

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

Families in Focus February 2023 Courses

Booking essential: Email Francine & Lesley with your name and date & time of the course you're interested in joining: Bookings@familiesinfocus.co.uk



Course info	To book	Date & time
Handling anger of children 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 sessions	Zoom course Monday evenings 6.30-8.30pm February 20 th 27 th & March 6 th 13 th 20 th 27 th
Handling anger of children 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 sessions	Zoom course Mondays 'Lunch & Learn' 12-2pm February 20 th 27 th & March 6 th 13 th 20 th 27 th
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 sessions	Zoom course Wednesday mornings 9.30-11.30am February 22 nd & March 1 st 8 th 15 th 22 nd 29 th
Handling anger of children 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 sessions	Zoom course Wednesday evenings 6.30-8.30pm February 22 nd & March 1 st 8 th 15 th 22 nd 29 th

Booking essential: Email Francine & Lesley with your name and date & time of the course you're interested in joining: Bookings@familiesinfocus.co.uk



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)

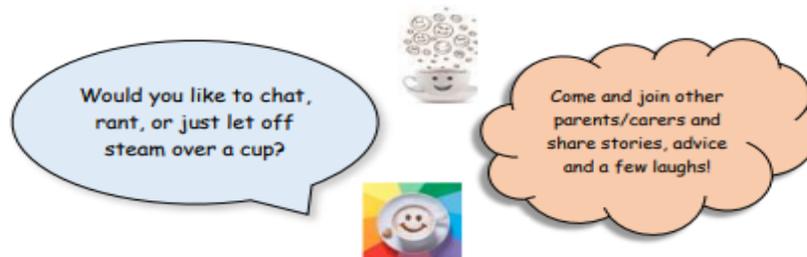
@ Woodfield Coffee Shop

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

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

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

01442 253476



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.

Wizzybugs Loan Scheme for disabled children (age 14months—5years)

Designability is a national charity that enables disabled people to live with greater independence. They offer a free loan scheme for 'wizzibugs' which are designed for physically disabled children, including children living with cerebral palsy, spinal muscular atrophy, spina bifida or muscular dystrophy, as well as children with amputations or other conditions that affect their ability to walk. Wizzybug is an electrically powered wheelchair for indoor and outdoor use, with adult supervision. Children use Wizzybugs at home and at pre-school, and in outdoor spaces such as parks, gardens and playgrounds.

- Wizzybug is Free
- Suitable for children with mobility issues from 14 months to age 5

Families can [apply direct online via our website](#)

- Appointments are held at our HQ in Bath, as well as at William Merritt Centre in Leeds
- Families on low income can apply to our Access Fund for support with the cost of attending their appointment
- Wizzybug is returned to us at the end of the loan to be refurbished for another family to enjoy

[Find out more about the Wizzibug loan scheme.](#)



Free Breakfast for School Children & Homework Support group for ages 4-10 at The Youth Booth

The Youth Booth
Registered Charity: 1183734

FREE BREAKFAST FOR SCHOOL CHILDREN
Mixed Fruit - Cereal Bar - Juice Carton

It is our mission to provide FREE GRAB & GO BREAKFAST to every child who needs it! Donations are very welcome

Monday - Friday TERM TIME
7.45am - 8.30am ONLY
The Youth Booth @ Adeyfield Square HP2 4EW

More than 80% of Primary School Teachers say Children in their classes are coming to school hungry! Please help us reach all those in need!

THEYOUTHBOOTHUK
@THEYOUTHBOOTHUK

SCAN ME

The Youth Booth
Registered Charity 1183734

FREE DROP-IN SESSIONS AGES 4-10
Tuesdays 5-6.30pm @ The Youth Booth

HOMEWORK SUPPORT CLUB

****DELIVERED BY**
A QUALIFIED
TEACHER**

SCAN ME

Chat Health – text messaging services for parent carers

For parent carers of 0 - 5 year olds

Get advice from our Health Visiting Team. All you need to do is text us on **07480 635164**. The service is available Mon to Fri 9am - 5pm.

