



QUICK LINKS – NEW THIS WEEK & NEWS



<p>Elly Chapple talk</p>	<p>Elly Chapple - “We can talk about diversity and we can talk about inclusion, but what really we really need to talk about is how to be human”</p> <p>Elly will invite you to understand why we need to dive into uncomfortable conversations and reframe them as courageous conversations in education and connected spaces that we all need to have, to ensure everyone feels heard, held and valued for who they are.</p> <p>This session is for staff and parents. Please follow the instructions on the flyer to book a space, and please share with any parents who may need support.</p>	<p>May 15th 2025 6:30pm to 8:30pm Greenside School Shepall Green Stevenage SG2 9XS £10 to attend – spaces are limited Bookings: email admin@greenside.herts.sch.uk</p>
	<p>Herts Card - additional needs database (previously HAND)</p>	
<p>Support on a page</p> <p>These resource documents are now available to download from the Local Offer. You'll find them all on the relevant pages in the Services for Children and Young People's area on the Local Offer website, or you can download them with the links provided below.</p>	<p>Support on a page: Speech, Language and Communication (pdf 166kb)</p> <p>Support on a page: Neurodiversity (pdf 195kb)</p> <p>Support on a page: Learning difficulties (pdf 143kb)</p> <p>Support on a page: Deafness and sight loss (pdf 145kb)</p> <p>Support on a page: Physical needs (pdf 144kb)</p> <p>Support on a page: Behaviours that challenge (pdf 181kb)</p> <p>Support on a page: Mental health (pdf 204kb)</p>	



Space Herts new this week/coming soon NEW My Autism Sch Yr 7-9 & 10-11 NEW SEND World Post 16 NEW Dual Diagnosis	ADD -Vance new this week/coming soon NEW Understanding PDA NEW PDA Online Support Group NEW Transition to Primary School	Angels Support Groups this week SUPPORT GROUPS: IN PERSON & EVENINGS NEW What is an EP and what is their role NEW Understanding and Supporting ADHD
Supporting Links NEW DATES ADDED NEW TALKING TEENS NEW TALKING DADS/MALE CARERS NEW STRESS & ANXIETY NEW COPING WITH CHANGE	NESSie this week/coming soon WHEN CHILDREN & YOUNG PEOPLE STRUGGLE TO ATTEND SCHOOL	Child Wellbeing Practitioners NEW SELF ESTEEM AND RESILIENCE NEW DEVELOPING CHILD'S EMOTIONAL LITERACY NEW EMOTIONAL WELLBEING AND REGULATION NEW WELLBEING WORKSHOP
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+)	
Families in Focus MORE NEW DATES ADDED COMPLETE GUIDE TO PARENTING CHILDREN WITH AUTISM/ADHD NEW DATES HANDLING ANGER OF CHILDREN WITH NEW DATES AFTERNOON & EVENING OPTIONS AUTISM/ADHD HANDLING ANGER OF CHILDREN (NO SEND)	Recorded Webinars (various topics) Neurodiversity Support	

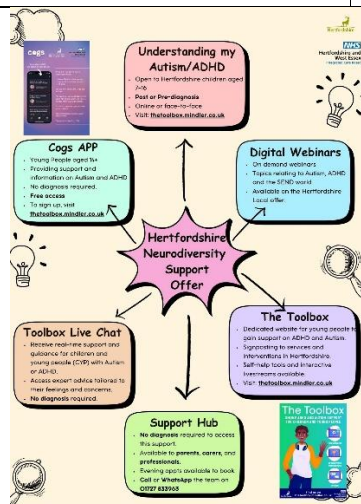


SIGNPOSTING

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. 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)



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 – 5PM – Monday, Wednesday & Friday
9AM – 1PM – Tuesday & Thursday
7PM – 9PM – Wednesday (By Appt)

Here to support, reach out for a listening ear 

No
Diagnosis
Required






























































































Are you a
Parent, Carer
or Professional?





