

## Free Confidential Impartial

### Parents and Carers, Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

### Hertfordshire one stop parenting directory for parents:

<https://directory.hertfordshire.gov.uk>



This leaflet last amended 29.03.2022 by Ashley Fabray, Support Officer,  
PoDS (Partnership of Dacorum Schools)  
Email: [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk) M: 07525 917125  
If you would like to be added to the email distribution list for future issues, please  
contact Ashley on the details above.

# Parenting Courses and Support in Dacorum Summer Term 2022

FREE courses open to parents in Dacorum

# CONTENTS

 Warners End, Gadebridge, Chaulden, Hemel Central, Kings Langley & Villages

 Adeyfield, Highfield, Woodhall Farm, Grovehill, Bennetts End, Corner Hall, Leverstock Green, Berkhamsted, Tring & Villages

 Dacorum

 DSPL Dacorum

## Parenting Courses & Support

<b>SEND Surgery</b>	<b>Page 9</b>
Families in Focus Parent Network - May & June	Page 10
Families in Focus Parent Network - July	Page 11
Families in Focus Summer 2022 Courses	Page 12
A complete guide to parenting children SEND	Page 13
Handling anger in your child with Autism/ADHD	Page 14
Handling anger in your family	Page 15
Sleep Solutions	Page 17
Families Feeling Safe for Mums, Dads, Step-parents and carers	Page 16
Families Feeling Safe for Dads, Step-dads and male carers	Page 17
Hertfordshire Family Centre Service - About me	Page 19
Hertfordshire Family Centre Service - Families Feeling Safe	Page 20
Hertfordshire Family Centre Service - Parenting Puzzle	Page 21
Natural Steps To Stronger, Safe Families	Page 22
The Secrets of Parenting Teens and building resilience	Page 23
Talking Dads	Page 24
Talking Families	Page 25
Talking Teens	Page 26
Talking additional needs	Page 27
Supporting Links Summer Term Workshops	Page 28-29
Hertfordshire SPACE Summer Term courses/workshops	Page 30-31
Hertfordshire SPACE Summer Term Activities	Page 32-33
Hertfordshire SPACE Lending Space open day	Page 34
Hertfordshire SPACE Starting Space	page 35
ADD-vance Newsletter	Page 36-37

## One to One Advice Sessions

Autism Support sessions	Page 5
Housing support sessions	Page 5
Debt management	Page 5 & 6
Autism Support sessions	Page 5 & 6

## Dacorum DSPL Workshops

Resilient Transitions	Page 40-41
ADD-vance Mini Consultations	Page 42

# Courses & Workshops

## DSPL Dacorum

### DSPL Workshops and Courses For Parent/Carers

All DSPL8 parenting courses and workshops will be advertised on our Website, Eventbrite and social media pages, via the following the links:

 Website: [www.dacorumspl.org.uk](http://www.dacorumspl.org.uk)

 Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

 Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

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

 Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

#### DSPL 8 Team

Carole Hassell, DSPL8 Manager

Ruth Mason, DSPL8 SEND Lead

Ashley Fabray, DSPL8 Support Officer

**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*

**Dacorum**

[www.dacorumspl.org.uk](http://www.dacorumspl.org.uk)

**Delivering Special Provision Locally** is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25.  
Tel: Dacorum DSPL 07525 917125

# Courses & Workshops

## DSPL Dacorum

Free mini consultations for parent/carers in Dacorum

Facilitated by ADHD/Autism Specialist Coaches from ADD-vance



### Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—[www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) for one of the following date and times:

Wednesday	27.04.2022	19:00 - 20:30
Tuesday	17.05.2022	10:00 - 11:30
Thursday	09.06.2022	10:00 - 11:30
Wednesday	06.07.2022	10:00 - 11:30

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.



## Online Parenting courses, workshops & support

In response to Covid-19 and the current government guidelines the Schools Family Services and local providers in Dacorum are now offering a mix of free online and face to face courses, workshops and support for Parent/Carers.

Please see individual flyers for more information and details on how to book.

**\*Please note\*** some courses are only available in specific areas and others are open to everyone in Dacorum. Please see the headings at the top of each page for the local areas.



# Online Courses & Workshops

## Warners End, Gadebridge, Chaulden & Hemel Central Kings Langley & Villages



### Student and Family Support Services Gade Schools Family Support and Kings Langley Partnership

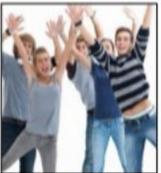
As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.



- ❖ **Parent Support Services**—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support
- ❖ **Pupil Support Services**—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.
- ❖ **SEND Support**—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.
- ❖ **Parent Courses and Workshops** – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behavior, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.
- ❖ **Parent Surgeries** – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site [www.gadeschoolsfamilysupport.co.uk](http://www.gadeschoolsfamilysupport.co.uk)



*Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 01442 278793.*



Our Service is only able to work with Parents who have children in one of our Partnership Schools. Schools in our Partnership are:

**Kings Langley Partnership:** Kings Langley Secondary, Kings Langley Primary, Sarratt Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

**Gade Schools Family Support:** John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

[www.gadeschoolsfamilysupport.co.uk](http://www.gadeschoolsfamilysupport.co.uk)  
Partnership Office: 01442 278793

# Courses & Workshops

## DSPL Dacorum



### Session 1 Recognising personal concerns and barriers

This session provides a space to share concerns and recognise we are not on our own. We all face challenges and change is a constant, so we will explore the link between emotions, energy and our ability to take control.



### Session 2 Developing a growth mindset to change

This session will consider unhelpful habits of thinking in relation to transition, change and uncertainty. The focus will be on exploring the differences between a fixed and growth mindset.



### Session 3 Supporting children to recognise and regulate unhelpful emotions

This session will explore evidence-based strategies for dealing with anxiety, stress and dealing with strong reactions to change.



### Session 4 Creating and strengthening human connections for transitions

This session will focus on how we can play to our strengths when dealing with uncertainty and change. It will also explore a practical approach for assertive communication.