We can help you with all kinds of things such as:

- Child Development
- Toileting
- Sleep
- Parenting Advice and Support
- Behaviour
- Child Health/safety
- Breastfeeding/Feeding/Nutrition
- Emotional Health & Wellbeing

[Learn more about chat health for parent carers of 0 - 5 year olds](#)

For teenagers aged 11 - 19

All secondary school aged pupils can get support and advice from the school nursing team. Young people just need to text **07480 635050**, Monday to Friday 9am - 5pm. It is a confidential service, and young people can message for advice on all kinds of health issues, such as:

- sexual health
- emotional health and wellbeing
- bullying
- healthy eating
- any general health concerns



Upcoming Workshops from Dacorum Family Centre Service

Children's Emotional Wellbeing Workshops, delivered by the Early Years Alliance.

This session is for parents with **children under 5 years old**.

Following this session you will be able to understand what mindfulness and relaxation is. Implement some relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life

Thursday 2nd February 2023, 10:00 – 11:30 Via Zoom

Parents book via Eventbrite [Supporting Children's Emotional Wellbeing, 02/02/2023, 10:00 - 11:30 Tickets, Thu 2 Feb 2023 at 10:00 | Eventbrite](#)

Tuesday 21st March 2023, 13:00 – 14:30 Via Zoom

[Supporting Children's Emotional Wellbeing, 21/03/2023, 13:00 - 14:30 Tickets, Tue 21 Mar 2023 at 13:00 | Eventbrite](#)

We are offering a series of funded workshops delivered by Trainingly, to support parental emotional resilience and wellbeing.

Mindfulness:

Thursday 26th January 2023, 19:00 – 20:30 Via Zoom

[About Me - Mindfulness Workshop, 19:00 - 20:30, 26/01/2023 Tickets, Thu 26 Jan 2023 at 19:00 | Eventbrite](#)

Self-Care

Thursday 2nd February 2023, 19:00 – 20:30 Via Zoom

[About Me - Self Care, 19:00 - 20:30, 02/02/2023 Tickets, Thu 2 Feb 2023 at 19:00 | Eventbrite](#)

Positive Affirmations

Thursday 9th February 2023, 19:00 – 20:30 Via Zoom

[About Me - Positive Affirmations, 19:00 - 20:30, 09/02/2023 Tickets, Thu 9 Feb 2023 at 19:00 | Eventbrite](#)

Healthy Relationships

Thursday 16th February 2023, 19:00 – 20:30 Via Zoom

[About Me - Healthy Relationships, 19:00 - 20:30, 16/02/2023 Tickets, Thu 16 Feb 2023 at 19:00 | Eventbrite](#)

About Me Course:

The About Me course, delivered by Trainingly, is a funded 5 week course which aims to build emotional resilience and wellbeing. To book a place parents need to email family.learning@inspireall.com

We are offering **First Aid Workshops** for parents in each district. Places are £25. Links to book are below.

[First Aid, Windmill Family Centre, 10:00 - 12:00, 18/02/2023 Tickets, Sat 18 Feb 2023 at 10:00 | Eventbrite](#)

[First Aid, Little Hands & Little Feet FC, 19:00 - 21:00, 30/03/2023 Tickets, Thu 30 Mar 2023 at 19:00 | Eventbrite](#)

Finally we are continuing to offer our **Me Time Social Group**, a safe space for parents to meet other parents and build support networks, led by a volunteer.

Thursday 19:30 – 20:30 Via Zoom No need to book a place, parents can just drop in. Parents can request the link by emailing family.learning@inspireall.com



CAP Money Courses

To book:

Course 1 & 2 at Liberty Team Rooms & Community Hub - call Janet on 07944 203918 or email capmoney@libertytearooms.co.uk

Course 3 at open Door, community Space & Café - call Ian on 07925 560 457

christians
against
poverty

CAP

money:course



A free course to help you manage
your money better and learn to
budget, save and spend well

Course Info - Courses run for 3 weeks and are FREE!

budget. save. spend.

