

Dear Parent/Carers,

Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

Kind Regards, DSPL 8 Team

Cloud9 Leisure Exclusive SEN Sessions

Due to the popularity of our 1st monthly exclusive SEN session (last Saturday of the month at 10am), we are thrilled to announce we are launching our 2nd SEN session:

2ND WEDNESDAY OF THE MONTH @ 5PM-6PM!

Hopefully this gives you enough time to get over the school day.

Please also remember:

20% discount to our standard general admission price

Carers go FREE

Capacity halved and music turned off

We have a fantastic mid-week meal deal, either kids' menu for £6.50 (main, dessert & drink which includes our slushies), or FREE kids' main course with every adults

Please book in advance as spaces are very limited :

<https://cloud9.booknow.software/kiosk/s/?site=a0l8d000000MAMJEAW>



SENDSational Mornings at Tring Natural History museum

We are excited to present SENDsational Mornings at Tring, Hertfordshire.

Our SENDsational mornings offer children with neurodiverse conditions, including autism and other sensory processing difficulties, the chance to take part in activities and enjoy our galleries with their families and siblings away from the hustle and bustle of the general public.

This event is best for children aged five to 15 and siblings are welcome.

What can you expect from the experience?

- Visitors have access to a few activities including specimen handling, a big draw and a gallery trail.
- All activities are supported by experienced, autism-aware facilitators.
- A sensory space will be available for those children needing a quieter and calmer space.
- All of the galleries, outdoor spaces and the shop will be accessible throughout the event.
- Each event has a different theme. In February it is desert animals and May it is rainforests.

Walk-ups are not possible - you must have a ticket. Adult tickets are limited to three per group.

We will email more information about your visit a week in advance, to help you prepare for your visit. On the day you will be given a programme and map to let you know what you can do

Event information

An opportunity for children with neurodiverse conditions to enjoy the Museum at a quieter time.

5 February & 28 May 10.00 - 12.00

Free - bookings essential

Tickets are released 3 weeks before the event. [Sign up](#) to hear when new tickets are released.

For more information and to book tickets, please visit:

<https://www.nhm.ac.uk/events/sendsational-mornings-tring.html>



Supporting Links Courses & Workshops

Eventbrite booking page: <https://www.eventbrite.co.uk/o/supporting-links-15053924960>

Parent & Carer Support TALKING ASD & ADHD Online Workshops Spring Term 2023

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

STRESS and ANXIETY

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:



Workshops are open to parents and carers living in Hertfordshire

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Tuesday 10th January
9.30-11.30am

Workshop 560 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-stress-for-parents-carers-in-herts-559-registration-458379604737>

Wednesday 22nd February
7.30-9.30pm

Workshop 560 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parents-carers-in-herts-560-registration-458562411517>

Monday 16th January
7.30-9.30pm

Workshop 560 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parents-carers-in-herts-562-registration-458706843517>

Tuesday 7th March
12.30-2.30pm

Workshop 561 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parents-carers-in-herts-561-registration-458592962897>

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

SCHOOL AVOIDANCE

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.

Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.

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Monday 23rd January
7.30-9.30pm
Workshop 560 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parents-carers-in-herts-564-registration-457025805487>

Monday 20th March
9.30-11.30am
Workshop 563 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-coping-with-change-for-parents-carers-in-herts-563-registration-458747164117>

Monday 27th February
9.30-11.30am
Workshop 565 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-565-for-parents-carers-in-herts-registration-457067209327>

Tuesday 31st January
7.30-9.30pm
Workshop 566 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parents-carers-in-herts-566-registration-458728999787>

Parent & Carer Courses Spring Term 2023



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

Thursdays 8.00-9.30pm
5th Jan - 29th Mar
Online Course 553 zoom

Thursdays 9.45-11.15am
23rd Feb - 30th Mar
Online Course 552

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

Thursdays 7.00-9.00pm
5th Jan - 29th Mar
Online Course 556 zoom

Mondays 7.45-9.15pm
20th Feb - 27th Mar
Online Course 554 zoom

Wednesdays 7.45-9.15pm
22nd Feb - 29th Mar
Online Course 555 zoom

Pre-booking essential
To check eligibility and book a place, please contact
Supporting Links on
07512 709556
bookings@supportinglinks.co.uk
Quoting the Course ID

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TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Dads, Step-Dads, Stay at home Dads, Working Dads...
Wednesdays 7.30-9.30pm
4th Jan - 29th Mar
Online Course 557 zoom

Thursdays 7.45-9.15pm
21st Feb - 28th Mar
Online Course 558 zoom

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

Diagnosis not essential
Wednesdays 9.30-11.30am
22nd Feb - 29th Mar
Sth Oxhey Course 550
Sth Oxhey Family Centre