LEARN MORE

BOOK NOW

## Courses & Workshops

### DSPL Dacorum



## RESILIENT TRANSITIONS

### Helping Children Deal Well With Change and Uncertainty

**A four-session on-line course with resources to use at home**  
14th, 21st, 28th June and 5th July 2022 - All 10:30-11:30

Children and young people will face many transitions throughout their lives. Change and uncertainty is something we can help children learn to navigate so they develop effective ways to deal with it through life.

How do we support children to deal well with transition? Whether the move is from primary to secondary, to a new school or setting, or to a new teacher or class. It can be an anxious time for parents. The way they approach the changes their children face can be the difference between a stressful or a manageable transition. Knowing how best to manage our own emotions, worries and actions is vital for supporting children in the best possible way.

Join Bounce Forward for a series of **four 60-minute webinars** to explore how to support children and young people to face transition with resilience and receive some practical resources to use at home to encourage a growth mindset to change and uncertainty.

This course builds on previous Bounce Forward training **funded by DSPL 8 Dacorum, supporting parents of children with SEND.**

**BOOK NOW**

**LEARN MORE**



Booking Link - <https://bounceforward.com/resilient-transitions-dacorum/>

## Online Courses & Workshops

### Warners End, Gadebridge, Chaulden & Hemel Central Kings Langley & Villages



### Parenting 1:1 Sessions April – July 2022 Booking is essential

If you would like to book onto any of these sessions or to find out more information, please contact Emma Christie on 07538 232069 / 01442 278793 or email: [christie.gadesfs@kls.herts.sch.uk](mailto:christie.gadesfs@kls.herts.sch.uk)

#### Autism Support – 1:1 Advice Sessions

**Date:** Wednesday 20<sup>th</sup> April 2022

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

#### Debt Management – 1:1 Advice Sessions (via telephone)

**Date:** Monday 25<sup>th</sup> April 2022

**Time:** 1.30pm - 2.00pm, 2.00pm - 2.30pm, 2.30pm - 3.00pm and 3.00pm - 3.30pm

**What's it about?** CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

#### Housing 1:1 Advice Sessions (via telephone)

**Date:** Thursday 5<sup>th</sup> May 2022

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

#### Autism Support – 1:1 Advice Sessions

**Date:** Tuesday 7<sup>th</sup> June 2022

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

#### Housing 1:1 Advice Sessions (via telephone)

**Date:** Thursday 30<sup>th</sup> June 2022

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

## Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central  
Kings Langley & Villages

### Debt Management – 1:1 Advice Sessions

**Date:** Tuesday 5<sup>th</sup> July 2022

**Time:** 9.30am - 10.00am, 10.00am - 10.30am, 10.30am - 11.00am and 11.00am - 11.30am

**What's it about?** CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

### Autism Support – 1:1 Advice Sessions

**Date:** Tuesday 12<sup>th</sup> July 2022

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

*Gade Schools Family Support are now a Foodbank collector, if you would like to make a contribution, donations would be gratefully received. Please bring any items into our office.*



## Courses & Workshops

Dacorum

### Who are we?

**HPCI** is an independent organisation run by parent carers which works to shape and improve services and provision in Hertfordshire for children and young people with SEND (special educational needs and/or disabilities) aged 0-25 years.

We do this by putting the views and lived experience of families at the heart of strategic discussions and planning with Hertfordshire services across education, social care and health.

We are the parent carer forum for Hertfordshire recognised by Hertfordshire County Council, Hertfordshire's Clinical Commissioning Groups and the Department of Education. We are part of the national network of parent carer forums [www.nnpf.org.uk](http://www.nnpf.org.uk)

HPCI is here to put forward the voice of all parent carers of children and young people with SEND in Hertfordshire.

### Our voices are stronger together

Add your voice by joining HPCI – our contact details are on the other side of this leaflet.

### What we do:

- Gather the views and experiences of parent carers.
- Keep parents informed by providing them with SEND related information.
- Train our parent carer representatives to be an effective voice to decision makers and services.
- Organise free events for parent carers.

Herts  
Parent  
Carer InVolvement  
[www.hertsparentcarers.org.uk](http://www.hertsparentcarers.org.uk)

## Courses & Workshops

Dacorum



The parent carer forum for Hertfordshire  
Our voices are stronger together



Listening to  
parent carers



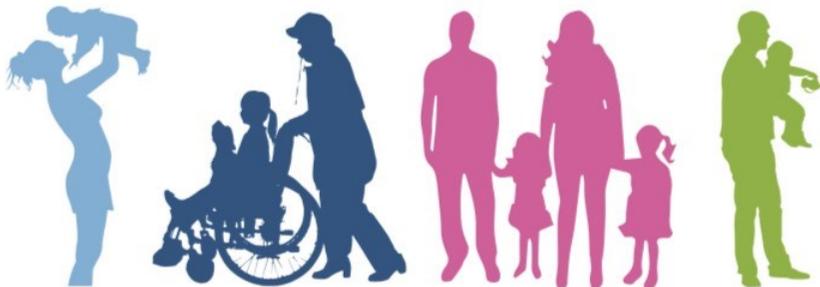
Speaking up for  
families with SEND

Ensure your views and experience are heard

Join our free parent carer network online at  
[www.hertsparentcarers.org.uk](http://www.hertsparentcarers.org.uk)  
or phone us on 07840 360245

Find us on  HertsParentCarerInvolvement

Follow us on  @HertsPCI



## Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,  
Bennetts End, Corner Hall, Leverstock Green  
Berkhamsted, Tring & Villages



SEND Friends support group is currently  
on hold.