Liberty Tea Rooms & Community Hub

12 Bank Court
Hemel Hempstead
HP1 1BS

Course #1 Mondays

Wk1: Feb 6 - 12.15 to 2.30pm
Wk2: Feb 13 - 12.15 to 2.30pm
Wk3: Feb 20 - 12.15 to 2.30pm

Course #2 Wednesdays

Wk1: Feb 8 - 6.45 to 9pm
Wk2: Feb 15 - 6.45 to 9pm
Wk3: Feb 22 - 6.45 to 9pm

Open Door, Community Space & Café

360 - 364 High St
Berkhamsted
HP4 1HU

Course #3 Tuesdays

Wk1: Mar 7 - 7.15 to 9.30pm
Wk2: Mar 14 - 7.15 to 9.30pm
Wk3: Mar 21 - 7.15 to 9.30pm

To book, call Janet on 07944 203918 or email capmoney@libertytearooms.co.uk

Book via Ian on 07925 560457 or directly at
<https://bit.ly/moneycourseOD>

capmoneycourse.org

 facebook.com/CAPuk

 [@CAPmoneyuk](https://twitter.com/CAPmoneyuk)

Christians Against Poverty is a national charity offering award-winning, free, face-to-face debt counselling through 270 CAP Debt Centres across the UK. The innovative charity also offers financial education through the CAP Money Course. For details of CAP's services, or to support the charity, visit www.capuk.org.

Registered Office: Jubilee Mill, North Street, Bradford, BD1 4EW. e info@capuk.org t 01274 760720
Registered Charity No. 1097217. Charity Registered in Scotland No. SC038776. Company Limited by Guarantee. Registered in England and Wales No. 4655175
Christians Against Poverty is approved and regulated by the Financial Conduct Authority. Registration number: 413028.

Half price play at the SEND PAVILION, Aldenham County Park

To continue our support of the SEND community following free use during the school holidays, marking 10 years of Aldenham Renaissance managing the Country Park, we are offering half price sessions, 3 sessions daily lasting 2 hours, for up to 3 families every weekend.

For more information visit: <https://www.aldenhamcountrypark.co.uk/welcome2>



Spring Term course from Natural Flair

Bookings: Email bookings@natural-flair.co.uk or call 01992 446 051



The Secrets of Parenting Teens and Building Resilience

A FREE 6 week course for parents and carers of children aged 11+
Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**

Topics covered include:

- ◆ Teen development and the teen brain
- ◆ Building resilience/self esteem
- ◆ Temperament and its effects on behaviour
- ◆ Dealing with challenging behaviour
- ◆ Improving communication and relationships
- ◆ What is anxiety and how it is displayed in young people
- ◆ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ◆ Tools for managing anxiety and conflict
- ◆ Setting boundaries and managing house rules/parenting styles and strategies
- ◆ The power of empathy in connecting with young people
- ◆ Tools for emotional health and wellbeing

ONLINE SESSIONS

Date: Monday 16th January for 6 weeks
Time: 7.00pm to 9.00pm

Date: Thursday 23rd February for 6 weeks
Time: 7.00pm to 9.00pm

Parents need to be referred onto this course or have a specific parenting need
To book contact:

Vicky Knight (Course Manager)
Email: bookings@natural-flair.co.uk
or call 01992 446 051





Natural Flair Coaching Ltd Presents
Natural Steps
To Strong, Resilient Families
A Protective Behaviours Approach to Emotional Wellbeing
Now offered as an online course



Topics covered include:

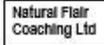
- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

Dates: Day and evening courses available
Tuesday 17th January – 7pm to 9pm
or
Thursday 19th January – 9.30am to 11.30am
or
Tuesday 21st February – 7pm to 9pm

Venue: Available on your smart phone or laptop device in the comfort of your own home via a safe/secure link

This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - it is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life

Parents need to be referred onto this course or have a specific parenting need
For more information or to book a space please call
01992 446 051
Email: Bookings@natural-flair.co.uk



Introduction to the Local Offer

We will be running a webinar on Thursday 19 January at 8pm for parents and carers and professionals working with children with SEND.

The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too. 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.

www.hertfordshire.gov.uk/localoffer

To attend, save the meeting details in your diary, and join online using MS Teams.