Thursdays 8.00-9.30pm
23rd Feb - 30th Mar
Online Course 551 zoom

Courses are open to parents and carers living in Hertfordshire
Booking essential
To check eligibility and book a place, please contact
Supporting Links on:
07512 709556 or bookings@supportinglinks.co.uk
Quoting the Course ID
www.supportinglinks.co.uk

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund





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Families in Focus February Courses

To book online courses:

Bookings@familiesinfocus.co.uk email with name and date & time
of the course requesting booking details

Course	Online courses	Date Time	Bookings pathway
Handling anger in your child with Autism/ADHD (Parents living in Herts with primary aged children) FIF ADHD E5	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 6 x 2 hour sessions	Zoom course Monday evenings 6.30-8.30pm February 20 th 27 th March 6 th 13 th 20 th 27 th	 Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details
Handling anger in your child with Autism/ADHD (Parents living in Herts with primary aged children) FIF ADHD D6	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 6 x 2 hour sessions	Zoom course Mondays 'Lunch & Learn' 12-2pm February 20 th 27 th March 6 th 13 th 20 th 27 th	 Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details
Handling anger in your family (Parents living in Herts with primary aged children) FIF L2 D2	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 6 x 2 hour sessions	Zoom course Wednesday mornings 9.30-11.30am February 22 nd March 1 st 8 th 15 th 22 nd 29 th	 Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details
Handling anger in your child with Autism/ADHD (Parents living in Herts with primary aged children) FIF ADHD E2	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details 6 x 2 hour sessions	Zoom course Wednesday evenings 6.30-8.30pm February 22 nd March 1 st 8 th 15 th 22 nd 29 th	 Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details



Time to Talk Pre Teens / Teens 6 weeks course – Face to Face

Parents/carers who live in Hertfordshire or who have a child attending a Hertfordshire school.

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for the online referral form.

You can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.



Time to Talk Pre-Teens and Teens Face to Face 6 week group

Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free 6 week online group for valuable advice and help on how to support and manage their behaviour.

When: Tuesday 21st February to 28th March 2023

Where: Family Lives Office, Hatfield

Time: 9.30am to 11.30am

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together

www.familylives.org.uk



@FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



Website: www.dacorumdspl.org.uk



Email: dspl@kls.herts.sch.uk



Eventbrite: <https://dspl8.eventbrite.co.uk/>



Facebook: www.facebook.com/dspldacorum



Instagram: https://www.instagram.com/dspl_dacorum/

NEW FREE 6-Week Courses and Support Groups for Parents/Carers in Hertfordshire

Eventbrite booking link: <https://www.eventbrite.co.uk/o/add-vance-14054405963>




UNDERSTANDING ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK
COURSES FOR PARENT/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE


Mondays 20th February to 27th March
7 - 9 pm
ONLINE VIA ZOOM

Tuesdays 21st February to 28th March
10 am - 12pm
Rose Lodge, Andrews Lane Primary School, Cheshunt

Understanding ADHD & Autism For Dads
Wednesdays 22nd February to 29th March
7 - 9 pm ONLINE VIA ZOOM

01727 833963 herts@add-vance.org <http://www.add-vance.org/>
Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only

UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

FREE INTRODUCTORY 6-WEEK
COURSE FOR PARENT/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

TIME AND PLACE

Thursdays
23rd February - 30th March 2023
9.30 am - 11.30 am
Online

01727 833963 herts@add-vance.org <http://www.add-vance.org/>
Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>

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UNDERSTANDING TEENS WITH ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK COURSES
FOR PARENT/CARERS OF TEENS

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Tuesdays
21st February to 28th March
7 - 9 pm
ONLINE VIA ZOOM

01727 833963 herts@add-vance.org <http://www.add-vance.org/>
Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only




SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS
FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

TIME AND PLACE

General Primary Aged Children Support Group
Tuesday 21/02/23 - 1-2 pm

General Secondary Aged Children Support Group
Tuesday 28/02/23 - 1-2 pm

Challenging Behaviour Support Group
Tuesday 07/03/23 - 1-2 pm

Managing Self Harm Support Group
Tuesday 14/03/23 - 1-2 pm

School Anxiety Support Group
Tuesday 21/03/23 - 1-2 pm

Anxiety/Mental Health Support Group
Tuesday 28/03/23 - 1-2 pm

ALL ONLINE VIA ZOOM

01727 833963 herts@add-vance.org <http://www.add-vance.org/>
Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>

These groups are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



Baby Fairs with Hertfordshire Family Centre Service

We are excited to announce that our NEW Baby Fairs, aimed at expectant parents or parents of a child under 1 year, are happening again this Spring! These events will offer local families the opportunity to meet other parents, enjoy free refreshments and fun activities to enjoy with their child.

The forthcoming Baby Fair venues and dates are below.

