrite	Tips/tools Manage Schools Absence



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	VENUE: Letchworth Partnership Pod, Northfields.	Thursdays – Stevenage 10am to 12pm Home Start : 5 Bedwell Park, SG1 1NB	Thursdays – Zoom 7:30pm to 8:30pm
	20 Mar – Meet Up and Chat		
25 Mar – Executive Function Dysfunction		27 Mar – Meet Up and Chat	
1 Apr – Understanding and Responding to your child’s behaviour			3 Apr
Podcasts: Podcasts - Angels Support Group		Support Groups and workshops, Meet up and Chat www.angelssupportgroup.org.uk Angels 2025 Programme Jan-April	
Autism Central	<i>Autism Central aims to make it easier to learn more about autism and services available to you.</i>		
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.	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.		



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)	
NEW Bitesize Parenting for parents in Herts One hour online workshops – offers insights and practical solutions for a typical parenting challenge		Why don't my children get on with each other better? 27 Mar at 10am Why don't my children get on with each other better? (729) Registration, Thu 27 Mar 2025 at 10:00 Eventbrite	
ASD & ADHD RESPONDING TO ANGER	Talking ASD & ADHD: Responding to Anger (714) For parents/carers in Herts. Registration, Wed 2 Apr 2025 at 09:30 Eventbrite		Responding to Anger
Talking Teens 6 Weekly Sessions for parents/carers of children aged 12-19	NEW DATES Wednesdays 7:45pm to 9:15pm 7 May to 18 Jun ONLINE COURSE ID 759	NEW DATES Tuesdays 7:45pm to 9:15pm 3 Jun to 8 July ONLINE COURSE ID 760	Talking Teens
Talking Dads/Male Carers 6 Weekly sessions for Dads/Male Carers of all ages	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	NEW DATES Wednesdays 7:45pm to 9:15pm 4 Jun to 9 Jul ONLINE COURSE ID 761	Talking Dads/Male Carers
Talking Anxiety in Teens 6 week session for parents and carers of children 12-19		Mondays 7:45pm to 9:30pm 24 Feb to 31 Mar ONLINE COURSE ID 706	Talking Anxiety in Teens
Talking Additional Needs (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-19.	Tuesdays 9:45am to 11:15am (ages 2-19) 25 Feb to 1 Apr ONLINE COURSE ID 701	NEW DATES Tuesdays 8pm to 9:30pm 6 May to 17 June ONLINE COURSE 756	Talking Additional Needs
Talking Families 6 weekly sessions for parents and carers of children aged 0-12	Tuesdays 8pm to 9:30pm 5 Feb to 1 Apr ONLINE COURSE ID 702	NEW DATES Thursday 9:45am to 11:15am 8 May to 19 Jun ONLINE COURSE ID 757 Tuesdays 8pm to 9:30pm 6 May to 17 June ONLINE COURSE ID 758	Talking Families



Families in Focus		Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.	
Email to book: bookings@familiesinfocus.co.uk			
Transforming family life through empathy - helping families to build strong family connections A proven therapeutic approach for parents of children aged 3 to 11 yrs, to increase positive family communication to manage behaviours that challenge, reducing behaviours that challenge and building your family's emotional wellbeing 3 x 2 hour sessions Email to book: bookings@familiesinfocus.co.uk		Transforming family life through empathy for Parents of children with SEND 4-10 years More dates coming soon in March 2025	
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.		NEW DATES: Weds, 23, 30 Apr, 7, 14, 21 May, 4, 11, 18, 25 June 9:30am to 11:30am or 6:30pm to 8:30pm	
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.		NEW DATES: Tuesdays, 22, 29 Apr, 6, 13, 20 May 9:30am to 11:30am or 12:30pm to 2pm or 6:30pm to 8:30pm	
Handling anger in your family (No SEND) 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		Mondays Lunch & Learn 12:30pm to 2pm Evenings 7pm to 8:30pm 24 Feb, 3, 10, 17, 24, 31 March	
		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>
Herts Mind Network	<p>Hertfordshire Mind Network</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
Adolescent Self-esteem and Resilience Workshop Tickets, Thu 13 Mar 2025 at 18:00 Eventbrite		Adolescent Self Esteem
Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Wed 19 Mar 2025 at 10:00 Eventbrite		Emotional Wellbeing and Regulation
Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 26 Mar 2025 at 18:00 Eventbrite		Emotional Wellbeing Workshop
Developing Your Child's Emotional Literacy Tickets, Wed 2 Apr 2025 at 10:00 Eventbrite		Developing Your Child's Emotional Literacy
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
HCT Children's Wellbeing Practitioners Events - 8 Upcoming Activities and Tickets Eventbrite	Upcoming Workshops: Sleep (Child/Adolescent) General Emotional Wellbeing and Regulation Self Esteem and Resilience Emotional Literacy	
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	
Monthly Support Group	7pm to 9pm via zoom Children Young People's Mental Health Services (CYPMHS) - Carers In Herts contact@carersinherts.org.uk	
Young Carers	See link for contact and links	



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)
NEW	NEW – What is Dynamic Interpersonal Therapy (DIT) Animation video What is Dynamic Interpersonal Psychotherapy (DIT)?	
Support for Long Term Conditions	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)	
Living well with persistent pain	Living well with persistent pain HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)	
Long Covid: Moving Forward	Long COVID: Moving forwards HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)	
Nature and Wellbeing SAD Seasonable Affective Disorder	Nature and Wellbeing HPFT IAPT Services	
Webinars Diabetes and emotional wellbeing	Diabetes and Emotional Wellbeing HPFT IAPT Services (hpft-talkingtherapies.nhs.uk)	
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)	



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	
Parent/Carer Live Webinar	When Children and Young People Struggle to Attend School Thursday, 20 March 2025 9:30am to 11:30am Nessie Public Booking Platform V3.1	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. This event is funded by Hertfordshire County Council	
Webinar Playback	Supporting a Child Struggling to Attend School	Nessie Public Booking Platform V3.0 (procfu.com)	
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>	
'My World & Me'TM is a 12-week group programme for children and young people aged 7-16 years who live in Hertfordshire. This group is run by two NESSie Autism/LD specialists and aims to support your child/young person to have an opportunity to meet other young people of similar age and experiences. Focusing on celebrating your child's strengths, this group aims to be fun whilst supporting confidence, independence, and resilience. NESSie is proud to be neurodiverse affirmative with the majority of our team having lived experience. Please note that spaces are limited to 8 participants per group. Upon receiving your booking information you will be contacted by a member of our team for a chat. If your requested group is at capacity or a need for alternative support is identified, you will be offered an alternative group or signposted to alternative support. Completing the booking does not guarantee a space on the chosen group.		Current Dates: My World and Me - Nessie	



EARLY YEARS – SEND GROUPS

NORTH HERTS FAMILY CENTRE SEND Drop In - Free Drop In Parent & Toddler Groups North Herts & Stevenage	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)
	SEND Playgroup At the British Schools Museum Mondays 1pm to 2:30pm (ages 0-5) no booking necessary FREE The Café at The Museum, The British Schools Museum, 41 Queen Street, Hitchin SG4 9TS 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

