

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

Speak to our SEND Champions at our Parent Cafes!



At SEND Parent Cafe we'll be providing extra help and advice around supporting children's additional needs. Meet our friendly staff in a relaxed environment for refreshments and a chat.

There is a free drop in SEND Parent Cafe on:
22nd Mar, 26th Apr 09:30 - 10:30
Adeyfield Free Church, Hemel Hempstead, HP2 4GZ

www.hertsfamilycentres.org/whatson

Health Visiting Service



Health Visiting teams are part of the Hertfordshire Family Centre Service and offer a public health service to children aged 0-5 years and their families who are registered with a GP in Hertfordshire. They have a brand new Health for under 5's website, which has lots of useful advice and support. Visit their website via:

<https://healthforunder5s.co.uk/>

The Health Visiting Service can also provide advice and support for children with diagnosed or undiagnosed additional needs, please find more information via: <https://healthforunder5s.co.uk/hertfordshire/services/specialist-support/send-special-educational-needs-and-disability-and-the-local-offer/>

Advice and support is also available from the Health Visiting Service via any of the following:

- Find your Health Visiting team contact details in your child's Red Book
- Call the Health Visiting service on 0300 1237572 to get advice over the phone, available Monday to Friday 9-5pm.
- Get advice from the Health Visiting team using a text messaging service 07480 635164, available Monday to Friday 9-5pm.



Mental Health First Aid Training for Parent/Carers

Link for the training in Hemel Hempstead on 17th March:

<https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-1-day-course-for-parents-carers-tickets-514081681147>

MENTAL HEALTH FIRST AID TRAINING

**1 DAY CHAMPION COURSE
FOR PARENTS & CARERS OF
8 TO 18-YEAR-OLDS
FREE TRAINING
09:30AM - 16:00PM**



WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
- KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
- SKILLS TO SUPPORT POSITIVE WELLBEING

COURSE STRUCTURE

SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.
SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

For further information please contact:
hweibhyschoolsmh@nhs.net

YOUTH MENTAL HEALTH FIRST AID TRAINING



**BOOKING LINKS
1 DAY CHAMPION COURSE FOR
PARENTS/CARERS
09:30AM - 16:00PM**

Dates	Location	Booking Link	Parking
1st February 2023	Robertson House, Stevenage	Booking Link	On site parking
17th March 2023	Hobbs Hill Wood School, Dacorum	Booking Link	On site parking
21st April 2023	Robertson House, Stevenage	Booking Link	On site parking

For further information please contact:
hweibhyschoolsmh@nhs.net

Places are limited to two representatives per school

Online Intermediate ESOL class



Community Action Dacorum

INTERMEDIATE ONLINE ESOL COURSE

This course is for those at an intermediate level and already have a basic understanding of English.
The course will take place over Zoom each week.

**THURSDAYS
16TH MARCH - 20TH APRIL 2023
18:00PM - 20:00PM**

Course Description:

This course aims to improve ESOL Learner's English across the four language skills, and to increase their ability to communicate effectively and clearly in their day to day lives in Britain. Learners will be provided with level-appropriate language and practice for a range of everyday situations they are likely to encounter, as well as a basis of vocabulary and formal grammar to allow students to create unique written or spoken language.

REGISTER YOUR INTEREST NOW

For further information about this or any of our other courses please contact us.

Learning@communityactiondacorum.org.uk
www.creative-learning.org.uk
01442 253 935



For further information about this or any of our other courses please contact us.

Learning@communityactiondacorum.org.uk
www.creative-learning.org.uk

01442 253 935



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/

Potential Kids—March Activities

BOOKINGS: www.potentialkids.org.uk/activities

MARCH 2023

BOOKINGS:

www.potentialkids.org.uk/activities

POTENTIAL KIDS

Date	Sessions	Time	Location
2nd Thu	Trampolining	16.45-18.00	Gosling Sports
2nd Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
3rd Fri	Minecraft On Site	18.30-20.30	PK Hub
3rd Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
9th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
10th Fri	Youth Group 16+	18.30-20.30	PK Hub
10th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
10th Fri	Minecraft On Site	15.00-17.00	PK Hub
11th Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
14th Tue	SOS-SEN Advice Center	10.00-12.00	PK Hub
16th Thu	Trampolining	16.45-18.00	Gosling Sports
16th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
17th Fri	Minecraft On Site	18.30-20.30	PK Hub
18th Sat	Youth Group 13+	15.00-17.00	PK Hub
23rd Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
24th Fri	Minecraft Online	18.30-19.30	Online
25th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
25th Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
28th Tue	Teens Group	16.30-18.30	PK Hub
30th Thu	Trampolining	16.45-18.00	Gosling Sports
30th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden

OCN
London

Approved Education
Centre Delivering
Nationally Accredited
Qualifications



Learning, Social & Communicational Support for everyone through our inclusive programmes

Opportunities for Duke of Edinburgh or Work Experience with PK

PK Hub & Garden



Always Connecting with our Community and the most vulnerable

PK TECH TEAM

MINECRAFT

PK Offer
Tutoring
Teaching
Mentoring
Therapies
1:1 & Group Work
Alternative provision
EOTAS



STEAM
Science Technology Engineering Art Maths

SUNDAY
1:1 Horse Riding
Groundworks/Care
Equine Therapy
Sessions

Danecroft Stables



FRIDAY - Home
Education available



PK Garden

Therapeutic Gardening 1:1 & Group Sessions available

Contact us for further information on any of our Activities or Educational Services at info@potentialkids.org

the galleria
OUTLET SHOPPING

SPORT
ENGLAND

PEOPLE'S
POSTCODE
LOTTERY

POSTCODE
PLACES
TRUST

GLL

WELWYN
HATFIELD

Hertfordshire

Commissioned by HCC
as an Alternative
Provision Provider



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/

World Down Syndrome Day 2023 - 21st March



****Please forward this email to schools in your DSPL areas for them to use on 21st March to raise awareness about and to celebrate Down Syndrome.****

**World Down Syndrome Day (WSDS)
is fast approaching!**

21st March 2023

Each year on 21st March, we have a fantastic opportunity to raise awareness about what it means to have Down Syndrome (DS) and about the huge potential that people with DS have.

Ahead of WSDS 23, here is a free creative DS Achieve resource (shown below) to use as a practical activity to get talking about Down Syndrome.

To view this is full, please visit:

[https://mailchi.mp/748d6189bd78/
book-now-for-the-spring-term-
13530464?e=9014588a2d](https://mailchi.mp/748d6189bd78/book-now-for-the-spring-term-13530464?e=9014588a2d)

Supporting Links Summer 2023 Term Course

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

Parent & Carer Courses Summer 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 9.45-11.15am

20th Apr - 25th May

Online Course 577

Thursdays 8 - 9.30pm

20th Apr - 25th May

Online Course 579

Tuesdays 8.00 - 9.30pm

6th Jun - 11th Jul

Online Course 580

Wednesdays 9.45-11.15am

7th Jun - 12th Jul

Online Course 578

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.



Wednesdays 7.45-9.15pm

19th Apr - 24th May

Online Course 581

Wednesdays 7.00-9.00pm

7th Jun - 12th Jul

FACE - TO - FACE

COURSE

Welwyn Course 582

Ridgeway Academy



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:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- 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.

Tuesdays 7.45-9.15pm

18th Apr - 23rd May

Online Course 583

Wednesdays 7.45-9.15pm

7th Jun - 12th Jul

Online Course 584

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.



Tuesdays 8.00-9.30pm

18th Apr - 23rd May

Online Course 576

Tuesdays 9.45 - 11.15am

6th Jun - 11th Jul

Online Course 575

Courses are open to parents and carers living in Hertfordshire

Pre-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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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/

Families in Focus Summer 2023 Term Course

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






Evidence based, award winning courses facilitated by Francine and Lesley. Top scoring organisation for Hertfordshire Targeted Parenting Fund SEND courses