However, please see the Facebook link below  
for useful information and support:

SEND Friends:

<https://www.facebook.com/SENDfriendsTring>



**ADD-vance**  
The ADD-vance ADHD and Autism Trust

[www.add-vance.org](http://www.add-vance.org)

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

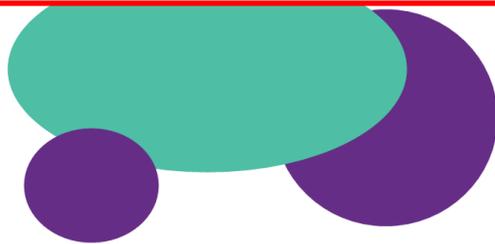
**Information and Support** Professionals and families can reach ADD-vance for information or support via:

Telephone Helpdesk: 01727 833963

Open Monday: Friday 9am - 1pm Answer phone service at other times.  
For more information on courses running in the area, see the website for more details.

# Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,  
Bennetts End, Corner Hall, Leverstock Green  
Berkhamsted, Tring & Villages



## What we offer

- 1-2-1 sessions with our family workers
- Home visits
- Surgeries at your local school/virtual
- SEND Surgeries at your local school/virtual
- Subject specific online workshops
- Parenting advice and courses
- Help to access local services
- Signposting to counselling & wellbeing services
- Signposting to adult learning and development
- Positive activities for children, young people and their families
- 1-2-1 support for children and young people
- Domestic abuse support
- Family breakdown support
- Debt advice & signposting
- Specialist SEND support
- Wellbeing advice for children and young people

**Free,  
Confidential  
Advice and  
Support  
Service for Local  
Families**

**School Family Worker**  
A personal and confidential service that addresses any needs or concerns raised by the family or school



**SEND School Family Worker**  
Specialist support for higher need SEND families



**Pupil Support Worker**  
Specialist support for pupils to address an identified concern highlighted by the school or family. 1-2-1 and group work specific programmes



**Dacorum Family Services North & East**  
Office: 01442 401222 Ext 5  
[www.dacorumfamilyservices.org.uk](http://www.dacorumfamilyservices.org.uk)  
Term Time only

### DPS North & East Partnership Schools

St Albert the Great, \*Adeyfield, Aldbury, Ashlyns, Astley Cooper,  
\*Aycliffe Drive, Belswains, \*Brookwood, Chambersbury, Bishop Wood,  
Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row,  
Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond,  
Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor  
Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock  
Green, Lime Walk, \*Longdean, Little Gaddesden, Long Marston, Maple  
Grove, Markyate, Potten End, Reddings, Roman Fields,  
St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas  
Coram, Tring, Tudor, Victoria, Westfield, Woodfield, Yewtree

\*Signposting service only

# Online Courses & Workshops

## Dacorum

We are delighted to announce our complete programme of  
**FREE ONLINE Workshops for Parents/Carers**  
will be running throughout Summer Term 2022 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.

**THE SEND JOURNEY**

- Identifying ADHD and/or Autism in your child
- Caring for your Neurodiverse Child (and yourself!)
- Working in Partnership with School to support your Neurodiverse Child
- Applying for an EHCP for your Neurodiverse Child
- Preparing for an EHCP Annual Review for your Neurodiverse Child
- Supporting Siblings
- Support for Dads
- Managing the Transition to Primary School
- Managing the Transition to Secondary School
- Preparing for Adulthood
- Thinking about College?
- Thinking about University?

**PSYCHOEDUCATION WORKSHOPS**

- Understanding ADHD
- Understanding Autism
- Understanding Pathological Demand Avoidance (PDA)
- Understanding Sensory Differences
- Understanding ADHD in Girls
- Understanding Autism in Girls
- Understanding Challenging Behaviour
- Understanding Anxiety
- Understanding Neurodiverse Teens

**SKILL-BUILDING WORKSHOPS**

- Tips and Tools to Build Self-Esteem
- Tips and Tools to Manage Sensory Differences
- Tips and Tools to Support Communication
- Tips and Tools to Teach Emotional Literacy
- Tips and Tools to Manage Everyday Transitions
- Tips and tools to Support Learning (Executive Function)
- Tips and tools to Teach Social Skills
- Tips and Tools to Manage Anxiety
- Tips and Tools to Manage Anger
- Tips and Tools for Positive Behaviour
- Tips and tools for Toileting
- Tips and tools for Sleep
- Tips and Tools for Puberty
- Tips and Tools to Manage Self-Harm

*"I feel so much better prepared for what lies ahead"*

*"I have some great new ideas to try at home"*

*"I finally understand my child!"*

Wondering if you or your child has ADHD?



Please book in for a  
**QbCheck at ADD-vance**

This online test measures the three core symptoms of ADHD. It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit [www.add-vance.org/adhd\\_service/qbcheck/](http://www.add-vance.org/adhd_service/qbcheck/) for more information or to arrange a booking.

Need help with your EHCP application or annual review?



Get in touch to arrange a consultation with our **EHCP Specialist Advisors**

Email [coaching@add-vance.org](mailto:coaching@add-vance.org) for more information and costs.

Did you know that ADD-vance does not receive any regular statutory funding?

## DONATE

We rely on the passion and goodwill of private donors and fundraising activities to help us reach even more families in Herts!

Please support us by organising a fundraising activity, shopping online using Amazon Smile or Easy Fundraising, making a text donation or using our QR code:

To donate £1, text ADDV to 70201  
To donate £3, text ADDV to 70331  
To donate £5, text ADDV to 70970  
To donate £10, text ADDV to 70191



Donations are vital to our work and we REALLY appreciate all contributions, no matter how small.

\* Fundraising, payments and donations will be processed and administered by the National Fundraising Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see [www.easydonate.org](http://www.easydonate.org).

Thank you!

Feeling stuck as a family?



Please enquire about the ADD-vance **Family Coaching Service** currently being delivered online via Zoom.

For tailored one-to-one support to move your family forward visit <https://www.add-vance.org/parents/coaching/> for more information and to download the referral form.

# Online Courses & Workshops

## Dacorum



### ADD-vance

The ADHD and Autism Trust

Website: [www.add-vance.org](http://www.add-vance.org)  
 Email: [herts@add-vance.org](mailto:herts@add-vance.org)  
 Phone: 01727 833963

NEWSLETTER  
 Summer 2022  
 First Half Term

At ADD-vance we are passionate about understanding, embracing and celebrating neurodiversity!

