

Dear Parent/Carers,

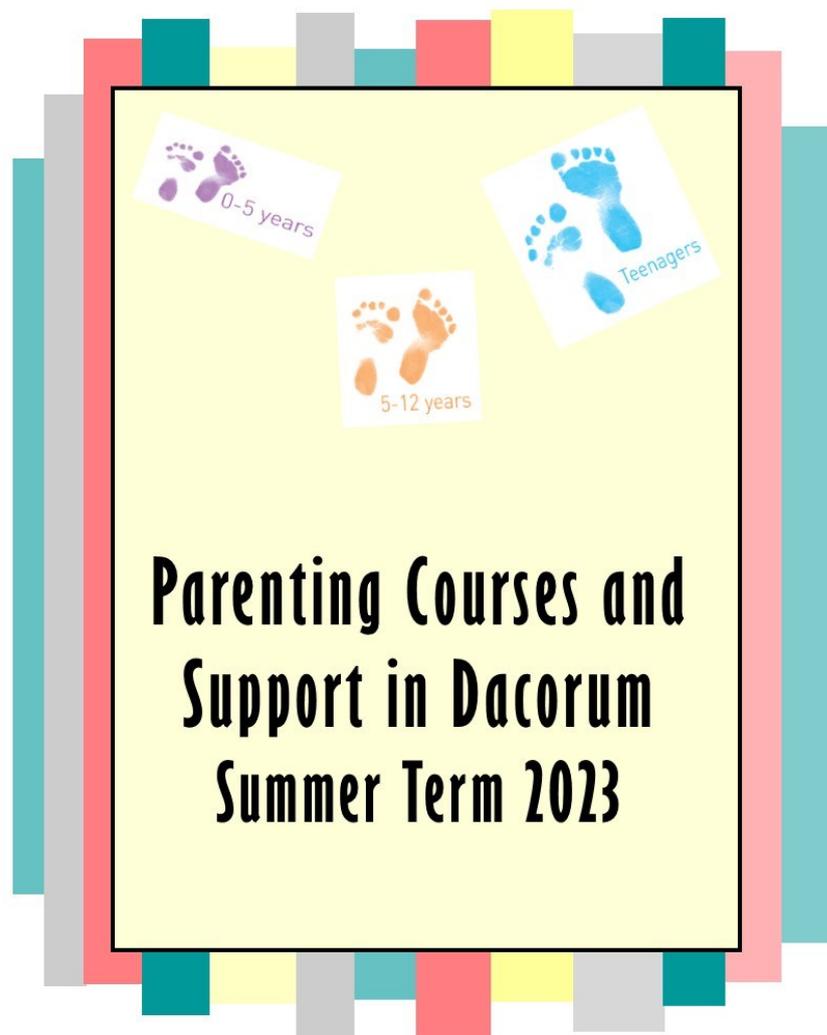
Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

Kind Regards, DSPL 8 Team

Dacorum Parenting Brochure - Summer 2023 Term

The Summer 2023 Term Dacorum Parenting Brochure will be circulated to schools and our mailing list on Monday 27th March and it will also be available to be viewed or download from our website via:

<https://dacorumdspl.org.uk/online-resources-for-parents-and-carers-2/>



FREE courses open to parents in Dacorum



SPACE - upcoming Workshops

Eventbrite booking page: <https://www.eventbrite.co.uk/o/space-hertfordshire-29155520957>



Autism | ADHD
Neurodiverse Conditions



UPCOMING WORKSHOPS

Navigating the SEND World (0-16)	Tue 14th Mar	10:00
Supporting Learners with Demand Avoidance	Tue 14th Mar	18:30
Sensory Signs, Signals and Solutions	Thu 16th Mar	19:00
Sleep	Fri 17th Mar	10:00
Anxiety and SEND	Mon 20th Mar	10:00
Understanding and Supporting Emotional Regulation	Mon 20th Mar	18:30
What is Neurodiversity?	Fri 24th Mar	10:00
EHCPs: Submission to Finalisation	Mon 27th Mar	19:00
Autism Plus: Co-occurring Conditions and Cognitive Theories	Tue 28th Mar	10:00
Understanding Autism	Wed 29th Mar	10:00

Please use the Eventbrite link below to reserve your place:
spaceherts.eventbrite.co.uk
Limited Places Available