Thursday 19 January 2023, 8pm – 8.45pm

[Click here to join the meeting](#)

Meeting ID: 337 626 830 757

Passcode: JCQeBC



Spring Activities from Potential Kids

Bookings: www.potentialkids.org/activities

Email: info@potentialkids.org or message for any questions

JANUARY 2023

POTENTIAL KIDS

BOOKINGS:

www.potentialkids.org.uk/activities



Approved Education
Centre Delivering
Nationally Accredited
Qualifications

Date	Sessions	Time	Location
5th Thu	Trampolining	16.45-18.00	Gosling
6th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
6th Fri	Minecraft On Site	18.30-20.30	PK Hub
10th Tue	SOS-SEN Walk-In Advice Center	10.00-12.00	PK Hub
12th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
13th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
13th Fri	Youth Group 16+	18.30-20.30	PK Hub
14th Sat	Minecraft On Site	15.00-17.00	PK Hub
14th Sat	Free Family Football Drop In	16.00-17.00	Birchwood Leisure Center
19th Thu	Trampolining	16.45-18.00	Gosling
19th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
20th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
20th Fri	Minecraft On Site	18.30-20.30	PK Hub
20th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
21st Sat	Youth Group 13+	15.00-17.00	PK Hub
24th Fri	Teens Group	16.30-18.30	PK Hub
26th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
27th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
27th Fri	Minecraft Online	18.30-19.30	Online
28th Sat	Free Family Football Drop In	16.00-17.00	Birchwood Leisure Center



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



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



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



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/

Spring Workshops from SPACE

For more information and to book your FREE place:

https://www.eventbrite.co.uk/cc/training-courses-and-workshops-5469?fbclid=IwAR166qVHRNAbPdpMtypzW_Jo0he1KPz_AjK9JK19d25LHxjYv8UzzpvYXCU



Autism | ADHD
Neurodiverse Conditions



SPRING TERM 2023 FREE ONLINE WORKSHOPS

Wednesday 11th January	19:00-21:00	Puberty and Neurodiversity
Thursday 12th January	19:00-20:00	Understanding ADHD
Monday 16th January	10:00-12:00	Navigating the SEND World: Post 16
Monday 16th January	19:00-20:30	Autistic Girls
Tuesday 17th January	18:30-20:00	Anger and Conflict
Wednesday 18th January	10:00-12:00	ADHD in Girls and Women
Thursday 19th January	19:00-21:00	Navigating the SEND World: 0-16
Friday 20th January	10:00-12:00	PDA, ODD and ADHD
Monday 23rd January	19:00-20:30	Tourettes
Wednesday 25th January	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Wednesday 25th January	19:00-20:00	Understanding Autism
Thursday 26th January	19:00-21:00	EHCPs: New Application
Friday 27th January	10:00-12:00	Anxiety and SEND
Monday 30th January	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Tuesday 31st January	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Friday 3rd February	10:00-12:00	Navigating the SEND World: 0-16
Monday 6th February	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 9th February	18:30-20:00	Mental Health in Neurodiverse Children and Young People
Friday 10th February	10:00-11:30	EHCPs - Annual Reviews
HALF TERM		
Monday 20th February	18:30-20:00	Specific Literacy Difficulties including Dyslexia
Wednesday 22nd February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Thursday 23rd February	19:00-21:00	Navigating the SEND World: 0-16
Friday 24th February	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Tuesday 28th February	10:00-12:00	Navigating the SEND World: Post 16
Thursday 2nd March	10:00-11:30	Tourettes
Friday 3rd March	10:00-11:00	Understanding ADHD
Wednesday 8th March	10:00-11:30	Autistic Girls
Wednesday 8th March	19:00-21:00	ADHD in Girls and Women
Friday 10th March	10:00-12:00	PDA, ODD and ADHD
Tuesday 14th March	10:00-12:00	Navigating the SEND World: 0-16
Tuesday 14th March	18:30-20:00	Supporting Learners with Demand Avoidance
Thursday 16th March	19:00-21:00	Sensory Signs, Signals and Solutions
Friday 17th March	10:00-12:00	Sleep Workshop
Monday 20th March	10:00-12:00	Anxiety and SEND
Monday 20th March	18:30-20:00	Understanding and Supporting Emotional Regulation
Friday 24th March	10:00-12:00	No Two Brains are the Same. What is Neurodiversity?
Monday 27th March	19:00-21:00	EHCPs: Submission to Finalisation
Tuesday 28th March	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Wednesday 29th March	10:00-11:00	Understanding Autism

spaceherts.eventbrite.co.uk

Lending SPACE is an equipment lending library for families living in Hertfordshire with children and young people with SEN. It is also so much more!

Everything at Lending SPACE is completely free for families to borrow. They have everything from trikes, pushchairs and scooters to weighted blankets, lap pads and hoodies to wobble cushions, body socks and compressions sheets to beanbags, peanut balls and books! It really is an ideal way to try expensive equipment to see if it works for the needs of your child.