That's because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, Autism and related conditions. In our opinion, nobody understands the needs of neurodiverse families better than parents and carers who 'walk the walk' every day. Sometimes we all need a helping hand, whether that's a simple chat or something a bit more structured. We want to help you develop plans and strategies that work for your family so that everyone can thrive.

Get in touch to find out more about our range of services in Hertfordshire.

#### Need someone to talk to about ADHD or Autism?



Please call the ADD-vance Telephone Helpline 01727 833963

For parents and professionals Lines are open from 9am-1pm Monday to Friday Alternatively you can email [herts@add-vance.org](mailto:herts@add-vance.org)

#### Want to understand your child better?



Please sign up for one of our FREE ONLINE Six-Week Courses generously funded by Hertfordshire County Council.

Three courses will be running after Easter including one specifically for pre-school children

Courses will be delivered via Zoom with a maximum of 14 participants per group.

Find out more and book your place at: <http://add-vance.eventbrite.com/>

#### Need information or support right now?



You can post anonymously on the ADD-vance Private Facebook Page and get ideas from over 5000 parent and professional members of ADD-vance!

To join the group click: <http://www.add-vance.org/parents/> and follow the Facebook link. (You'll be asked 3 simple questions to check your identity)

The group is moderated by Specialist Family Coaches and Trainers from ADD-vance.

Please note, this is not an emergency service.

#### Worried about your child?



Please join us for our weekly FREE ONLINE Support Groups via Zoom

We have separate groups for: Parents/carers of primary-aged children Parents/carers of secondary-aged children Parents/carers of young people aged 16-25 yrs

Maximum 10 participants (plus two coaches) per group.

Find out more and book your place at: <http://add-vance.eventbrite.com/>

# Online Courses & Workshops

## Adeyfield, Highfield, Woodhall Farm & Grovehill, Bennetts End, Corner Hall, Leverstock Green Berkhamsted, Tring & Villages



### SEND Surgery Dates for 2021-22

Thursday 19<sup>th</sup> May 2022  
 Thursday 7<sup>th</sup> July 2022

Dacorum Family Services North & East is offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) and choose a 30 minute session, providing details of the topic that you would like to cover.

Dates are released termly on Eventbrite.

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed.

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:

St Albert the Great, Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, Brockswood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobelets Manor Infant, Hobelets Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

# Online Courses & Workshops

## Dacorum




Parent Network SEND peer support & information groups are open to any parents living in England caring for a child or young person who is neurodiverse and inclusive of those awaiting assessments and/or diagnosis.

If you would like to join any Parent Network session please email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or join our private Families in Focus Facebook page: : <https://www.facebook.com/groups/184975381651870/>

Zoom session with Francine & Lesley	Monday May 9 <sup>th</sup> 9.30am to 11.30am	Transition to secondary school for young people with Special Education Needs & Disabilities (SEND)
Zoom session for parents of children Under 11 with Tracey & Georgie	Wednesday May 11 <sup>th</sup> 9.30am to 11.30am	Understanding behaviours relating to the sensory needs of children
Zoom session with Karen & Siobhann	Monday May 16 <sup>th</sup> 10am to 12pm	Professional parenting and getting the best support for your child with SEND
Zoom session for parents of young people 15+ with Finola & Karen	Tuesday May 3 <sup>rd</sup> 7pm to 9pm	Helping teens cope with exam stress
Zoom session with Sharon & Vicky	Wednesday May 18 <sup>th</sup> 9.30am to 11.30am	'Let's pop the kettle on' SEND chat, laughs with a virtual cuppa
Zoom session with Siobhann & Tracey	Thursday May 19 <sup>th</sup> 10am to 12pm	Self-care for parents of children with SEND
Zoom session with Sharon & Siobhann	Thursday May 19 <sup>th</sup> 7pm to 9pm	Q & A with the Hertfordshire Speech, Language, Communication & Autism Team (SLCA)






### June 2022 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

Zoom with Francine and Lesley	Monday June 6th 7-9pm	Understanding executive functioning
Under 11s Zoom with Tracey and Georgie	Wednesday June 8th 9.30 - 11.30am	Introduction to completing your EHCP With Helena Marks-Dwyer, Independent SEND consultant
Zoom with Siobhann and Karen	Monday June 13th 10am - 12pm	Guide to Hertfordshire SEN services
Zoom with Vicky and Sharon	Wednesday June 15th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
Zoom with Siobhann and Tracey	Thursday June 16th 10am - 12pm	Professional parenting - getting the most for your child with SEND
Zoom with Siobhann and Sharon	Thursday June 16th 7-9pm	Managing behaviours that challenge (primary aged)
Teens 15+ Zoom with Finola and Karen	Tuesday June 21st 7-9pm	Sharing experiences of life with a teen with SEND

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FIFHerts](https://www.tiktok.com/@FIFHerts) [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

# Online Courses & Workshops

## Dacorum



Autism | ADHD  
Neurodiverse Conditions

# Starting SPACE

**Do you have a child aged 0-6 with additional needs?**

Join us for an opportunity to meet other families in a similar situation to you and a brief overview of how SPACE can offer guidance & support to you and your family

*Open to parent/carers pre and post diagnosis*

These sessions are run monthly - so check us out on Eventbrite!

# Online Courses & Workshops

## Dacorum



### Lending SPACE Community Hub Open Day

**Monday 11<sup>th</sup> April 2022**  
**10am - 2.30pm**

Unit 7, Arlington Business Park,  
Whittle Way, Stevenage, SG1 2BE

If you live in Hertfordshire and your child has additional needs, visit us for:  
Hertfordshire's only specialist equipment library, friendly advice  
and signposting to services and support.

You are welcome to drop in for a browse, have drink and a chat.  
This open day is in the half term so we will also have some craft  
activities for children that want to come along too!