The Sandbox

Kooth's service for children and young people in Hertfordshire coming to an end on 31 March, please find below details of Hertfordshire's new service provider: **The Sandbox**:

The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being. This new free NHS funded service launches on 1st April 2023 and offers a website, with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs:



- **Website: 24/7**
- **Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays**
- **Live Chat: 10am-8pm Mondays-Fridays**

Signing up is easy and doesn't require a referral from a professional:

Visit The Sandbox website: <https://sandbox.getcerebral.co.uk/>

The Sandbox team would like to hear from young people and professionals working with them, to find out what resources/topics would be useful, so please let them know your ideas by emailing: nhs.operations@mindler.co.uk.



Keeping in touch with Tablets & Smart Phones

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

Learning@communityactiondacorum.org.uk Or 01442 253 935 <http://www.creative-learning.org.uk/>

KEEPING IN TOUCH WITH TABLETS & SMART PHONES

Do you live in Hertfordshire and want to get more out of your tablet or smartphone? Join our six week course to help you navigate with confidence.



TUESDAYS
04TH APRIL – 09TH MAY 2023

12:30AM – 14:30PM
HEMEL HEMPSTEAD LIBRARY, THE FORUM, HP1 1DN.

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



STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS

Beginners ESOL Course

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

Learning@communityactiondacorum.org.uk Or 01442 253 935 <http://www.creative-learning.org.uk/>

BEGINNERS ESOL COURSE

This course is for those at a beginners level, taking place on a Thursdays at Hemel Library, The Forum, Marlowes, Hemel Hempstead, Hertfordshire. HP1 1DN



THURSDAYS
27TH APRIL – 01ST JUNE 2023
12:45PM – 14:45PM

REGISTER YOUR INTEREST NOW

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

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STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS



Dacorum Family Centre Services SEND Leaflet for Families

How to Register

You need to Sign up to access the Family Centre Service. It's free, quick and easy to do.

Please scan the QR code below or visit www.hertsfamilycentres.org to sign up. Our friendly team will then contact you.



0300 123 7572

hertsfamilycentres.org

dacorum.fcsenquiries@inspireall.com

The Hertfordshire Local Offer

The Local Offer lets parents and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them.



For more information on The Local Offer please see their website hertfordshire.gov.uk



Our Special Educational Needs & Disabilities Champions are here to help you



Introduction

What support can the Special Educational Needs and Disabilities (SEND) Champions offer?

Help finding out what support is available for children with SEND

Support to navigate the Local Offer Website

Help finding local Parenting courses

Help finding out what local support groups are available

If you have any additional worries we can support you with learning and development, feelings of isolation or around your own wellbeing and confidence.

This support may be one to one or through parenting groups

" The SEND champions have been amazing!

They have given me back my confidence as a mother.

The strategies I have learnt with their help have been

really useful and simple to use, thank you for such a

great support network! "



Our Dacorum Champions



Claire Rees
claire.rees@inspireall.com

Jodie Mitchell
jodie.mitchell@inspireall.com
Mobile 07880 005 970

Karen Belcourt
karen.belcourt@inspireall.com
mobile: 07816 087 554

Our SEND Champions can signpost or support you with help completing relevant forms, such as DLA, EHCP and referral forms.

We work in partnership with the Health Visiting Team and are always here for you to offer guidance and a listening ear whenever you need us.

Sign up to our newsletter

TALK & TIPS

Scan the QR Code



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!



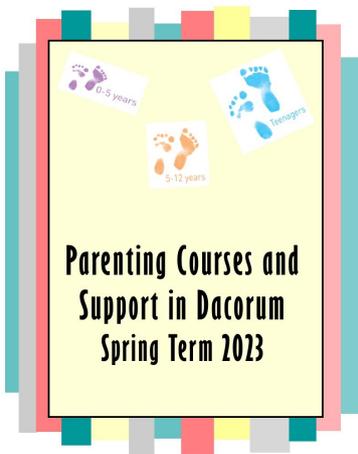
Whether your child is at mainstream school or a special school,
Diagnosed or undiagnosed, you are welcome to come along and meet
Other parents, talk to professionals, or simply drop in for a coffee and
Meet new friends who also have a child with special educational needs.

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://dacorumdspl.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>