The Lending SPACE team can also help you with:

- Friendly Advice: help and suggestions on equipment for your children's specific needs
 - A listening ear: emotional and practical support
 - Signposting: knowledge and understanding of local community and statutory services and support
- Open Mondays, Wednesdays and Saturdays 9.30am - 12.30pm

Unit 19 The Maltings Business Centre, Roydon Road, Stanstead Abbots, SG12 8HG

Learn more about Lending SPACE <https://spaceherts.org.uk/lending-space/>



Family Lives Spring Programme - places still available

Bringing Up Confident SEN Children

Wednesday 25th January to 8th March 7.00pm – 9.00pm

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover :

- * Understanding your child's behaviour
- * Helping your child to manage their feelings and outbursts
- * Balancing support of siblings
- * Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

Bringing Up Confident ADHD/ASD Children – Online (6 weeks)

Thursday evening 26th January to 9th March 7.00pm – 9.00pm

and

Tuesday evening 21st February to 28th March 7.00pm – 9.00pm

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Sessions will cover :

- * ADHD - a whole-family issue
- * Understanding your child's behaviour
- * Helping your child manage their feelings and outbursts
- * Balancing support of siblings
- * Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

Time to Talk about Pre Teens / Teens (6 weeks) – Face to Face (6 weeks)

Tuesday 21st February to 28th March 9.30 – 11.30am

Hatfield, Hertfordshire

This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of:

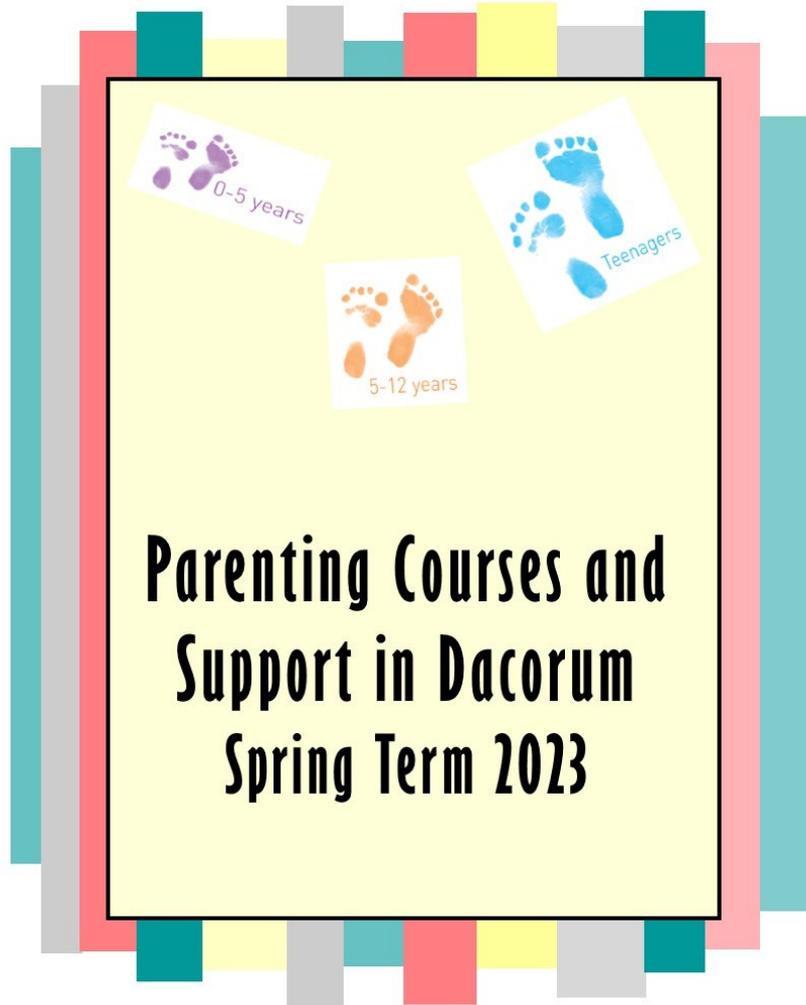
- * Risky behaviour online through social media
- * Attraction to or involvement in gangs
- * Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour

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.



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>