#lendingSPACE



lendingpace@spaceherts.org.uk



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

# Online Courses & Workshops

## Dacorum



### Parent Network July 2022 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

zoom with Francine and Lesley	Monday July 4th 7-9pm	School transitions to new class and SEND (under 11s)
zoom with Siobhann and Karen	Monday July 11th 9.30 - 11.30am	Transition planning during the holidays for back to school
Under 11s zoom with Tracey and Georgie	Wednesday July 13th 9.30-11.30am	Support and planning for getting out and about in the summer holidays
zoom with Siobhann and Tracey	Thursday July 14th 10am - 12pm	Guide to Hertfordshire SEN support services
zoom with Siobhann and Sharon	Thursday July 14th 7-9pm	Surviving the summer holidays with children with SEND
Teens 15+ zoom with Finola and Karen	Tuesday July 19th 7-9pm	Wills and Trusts with Richard Horwood, Longmores Solicitors
zoom with Vicky and Sharon	Wednesday July 20th 9.30-11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FIFHerts](https://twitter.com/FIFHerts) [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



Families In Focus CIC  
LOOKING FORWARD TOGETHER

### Summer 2022 courses

If you would like to join a course, please email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with your name and the date and time of the course you would like to attend

Handling anger in your family Parents living in Herts with primary aged children	zoom	Wednesday evenings 6.30-8.30pm April 20th / 27th May 4th / 11th / 18th / 25th
Handling anger in your family Parents living in Herts with primary aged children	Face to face St Albans venue TBC	Wednesday mornings 10am - 12pm June 8th / 15th / 22nd / 29th July 6th / 13th
Handling anger in your family Parents living in Herts with primary aged children	zoom	Monday mornings 9.30 - 11.30am June 6th / 13th / 20st / 27th July 4th / 11th
Complete guide to parenting children with SEND Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis	Face to face 609 St Albans Rd, Watford, WD25 9JL	Tuesday mornings 10am - 12pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th
Complete guide to parenting children with SEND Parents living in Herts with children aged 2 - 11, including those awaiting diagnosis	zoom	Tuesday evenings 6.30 - 8.30pm April 19th / 26th May 3rd / 10th / 17th / 24th June 7th / 14th / 21st / 28th
Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children	zoom	Thursday mornings 9.30 - 11.30am June 9th / 16th / 23rd / 30th July 7th / 14th
Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children	zoom	Thursday lunch and learn 12 - 2pm April 21st / 28th May 5th / 12th / 19th / 26th
Handling anger in your child with autism/ ADHD Parents living in Herts with primary aged children	zoom	Wednesday evenings 6.30 - 8.30pm June 8th / 15th / 22nd / 29th July 6th / 13th
Sleep solutions for parents of children with autism/ ADHD Parents living in Herts with primary aged children	zoom	Friday mornings 9.30 - 11.30am April 22nd / 29th May 6th / 13th / 20th / 27th

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FIFHerts](https://twitter.com/FIFHerts) [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



Families In Focus CIC  
LOOKING FORWARD TOGETHER

## A Complete Guide to Parenting Children with SEND

A proven evidence-based and award-winning 10 session course packed with tried and tested tools to increase understanding of Autism and ADHD and related conditions. Free for parents living in Hertfordshire whose children are under 11 years.

*"This course has given me a sense of belonging and helped me understand my child."*

Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

Zoom course Tuesday evenings

6.30pm to 8.30pm

April 19<sup>th</sup> 26<sup>th</sup> May 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup>

June 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup>



## SUMMER TERM 2022 ACTIVITIES FOR FAMILIES

### MAY

- SUN 1<sup>ST</sup>  
OUTDOOR  
FREE PLAY  
at The Patch  
10am - 12pm

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- SUN 1<sup>ST</sup>  
YOGA CLASS  
11.15am - 12.15pm

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- WED 4<sup>TH</sup>  
ONLINE LEGO  
CLUB  
6pm - 7pm

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- WED 4<sup>TH</sup>, 11<sup>TH</sup>,  
18<sup>TH</sup>, 25<sup>TH</sup>  
SPACE TO  
CONNECT  
4.30pm - 5.30pm  
6pm - 7pm

- FRI 6<sup>TH</sup>  
ONLINE  
CHILDRENS ART  
'MUSHROOM'  
5pm - 6.30pm

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- SAT 7<sup>TH</sup>  
JUMP CITY  
9am - 11am

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- SAT 7<sup>TH</sup>  
DRIVING  
EXPERIENCE  
10.30am - 11.15am  
11.30pm - 12.15pm

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- MON 9<sup>TH</sup>  
ONLINE  
COOKING CLASS  
'QUICHE'  
5.30pm - 6.30pm

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- WED 11<sup>TH</sup>  
ANIMAL ENCOUNTER  
CHESHUNT  
4.30pm - 6pm

- SAT 14<sup>TH</sup>  
STUDIO FLY  
2pm - 3pm  
3.15pm - 4.15pm

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- SUN 15<sup>TH</sup>  
CLOUD 9  
11am - 12pm  
12pm - 1pm

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- WED 18<sup>TH</sup>  
LEGO CLUB  
STEVENAGE  
4pm - 6pm

---

- FRI 20<sup>TH</sup>  
ONLINE  
TEENS/YOUNG ADULTS  
PARENT/CARERS ART  
7pm - 9pm

---

- TUE 12<sup>TH</sup>  
POTTERY PAINTING  
KNEBWORTH  
4.30pm - 6.30pm

- FRI 20<sup>TH</sup>, 27<sup>TH</sup>  
(10<sup>TH</sup> JUNE)  
COOKING GROUP  
5.30pm - 6.30pm

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  - SAT 21<sup>ST</sup>  
DRIVING  
EXPERIENCE  
10.30am - 11.15am  
11.30pm - 12.15pm

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  - SAT 28<sup>TH</sup>  
MONTHLY LEGO CLUB  
10am - 12pm

---

  - SAT 28<sup>TH</sup>  
GRAFFITI SESSION  
CROXLEY  
10am - 12pm
- Pre-bookable  
1:1 sessions  
available including  
cooking, yoga, art,  
martial arts,  
lego and fitness*