We can't
offer updated
hot track places
on waiting lists
Becoming
specific private
sessions

[illegible]

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early mental health and crisis specialist support for children and young people. Click the service name to be redirected to more information

Chattahoochee   	HAMS   
Children's Mental Health   	Refugee Resettlement Community   
Children's and Adolescent Team   	School Nurses and Duty Line   
Children's Wellbeing   	Services for Young People   
CHAMS (Seriousness Support)   	Single Point Access (SPA)   
Adolescent Psychology   	Spectrum CAMHS and Young People's   
Family First   	Specialist Family and Young People's   
First Steps   	Step 2   
Health for Kids   	The Sanctuary   
Just Talk   	The Trustees' Nurseries Group   
Just Talk Ambassador Scheme   	Together:   
Local News   	YOUNG   
Mental Health Support Team   	YCT (Cambridge)   
Mental Health Support Team   	Young Talk Community   
MIND Parenting   	Young Minds Parent Initiative   
MIND Talking Therapies   	

 Telephone services
 Advice face service
 Outpatient services
 Includes support for early years

Reaching development and emotional milestones, learning to regulate emotions, and forming positive relationships. Mental health problems have a positive quality of life and a low level of harm, and are often self-resolving.

Difficulties with overall life function, self-perception, low self-esteem, low concentration, difficult family relationships, problems with school, and difficulties with social relationships. Some symptoms, poor presentation, difficult diagnosis, sustaining long-term difficulties.

Many worries, high levels of anxiety, persistent low mood, brief panic attacks, behavioural problems, and difficulties in daily activity. Difficultly coping with anger or frustration. Difficulties with social relationships, withdrawal, and unwilling to engage, disruptive or challenging behaviour. Difficult to maintain positive thinking, hatred or aggression etc.

Mental health problems which are:

- Persistent, complex and severe
- Causing significant problems
- Present in environments where, school, with parents
- Dependent on medication

Deliberate self-harm requiring hospital treatment, with potential for immediate and long-term, psychiatric admission and/or hospitalised care, or requiring therapy related to physical or substance misuse, internal over-exposure to trauma, or engagement with mental health services, or risk taking behaviour with underlying mental health disorders.

If you have any urgent concerns or thoughts, please call 111

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- Parent Link** – Provides learning, social and sports opportunities for teenagers/children and young people.
- SENdAS** – An impartial advice and support service for parents, carers and health professionals.
- SEND SAS** – SEND specialist advisory & support service offer education support for schools / colleges and families.
- Short Breaks** – A scheme offering children and young people with SEND the opportunity to spend time out with other youngsters and doing the activities.
- Sense** – Offering a variety of support for families of teenagers/children and young people.
- The Trusting** – Online support for teenagers/children and young people. Includes gaming, investments, the best film options and the passport.
- Understanding our Autism Academy** – Support for teenagers/children and young people and their families. ADHD. Includes online and in person workshops and a downloadable offer printed by a variety of providers.

for ages 5

www.hertfordshire.gov.uk/youthmentalhealth

**Nutritionists
supporting one to
one sessions at
First Steps ED
Wellbeing Workshop,
Avoidant Restrictive
Food Intake Disorder
Workshops**

CYPMHS Service Directory - SW

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



Delivering Special
Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 133
30/04/2025

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

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>	
Anxiety and SEND Tickets, Fri 2 May 2025 at 10:00 Eventbrite		Anxiety and SEND
Talking SENSory - Signs, Signals and Solutions - 3 week course Tickets, Wed 7 May 2025 at 10:00 Eventbrite		Talking SENSory
Understanding My Autism and ADHD - School Years 7-9 ONLINE Tickets, Tue, May 6, 2025 at 4:00 PM Eventbrite		My Autism Sch Yr 7-9
Understanding My Autism and ADHD - School Years 10-11 ONLINE Tickets, Tue, May 6, 2025 at 5:15 PM Eventbrite		My Autism Sch Yr 10-11
Navigating the SEND World Post 16 Tickets, Thu 8 May 2025 at 10:00 Eventbrite		SEND World Post 16
Understanding Dual Diagnosis: Autism and ADHD Tickets, Fri 9 May 2025 at 10:00 Eventbrite		Dual Diagnosis
FOR FURTHER ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite		Additional Activities



Autism Hertfordshire	
Evening Groups	<i>Evening social groups for adults 18+. In St Albans and Stevenage. Wednesdays, every 2 weeks – contact 01727 743246 orenquiries@autismherts.org for details</i>
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 orenquiries@autismherts.org for details</i>
ADD-Vance	<i>A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</i>
Understanding PDA (Pathological Demand Avoidance) - FREE ONLINE WORKSHOP Tickets, Wed 7 May 2025 at 19:00 Eventbrite	Understanding PDA
Understanding ADHD and Autism in the Early Years - FREE ONLINE WORKSHOP Tickets, Fri 9 May 2025 at 10:00 Eventbrite	Understanding ADHD/Autism Early Years
Supporting the Transition to Primary School - FREE ONLINE WORKSHOP Tickets, Mon 12 May 2025 at 10:00 Eventbrite	Transition to Primary School
PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 13 May 2025 at 13:30 Eventbrite	PDA online support group
Understanding Challenging Behaviour - FREE ONLINE WORKSHOP Tickets, Wed 14 May 2025 at 10:00 Eventbrite	Understanding Challenging Behaviour
Tips & Tools to Manage Anger - FREE ONLINE WORKSHOP Tickets, Fri 16 May 2025 at 10:00 Eventbrite	Tips/Tools Manage Behaviour



