

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

HCT Children Wellbeing Practitioners Events

The HCT Children Wellbeing Practitioners are hosting the following workshops for parent/carers, which can be booked via the Eventbrite link below.

Eventbrite link: https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787?fbclid=IwAR37g_yrT01BoDdh4MTwlyWJKXlcEQwcwBnkBGJAFcJvkeXNT_VDusYgh_g

 <p>Exam Stress Tue, 9 May 2023 18:00 BST Free</p>	 <p>Supporting Your Child's Self-esteem Wed, 10 May 2023 18:00 BST Free</p>	 <p>Developing Your Child's Emotional Literacy Tue, 16 May 2023 18:00 BST Free</p>	 <p>Emotional Wellbeing Workshop (For young people 11 - 16) Thu, 18 May 2023 18:00 BST Free</p>
 <p>Child General Emotional Wellbeing and Regulation Tips for Parents Tue, 23 May 2023 18:00 BST Free</p>	 <p>Adolescent Self-esteem Workshop Thu, 25 May 2023 18:00 BST Free</p>	 <p>Sleep Workshop (Child and Adolescent) Tue, 6 Jun 2023 18:00 BST Free</p>	 <p>Resilience Workshop Thu, 8 Jun 2023 18:00 BST Free</p>
 <p>Supporting Your Child's Self-esteem Wed, 14 Jun 2023 10:00 BST Free</p>	 <p>School Transitions: Managing Anxiety & Worries in Children & Young People Thu, 15 Jun 2023 18:00 BST Free</p>	 <p>Developing Your Child's Emotional Literacy Tue, 20 Jun 2023 10:00 BST Free</p>	 <p>Child General Emotional Wellbeing and Regulation Tips for Parents Tue, 27 Jun 2023 10:00 BST Free</p>



Transition to Adulthood Conference: 11.05.2023

This is a free online conference for neurodivergent young adults (living, studying or working in Hertfordshire) and their parent carers. Sessions will be delivered by a mix of professionals, parent carers and young people themselves.

Take a look at the schedule for the day below and book your free place on Eventbrite here:

https://www.eventbrite.co.uk/cc/transition-to-adulthood-conference-2023-2114019?fbclid=IwAR07GesZa_rpN3LIFs64FJLBbm6qBqabJQ1I7pB5L5B1TjMRmEecFp1ndMk

TRANSITION TO ADULTHOOD CONFERENCE

11TH MAY 2023

9.30 - 10.00

Introduction & Welcome

Debbie Wood
Sharna Raine
Amanda Ludlow

10.15 - 11.15

A World of Opportunities

Karen Hannan

11.30-12.30

Getting the Best from Benefits

Wendy Jephcote

13.00-14.00

Achieving Healthy Independence

Rachel Hatton

14.15-15.15

Transitioning to Higher Education

Helen Payne

15.30-16.30

Transitioning to Adult MH Services

Abi Idris
Ugonna Nwachuku-Rowell

19.00-20.00

Navigating the Transition to Work

Laura Bell
James Aston

ONLINE VIA ZOOM

BOOK VIA EVENTBRITE:
Transition to Adulthood
Conference 2023 | Eventbrite



University of
Hertfordshire **UH**



ADD-vance
The ADHD and Autism Trust

**FREE
EVENT!**

This event is open
to young people
living in or
educated in
Hertfordshire,
and their
parent/carers



Supporting Links Training Summer Term 2023Eventbrite booking page: <https://www.eventbrite.co.uk/o/supporting-links-15053924960>**Parent & Carer Support
TALKING ASD & ADHD
Workshops****Summer Term 2023**

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

TECH USE

- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Monday 19th June**7.30 – 9.30pm****Workshop 587****Book via Eventbrite Link:**
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-587-for-parentscarers-in-herts-registration-567952730907>
**SIBLING
STRUGGLES**

- What to do if your children are fighting or arguing
- Dealing with jealousy and unfairness
- Recognising the pressures & worries on siblings of a child with ASD/ADHD
- Helping your children develop a network of support
- Helping your children to communicate with each other without conflict
- Managing your own difficult feelings and helping your children to manage theirs
- Where to access further help and support

Monday 22nd May**9.30-11.30am****Workshop 585****Book via Eventbrite Link:**
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-585-registration-565201231097>
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.

Monday 10th July**7.30-9.30pm****Workshop 586****Book via Eventbrite Link:**
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-586-registration-568054695887>
**Workshops are open to parents and carers living in Hertfordshire**info@supportinglinks.co.uk www.supportinglinks.co.uk

SEND Drop-in sessions**Parent Support Group**

Every Wednesday

9.00am – 12

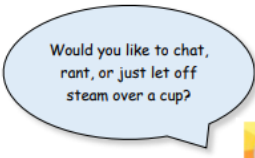
(Term time only)

@ Woodfield Coffee Shop


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

Contact: Gemma.Tuff@woodfield.herts.sch.ukOr: 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!




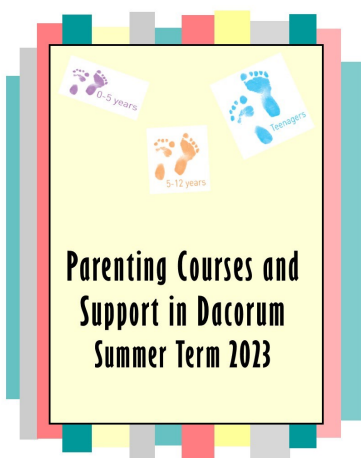
Whether your child is at mainstream school or a special school,
Diagnosed or undiagnosed, you are welcome to come along and meet
Other parents, talk to professionals, or simply drop in for a coffee and
Meet new friends who also have a child with special educational needs.
ALL WELCOME - JUST COME ALONG

Free tea, coffee and biscuits! Fancy something a bit more special? Our
coffee shop accepts card payments or cash.

PARENT Cafe SEND**MEET OUR SEND CHAMPIONS**

These Parent Cafes provide extra help and advice around supporting children's additional needs. Meet our friendly staff in a relaxed environment for refreshments and a chat. Find out what's on offer to you at the Family Centre Service and how we can help signpost you to get further help or support. This is a drop-in session, however if you want to let us know you are coming, please give us a call. If you're not able to attend but would like some support, please get in touch.

Thursday 27th April (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
11th May & 25th May (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
8th June & 22nd June (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
6th & 20th July, (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX


www.hertsfamilycentres.org
 0300 123 7572
Parenting Courses and Support in Dacorum Summer 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/2023/03/Dacorum-Parenting-Course-Brochure-Summer-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>

Website: www.dacorumspl.org.ukEmail: dspl@kls.herts.sch.ukEventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: www.facebook.com/dspldacorumInstagram: https://www.instagram.com/dspl_dacorum/