### #SPACEtogether

All activities, workshops and courses can be booked via Eventbrite and will be posted on our social media in due course

For further information then please email: [events@spaceherts.org.uk](mailto:events@spaceherts.org.uk) or check Eventbrite & our FB pages

*All events are subject to change, correct at time of printing*

# Online Courses & Workshops

Dacorum



## SUMMER TERM 2022 ACTIVITIES FOR FAMILIES

### APRIL

**FRI 1<sup>ST</sup>**  
ONLINE  
CHILDRENS ART  
'SPRING BIRDS'  
5pm - 6.30pm

**SAT 2<sup>ND</sup>**  
DRIVING  
EXPERIENCE  
10.30am - 11.15am  
11.30pm - 12.15pm

**SUN 3<sup>RD</sup>**  
OUTDOOR  
FREE PLAY  
at The Patch  
10am - 12pm

**MON 4<sup>TH</sup>**  
ONLINE  
COOKING CLASS  
'FRUITY FLAPJACK'  
5.30pm - 6.30pm

**WED 6<sup>TH</sup>**  
ONLINE LEGO  
CLUB  
6pm - 7pm

**THU 7<sup>TH</sup>, 14<sup>TH</sup>, 21<sup>ST</sup>**  
PRE SCHOOL SPACE  
STEVENAGE  
9.45am - 11am

**THU 7<sup>TH</sup>, 21<sup>ST</sup>**  
PRE-SCHOOL SPACE  
CHESHUNT  
1.15pm - 2.30pm

**SAT 9<sup>TH</sup>**  
STUDIO FLY  
2pm - 3pm  
3.15pm - 4.15pm

**SUN 10<sup>TH</sup>**  
YOGA CLASS  
11.15am - 12.15pm

**TUE 12<sup>TH</sup>**  
POTTERY PAINTING  
10am - 11.30am  
12pm - 1.30pm

**WED 13<sup>TH</sup>**  
ANIMAL ENCOUNTER  
CHESHUNT  
4.30pm - 6pm

**FRI 15<sup>TH</sup>**  
ONLINE  
'COTTAGE WINDOW'  
TEENS/  
YOUNG ADULTS  
PARENT/CARERS ART  
7pm - 9pm

**SAT 16<sup>TH</sup>**  
DJ'S PLAY  
ST ALBANS  
9.15am - 11.15am

**SAT 16<sup>TH</sup>**  
DRIVING  
EXPERIENCE  
10.30am - 11.15am  
11.30pm - 12.15pm

**FRI 22<sup>ND</sup>**  
GIRLS GROUP  
5pm - 6.30pm

**SAT 23<sup>RD</sup>**  
MONTHLY  
LEGO CLUB  
10am - 12pm

**SAT 23<sup>RD</sup>**  
GRAFFITI SESSION  
WELWYN  
10am - 12pm

**SUN 24<sup>TH</sup>**  
PADDESPORTS  
9.30am - 3.30pm

**SUN 24<sup>TH</sup>**  
LOGANS DEN  
3pm - 5pm

*Pre-bookable  
1:1 sessions  
available including  
cooking, yoga, art,  
martial arts,  
lego and fitness*

### #SPACEtogether

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*All events are subject to change, correct at time of printing*

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

# Online Courses & Workshops

Dacorum



Families In Focus CIC  
LOOKING FORWARD TOGETHER

## Handling anger in your child with Autism/ADHD

A proven evidence-based and CAN parent award course for parents of children under 11 years and living in Hertfordshire. Gain understanding of the triggers behind anger and bring emotional regulation to your family.

*"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well-paced, inclusive and knowledgeable. The recaps were good at reminding us of skills learnt, and giving us confidence to learn new topics. Both your knowledge and experiences bought solace, confidence and real life to the examples you gave, and the scenarios that we then worked through each week to help embed were relevant and realistic to me as a parent."*

Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

Zoom course Thursday lunch & learn  
12pm to 2pm

April 21<sup>st</sup> 28<sup>th</sup> May 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup>



Families In Focus CIC  
LOOKING FORWARD TOGETHER

# Handling anger in your family

A proven evidence-based and CAN parent award course for parents of children under 11 years and living in Hertfordshire.

*"I now have the right techniques for me and my children and the whole house has calmed down."*

**Email:**

[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

**Zoom course Wednesday evenings**

**6.30pm to 8.30pm**

**April 20<sup>th</sup> 27<sup>th</sup> 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> May 25<sup>th</sup>**



Autism | ADHD  
Neurodiverse Conditions

## WORKSHOPS / COURSES SUMMER TERM 2022 - JUNE / JULY

Understanding Autism Workshop	Tuesday 7 <sup>th</sup> June	11:00 - 12:00
ASD and Tourettes Talk	Thursday 9 <sup>th</sup> June	18:30 - 20:00
Talking SENSory - Signs, Signals and Solutions Workshop	Tuesday 14 <sup>th</sup> June	19:00 - 21:00
PDA, ODD and ADHD 'Understanding The Difference' Workshop	Thursday 16 <sup>th</sup> June	10:00 - 12:00
EHCP - New Application Workshop	Thursday 16 <sup>th</sup> June	19:00 - 21:00
Understanding Specific Maths Difficulties (Dyscalculia)	Friday 17 <sup>th</sup> June	10:00 - 12:00
Understanding Autism and ADHD Workshop	Monday 20 <sup>th</sup> June	19:00 - 21:00
Therapeutic Thinking - What Lies Beneath Behaviour? Workshop	Tuesday 21 <sup>st</sup> June	10:00 - 12:00
Navigating the SEND World Workshop	Thursday 23 <sup>rd</sup> June	19:00 - 21:00
Sleep Tight Course - 4 weeks - East Herts Residents	Friday 24 <sup>th</sup> June	10:00 - 11:30
Mental Health in Neurodiverse Children/Young People Workshop	Tuesday 5 <sup>th</sup> July	18:00 - 20:00
Navigating the SEND World Workshop	Thursday 7 <sup>th</sup> July	10:00 - 12:00
Autism and Complex Needs Workshop	Thursday 14 <sup>th</sup> July	10:00 - 12:00