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
		1 May – Meet up and chat	
6 May – Understanding and Supporting ADHD	8 May – Meet up and chat		
13 May – Understanding PDA		15 May – Meet up and chat	
20 May – Managing Meltdowns			22 May – Evening Parent/Carer Support
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)	
ASD & ADHD RESPONDING TO ANGER	Talking ASD & ADHD: Responding to Anger (764) For parents/carers in Herts. Registration, Mon 9 Jun 2025 at 19:30 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		NEW DATES Wednesdays 7:45pm to 9:15pm 4 Jun to 9 Jul ONLINE COURSE ID 761	Talking Dads/Male Carers
Talking Additional Needs (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-19.		NEW DATES Tuesdays 8pm to 9:30pm 6 May to 17 June ONLINE COURSE 756	Talking Additional Needs
NEW NEW Talking ASD & ADHD Stress and Anxiety Workshop	Talking ASD & ADHD: Stress & Anxiety (762) For parents/carers in Herts. Registration, Wed 14 May 2025 at 09:30 Eventbrite		Stress & Anxiety
NEW Talking ASD & ADHD Coping with Change	Talking ASD & ADHD: Coping with Change (763) For parents/carers in Herts. Registration, Wed 21 May 2025 at 19:30 Eventbrite		Coping with Change
NEW Talking ASD & ADHD The Teenage Years	Talking ASD & ADHD: The Teenage Years (765) For parents/carers in Herts. Registration, Wed 25 Jun 2025 at 19:30 Eventbrite		The Teenage Years
NEW Talking ASD & Tech	Talking ASD & ADHD: Tech Use (766) For parents/carers in Herts. Registration, Wed 2 Jul 2025 at 09:30 Eventbrite		Tech
Talking Families 6 weekly sessions for parents and carers of children aged 0-12		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		<i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>
Email to book: bookings@familiesinfocus.co.uk		
Transforming family life through empathy - helping families to build strong family connections A proven therapeutic approach for parents of children aged 3 to 11 yrs, to increase positive family communication to manage behaviours that challenge, reducing behaviours that challenge and building your family's emotional wellbeing 3 x 2 hour sessions Email to book: bookings@familiesinfocus.co.uk		Transforming family life through empathy for Parents of children with SEND 4-10 years More dates coming soon in March 2025
Handling anger in your family (no SEN Needs) Increase understanding of why children react with anger and learn tried and tested techniques to support children to de-escalate and change reactions to trigger situations to bring harmony and calm for the whole family.	NEW DATES: Tuesday mornings 9:30am to 11:30am 3, 10, 17, 24, June & 1, 8 July	Handling Anger in your family
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	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.	Tuesdays, 22, 29 Apr, 6, 13, 20 May 9:30am to 11:30am or 12:30pm to 2pm or 6:30pm to 8:30pm NEW DATES: Monday afternoon 12:30pm to 2pm: 2, 9, 16, 23, 30 June & 7 July NEW DATES (EVENINGS) Monday 6:30pm to 8:30pm 2, 9, 16, 23, 30 June & 7 July	Handling anger Primary aged children (Autism/ADHD)



Family Lives	<p>Positive Co-Parenting of Neurodiverse Children – 8 Week online facilitated group</p> <div data-bbox="546 293 763 560">  </div> <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	Hertfordshire Mind Network	



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, Tue 6 May 2025 at 18:00 Eventbrite		Self-esteem and resilience
Developing Your Child's Emotional Literacy Tickets, Thu 15 May 2025 at 18:00 Eventbrite		Developing child's emotional literacy
Child General Emotional Wellbeing and Regulation Tips for Parents/Carers Tickets, Mon 19 May 2025 at 10:00 Eventbrite		Emotional wellbeing and regulation
Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Thu 29 May 2025 at 18:00 Eventbrite		Emotion Wellbeing Workshop
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	
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