Grovehill Community Centre, Hemel Hempstead, HP2 6BJ

Wednesday 8th February 2023 13:00 - 15:00

Meriden Community Centre, Meriden Way, Watford WD25 9ET

Tuesday 14th March 2023 14:00 - 16:00

*parking available onsite and nearby

To find out more information please click here: <https://qrco.de/fcsbabyfair>



CAD Community Learning Courses

For more information about this course email learning@communityactiondacorum.org.uk or call 01442 253 935 and ask for Creative Learning



SKILLS FOR EMPLOYMENT FREE 4 WEEK COURSE STARTING 15TH MARCH

Easy to access from your laptop, tablet or SMART device.

ARE YOU UNEMPLOYED AND LOOKING FOR WORK, OR THINKING ABOUT CHANGING JOBS AND NEED PROFESSIONAL ADVICE? THEN JOIN OUR FREE ONLINE COURSE FOR A MODERN APPROACH TO JOB SEEKING.

STARTING Wednesday 15th March from 9:30am to 12pm

DELIVERED BY AN EMPLOYMENT AND PERSONAL BRAND COACH WHO WILL HELP YOU IDENTIFY YOUR SKILLS AND STRENGTHS.



Including tips and advice for face-to-face and online interviews.

BY THE END OF THE COURSE WE AIM TO EQUIP YOU WITH THE SKILLS TO BUILD YOUR CONFIDENCE, AND LEARN HOW TO SELL YOURSELF SUCCESSFULLY.

For more information about this course email learning@communityactiondacorum.org.uk or call 01442 253 935 and ask for Creative Learning

FREE FOR HERTFORDSHIRE RESIDENTS only - Proof of residency will be required to receive funding for the course.



Ofsted regulated, Matrix accredited, Community Action Dacorum Registered Charity No: 288080
Company Ltd by Guarantee 01745852





Keeping in Touch with Tablets and SMART Phones Starting Tuesday 7th February



Do you live in Hertfordshire and want to get more out of your iPad or Tablet? Did you get a Smart Phone or Tablet for Christmas and want to learn more about it? Then join our 6 week course to help you navigate with confidence.

We will help you keep up-to-date with family and friends and help you get started with mini-projects such as researching local history.

By the end of the course you will be able to access different Apps, from banking to the NHS, along with how to keep safe online and much more.

**Where: Warners End Community Centre
Northridge Way, Hemel Hempstead HP1 3QG**

When: From Tuesday 7th February 12:30pm to 2:45pm for 6 weeks

Only £15 for full course - If you are in receipt of benefits or experiencing financial hardship then we can arrange for your place to be free.

For more information email learning@communityactiondacorum.org.uk or call 01442 253 935
www.creative-learning.org.uk

It is best if you bring your own device as this will help you become familiar with it. We have a limited number of devices you can borrow during the sessions. If you do not have one, please let us know at time of booking.



Ofsted regulated, Matrix accredited, Community Action Dacorum Registered
Charity No: 288080 Company Ltd by Guarantee 01745852





Parent Support Group at Woodfield Coffee Shop

No booking required, just come along.

Parent Support Group

Every Wednesday

9.00am – 10.30am

(Term time only)

@ Woodfield Coffee Shop

Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: Gemma.Tuff@woodfield.herts.sch.uk

Or: Lauren.Lettis@woodfield.herts.sch.uk

01442 253476

Would you like to chat,
rant, or just let off
steam over a cup?



Come and join other
parents/carers and
share stories, advice
and a few laughs!



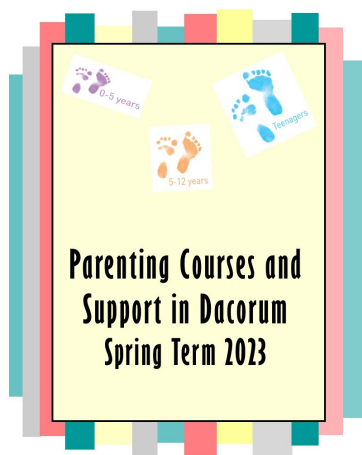
Whether your child is at mainstream school or a special school,
Diagnosed or undiagnosed, you are welcome to come along and meet
Other parents, talk to professionals, or simply drop in for a coffee and
Meet new friends who also have a child with special educational needs.

ALL WELCOME - JUST COME ALONG

Starting again on Wednesday 14th September 2022

Coffee and tea are free ☺. Snacks can be brought, please note we are
cash only at the moment.

Parenting Courses and Support in Dacorum Spring Term 2023



FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting
Course Brochure via:

<https://dacorumspl.org.uk/wp-content/uploads/2022/12/Dacorum-Parenting-Course-Brochure-Spring-2023.pdf>

For SEND courses and support, please visit either:

<https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True>

<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do>