All workshops and courses can be booked via Eventbrite and will be posted on our social media in due course

For further information then please email: [training@spaceherts.org.uk](mailto:training@spaceherts.org.uk) or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at

# Online Courses & Workshops

Dacorum



## WORKSHOPS / COURSES SUMMER TERM 2022 - APRIL / MAY

Understanding ADHD Workshop	Wednesday 20 <sup>th</sup> April	11:00 - 12:00
Sleep Tight Course - 4 weeks - DSPL3	Thursday 21 <sup>st</sup> April	10:00 - 11:30
EHCP 'Annual Review' Workshop	Thursday 21 <sup>st</sup> April	19:00 - 20:30
Sleep Workshop	Monday 25 <sup>th</sup> April	10:00 - 12:00
PDA, ODD and ADHD	Wednesday 27 <sup>th</sup> April	10:00 - 12:00
Navigating the SEND World Workshop	Thursday 28 <sup>th</sup> April	19:00 - 21:00
ADHD Skills Building 4 Week Course (4 sessions)	Tuesday 3 <sup>rd</sup> May	18:30 - 20:30
Anxiety and SEND Workshop	Wednesday 4 <sup>th</sup> May	10:00 - 12:00
Anger and Conflict Workshop	Friday 6 <sup>th</sup> May	10:00 - 12:00
Talking SENSory - Signs, Signals and Solutions Workshop - DSPL5	Monday 9 <sup>th</sup> May	09:30 - 11:30
ADHD Skills Building 2 Day Course - DSPL3 - TBC	Monday 9 <sup>th</sup> May	09:30 - 14:30
Talking SENSory - Signs and Signals Workshop	Tuesday 10 <sup>th</sup> May	10:00 - 12:00
Navigating the SEND World Workshop	Monday 16 <sup>th</sup> May	10:00 - 12:00
ADHD Skills Building 2 Day Course - DSPL3 - TBC	Monday 16 <sup>th</sup> May	09:30 - 14:30
Talking SENSory - Solutions Workshop	Tuesday 17 <sup>th</sup> May	10:00 - 12:00
Supporting Learners With Demand Avoidance Workshop	Thursday 19 <sup>th</sup> May	18:00 - 20:00
Autistic Girls Workshop	Monday 23 <sup>rd</sup> May	10:00 - 11:30
Puberty and Neurodiversity Workshop	Tuesday 24 <sup>th</sup> May	10:00 - 12:00



All workshops and courses can be booked via Eventbrite and will be posted on our social media in due course  
For further information then please email: [training@spaceherts.org.uk](mailto:training@spaceherts.org.uk) or check Eventbrite & our FB pages

All workshops and courses are subject to change, correct at

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

# Online Courses & Workshops

Dacorum



Families In Focus CIC  
LOOKING FORWARD TOGETHER

## Sleep Solutions

A proven evidence-based and behavioural approach to help families get a better nights' sleep. Together, in small interactive groups this course will help parents to build knowledge and skills to restore healthy sleep.

*"This course has made such a big difference to my confidence levels and I now know I can make the changes needed to help us all get a good night's sleep."*

Email:

[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

Zoom course Friday mornings

9.30am to 11.30am

April 22<sup>nd</sup> 29<sup>th</sup> May 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup>

### Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course starting April 2022

A FREE course for Mums, Dads, Step-parents and Carers



Tuesday mornings Online  
10.00am—11.30am

19, 26 April, 3, 10, 17 & 24 May  
2022  
Sessions will run on Zoom



Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Places are funded by HCC for families living in Hertfordshire and there are eligibility criteria

For eligibility and to book your FREE place please email:  
enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

### 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.



Tuesday 5<sup>th</sup> July  
7.30-9.30pm

Workshop 515 Pre-booking essential via Eventbrite Link:  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-515-registration-302320467657>



Monday 23<sup>rd</sup> May  
7.30-9.30pm

Workshop 514 Pre-booking essential via Eventbrite Link:  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-for-parentscarers-in-herts-514-registration-302290758797>



Monday 13<sup>th</sup> July  
12.30-2.30pm

Workshop 516 Pre-booking essential via Eventbrite Link:  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-516-for-parentscarers-in-herts-registration-302374037887>



Thursday 9<sup>th</sup> June  
7.30-9.30pm

Workshop 517 Pre-booking essential via Eventbrite Link:  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-517-registration-302615209237>



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.



### Parent & Carer Support TALKING ASD & ADHD Workshops Summer Term 2022



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

#### ANXIETY and STRESS

- 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.



**Tuesday 3<sup>rd</sup> May  
9.30-11.30am**

**Workshop 510 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-510-registration-300778415337>

**Tuesday 28<sup>th</sup> June  
7.30-9.30pm**

**Workshop 511 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-511-registration-302365111187>

**Monday 25<sup>th</sup> April  
7.30-9.30pm**

**Workshop 513 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-513-registration-297914449137>

**Wednesday 13<sup>th</sup> July  
9.30-11.30am**

**Workshop 512 Pre-booking essential via Eventbrite Link:**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-512-registration-302300818887>

#### 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



**Workshops are open to parents and carers living in Hertfordshire**

### Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course  
starting  
April 2022

A FREE course for Dads,  
Step-Dads and Male Carers



Tuesday evenings Online  
7.30pm - 9.00pm

19, 26 April, 3, 10, 17 & 24 May  
2022

Sessions will run on Zoom



Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please  
Email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

Tel: 07748 332606



## Online Courses & Workshops

### Dacorum



#### Hertfordshire's Local Offer

Information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

[www.hertfordshire.gov.uk/localoffer](http://www.hertfordshire.gov.uk/localoffer)

CALL FREE ON **0800 328 0006**

#### Struggling with debt?

FREE debt counselling in your community from an award winning charity

[www.capdebthelp.org](http://www.capdebthelp.org)

Facebook.com/CAPuk

Twitter.com/CAPuk

LinkedIn.com/CAPuk

Instagram.com/CAPuk

YouTube.com/CAPuk

WhatsApp.com/CAPuk

Zoom.com/CAPuk

Skype.com/CAPuk

WhatsApp.com/CAPuk

Zoom.com/CAPuk

Every 20 minutes a property is repossessed. Debt devastates lives; it means parents struggle to feed their children, people feel suicidal, depressed and alone. CAP'S debt help service is one of the most in depth and holistic **FREE** services in the UK. We are uniquely placed to help vulnerable people, in particular low income, financially and socially disadvantaged people out of debt.