Course	Starting April 2023	Bookings open from:	Booking info
Complete guide to parenting children with SEND aged 2-11 years	Tuesday mornings 9.30-11.30am April 18 th 25 th May 2 nd 9 th 16 th 23 rd June 6 th 13 th 20 th 27 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details  Families In Focus CIC LOOKING FORWARD TOGETHER
FIF L1 D1			
Complete guide to parenting children with SEND-aged 2-11years	Tuesday evenings 6.30-8.30pm April 18 th 25 th May 2 nd 9 th 16 th 23 rd June 6 th 13 th 20 th 27 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details  Families In Focus CIC LOOKING FORWARD TOGETHER
FIF L1 D6			

www.familiesinfocus.co.uk

bookings@familiesinfocus.co.uk

Handling anger of children aged 4-11 with ASD or ADHD (no diagnosis needed)	Wednesday mornings 9.30-11.30am April 19 th 26 th May 3 rd 10 th 17 th 24 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details  Families In Focus CIC LOOKING FORWARD TOGETHER
FIF ADHD D3			
Handling anger of children aged 4-11 with ASD or ADHD (no diagnosis needed)	Wednesday evenings 6.30-8.30pm April 19 th 26 th May 3 rd 10 th 17 th 24 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details  Families In Focus CIC LOOKING FORWARD TOGETHER
FIF ADHD E5			
Handling anger in your family Neurotypical children aged child 4-11	Thursday mornings 9.30-11.30am April 20 th 27 th May 4 th 11 th 18 th 25 th	Bookings open from March 1st	Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details  Families In Focus CIC LOOKING FORWARD TOGETHER
FIF L2 D4			



**Educational
Psychology
Service**



 01992 588574

Please call if you would like to speak directly to an Educational Psychologist to discuss a child or young person's development, learning or emotional wellbeing, or to find out more about our service.



From 22nd February 2023 Contactline will be available
Wednesday from 2:00pm to 4:30pm,
every other week, term time only. List of available dates the
line will be open can be found here:
[Educational Psychology Service \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk/education/parent-and-carer/parental-consultation/parental-consultation-contactline)

Visit www.hertfordshire.gov.uk/localoffer for services for children/ young people with SEND

Find us on twitter @HertsEPS



this Spring, all over Hertfordshire!

This Spring, school aged children eligible for benefits related free school meals, can enjoy **free food**, **free sports** and **free craft activities!**

Get your **HAPpy Booking Code** from your child's school now, to access all this and more!

Bookings open on
Monday 6th March



All camps are free!



Hertfordshire's Holiday Activity Programme



Book now
by scanning
the QR code



This Spring, School aged children who are eligible and in receipt of benefits related free school meals can enjoy free food, free sports, and free craft activities at over **200 HAPpy Camps across Hertfordshire.**

HAPpy is the Hertfordshire activation of the national Holiday Activities and Food Programme. Hertfordshire County Council has joined forces with the Herts Sports Partnership and the Hertfordshire Community Foundation to organise a programme for the school holidays every Easter, Summer and Christmas until 2024.

The HAPpy programme is running free activity camps from 3 April – 14 April 2023 (not bank holidays), and with over **14,000 free activity camp places available**, eligible families are being encouraged to get their booking code from their school and reserve a place at a camp near them as soon as possible.

Bookings open at 12 noon on Monday 6 March via the Herts Sports Partnership website,
<https://sportinherts.org.uk/happy/booking/>



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!



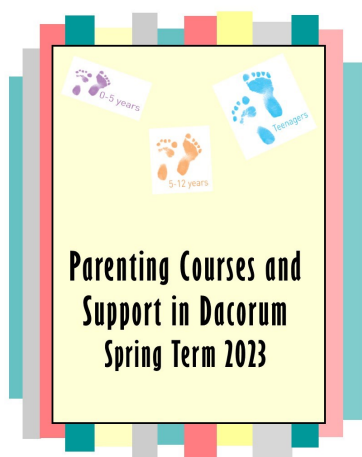
Whether your child is at mainstream school or a special school,
Diagnosed or undiagnosed, you are welcome to come along and meet
Other parents, talk to professionals, or simply drop in for a coffee and
Meet new friends who also have a child with special educational needs.

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>