If you need help please ring our enquiries line on **0800 328 0006** to make an appointment.  
Or contact CAP Centre Manager in Hemel Hempstead, Owen Cooper on **01442 243 936** or email [owencooper@capuk.org](mailto:owencooper@capuk.org)

To find out more information about Christians Against Poverty visit our website [www.capuk.org](http://www.capuk.org)

## Online Courses & Workshops

### Dacorum

# TALKING ADDITIONAL NEEDS ONLINE



**Tuesdays 9.45-11.15am** 7th Jun - 12th July ID SL500

**Wednesdays 8.00-9.30pm** 8th June - 13th July ID SL502



**Free 6 week courses for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential.**

- 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 the different needs within your family.



**PARENTING COURSES  
DELIVERED TO YOUR  
HOME VIA ZOOM**

Full details on how to access and use Zoom will be offered.

**OPEN TO PARENTS AND  
CARERS ACROSS  
HERTFORDSHIRE**

**Pre-booking essential**

**Please quote the course ID**

To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)

[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

'I have been on a few courses to help me with my son, this was by far the most helpful.'



These courses are provided free to parents by Hertfordshire County Council

# TALKING TEENS ONLINE



**Wednesdays 7.45-9.15pm** 20th Apr-25th May ID 478

(Also running face to face in Welwyn, June/July 2022. Call for details)

**Our FREE 6 week online courses for parents and carers of children aged 12-19 will cover :**

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



**PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM**

Full details on how to access and use Zoom will be offered.

**OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE**

**Pre-booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'



These courses are provided free to parents by Hertfordshire County Council



## ABOUT ME

Every Tuesday from 26th April - 24th May 2022  
(19:30 - 21:00) via Zoom

A free 5 week course run by Trainingly, designed to increase and build emotional resilience and well being. Helps you to recognise your triggers, gain positive coping strategies when things go wrong.



### Are you interested?

If you have a child under 5 and would like to find out more scan the QR code to complete our form or call the number below and we'll get in touch.



Hertfordshire Family Centre Service



[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

0300 123 7572

Parental Support



# FAMILIES FEELING SAFE

Wed 27th April 2022 to 22nd June 2022 (not 1st June)

09:30 - 11:30

Warners End Community Centre, Hemel Hempstead, HP1 3QG

FREE 8 week course - Creche available

## SESSION DETAILS

A free 8 week course to enable parents and carers to recognise and build on their own strengths in managing and understanding their children's behaviour. The course includes communicating with others, expressing feelings and making safe choices.

### HOW TO BOOK

CALL 0300 123 7572

### MORE INFORMATION

[hertsfamilycentres.org](http://hertsfamilycentres.org)



# TALKING



# FAMILIES

Because parents don't get training for the toughest job on earth!

## ONLINE



Wednesdays 9.45-11.15am 20th Apr-25th May ID 503



Thursdays 8.00-9.30pm 21st Apr-26th May ID 504

Tuesdays 8.00-9.30pm 7th June-12 Jul ID 505

**Our FREE 6 week online courses for parents and carers of children aged 0-12 will help you to:**

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children



**PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM**

Full details on how to access and use Zoom will be offered.

**OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE**

**Pre-booking essential Please quote the course ID**

To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'



This courses are provided free to parents by Hertfordshire County Council

# TALKING DADS ONLINE



Dads, Step-Dads, Stay at home Dads, Working Dads... all play an important role in your child's life.



Wednesdays 7.45-9.15pm 20th Apr - 25th May ID 508

Thursdays 7.45-9.15pm 9th June - 14th July ID 481

Over 6 FREE 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.

'My child is easier to handle now, and has learnt from the techniques I use.'



**PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM**

Full details on how to access and use Zoom will be offered.

**OPEN TO PARENTS AND CARERS ACROSS**

**Pre-booking essential**

**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

**bookings@supportinglinks.co.uk**

**www.supportinglinks.co.uk**



These courses are provided free to parents by Hertfordshire County Council

Parenting Support



## PARENTING PUZZLE

Thursday 28th April - 7th July 2022 , 09:30 – 11:30 (not 2nd June)  
Grovehill Community Centre, Hemel Hempstead, HP2 6BJ  
FREE 10 Week Course / Creche available

### SESSION DETAILS

This course will enable you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their behaviour. For parents/carers with children aged 3-11 years.

### HOW TO BOOK

Speak to a team member

### MORE INFORMATION

hertsfamilycentres.org  
Call us on 0300 123 7572



Hertfordshire Family Centre Service

On behalf of



Delivered by





Natural Flair Coaching Ltd  
Presents

### **Natural Steps To Stronger, Safer Families**



**A Protective Behaviours Approach to Emotional Wellbeing  
Now offered as an online course**

An interactive and fun **6 week** course, providing a safe place to explore feelings, be heard and understood, and put achievable goals in place for you and your family.  
**NOW AVAILABLE ONLINE**

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

Wednesday 11<sup>th</sup> May - 9.30am to 11.30am  
or  
Thursday 19<sup>th</sup> May - 7pm to 9pm

(Each course is 6 sessions in total)  
**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](mailto:Bookings@natural-flair.co.uk)



Natural Flair  
Coaching Ltd



## 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: Thursday 12<sup>th</sup> May for 6 weeks  
Time: 9.30am to 11.30am

Date: Monday 13<sup>th</sup> June 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](mailto:bookings@natural-flair.co.uk)  
or call 01992 446 051



Natural Flair