

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

SPACE upcoming Workshops

Eventbrite booking link: https://www.eventbrite.com/cc/training-courses-and-workshops-5469?fbclid=IwAR0L7Q2nNTTIEoogKI3_IPimXnzJZvt7-kX8JFYFJ9G_3TKmrKS6mlA-Ze4



UPCOMING WORKSHOPS

Specific Literacy Difficulties inc Dyslexia	Mon 20th Feb	18:30-20:00
Understanding Dual Diagnosis: Autism and ADHD	Wed 22nd Feb	10:00-12:00
Navigating the SEND World: 0-16	Thu 23rd Feb	19:00-21:00
Behaviour as Communication: A Therapeutic Approach	Fri 24th Feb	10:00-12:00
Navigating the SEND World: Post 16	Tue 28th Feb	10:00-12:00
Tourettes	Thu 2nd Mar	10:00-11:30
Understanding ADHD	Fri 3rd Mar	10:00-11:00
Autistic Girls	Wed 8th Mar	10:00-11:30
ADHD in Girls and Women	Wed 8th Mar	19:00-21:00
PDA, ODD and ADHD	Fri 10th Mar	10:00-12:00
Navigating the SEND World: 0-16	Tue 14th Mar	10:00-12:00
Supporting Learners with Demand Avoidance	Tue 14th Mar	18:30-20:00
Sensory Signs, Signals and Solutions	Thu 16th Mar	19:00-21:00
Sleep Workshop	Fri 17th Mar	10:00-12:00
Anxiety and SEND	Mon 20th Mar	10:00-12:00
Understanding and Supporting Emotional Regulation	Mon 20th Mar	18:30-20:00
No Two Brains are the Same: What is Neurodiversity?	Fri 24th Mar	10:00-12:00
EHCPs: Submission to Finalisation	Mon 27th Mar	19:00-21:00
Autism Plus: Co-occurring Conditions and Cognitive Theories	Tue 28th Mar	10:00-12:00
Understanding Autism	Web 29th Mar	10:00-11:00

spaceherts.eventbrite.co.uk

Limited Places Available



Skills for Parents/Carers of CYP with Eating Disorders workshops

Self refer via: <https://form.jotform.com/220964041104343>

First Steps ED is a leading eating disorder charity providing **hope, opportunities, and choices** to lives affected by eating difficulties and disorders...



Join us!

If you are a parent, carer, or loved ones of someone with disordered eating, you can refer yourself for our 4-week workshop.

To self-refer, use the QR code or visit <https://form.jotform.com/220964041104343>

We believe in early intervention and prevention of eating difficulties and disorders which is why we're passionate about supporting parents, carers, families and professionals to help them play an effective role in recognising the signs of an eating disorder, and providing effective supporting and guidance.

Workshops are available monthly. To register your interest in any upcoming series please scan the QR code or contact our team at info@firststepsed.co.uk



Skills for Carers Workshop

What we'll cover:

Our 'Skills for Carers' course is a four-week course for parents, partners and siblings who wish to understand their role in a loved one's recovery. Each session will offer practical tips and information to help you develop self-reflective and care-giving skills to help support a loved one.

For more support & resources visit



www.firststepsed.co.uk



2022 | First Steps ED | Registered Charity 1185092 | @FirstStepsED



Natural Flair upcoming February course

Bookings via email: bookings@naturalflair.co.uk or call 01229 446 051



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



The Secrets of Parenting Teens and Building Resilience

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



Wellbeing Cafes

Children & Young People's Mental Health Services are currently in the process of setting up two Wellbeing Cafés. These will be spaces for Children and Young People aged 10–18yrs to go where they can receive face to face emotional and wellbeing support and guidance. It will be a drop-in service but with the option of booking 1-2-1 sessions with appropriately trained practitioners.

The Cafés will be open from approx. 3.30pm – 8.30pm Mon-Thurs and 1pm-5pm on Sat & Sun. They will initially be opened in Watford and Stevenage with the possibility of expansion into other areas following the initial pilot.

We would like to ask our Children and Young People in Hertfordshire to support us in naming the service and designing the space.

To thank them for their time, if they complete their name and email details by **8th March**, we will enter all names into a draw to win a £25 Amazon voucher.

Please share with all of the CYP that you have contact with, between the ages of 10-18yrs and ask them to respond by **8th March**.

Here is the Link to the survey: <https://www.smartsurvey.co.uk/s/V0Q1SR/>

Inclusive Job Fair: Thursday 23 February 10am - 3pm

STEP2SKILLS
PREPARE FOR SUCCESS IN HERTS

European Union
European
Social Fund

SECF base

disability
confident
EMPLOYER

Hertfordshire

Step2Skills presents

Inclusive Job Fair Watford **23rd February 2023 | 10am-3pm** **West Herts College | Watford Campus | WD17 3EZ**

- Meet local employers and find out about their job opportunities
- Chat with the Step2Skills Supported Employment team
- BSL Interpreter available all day
- 2-3pm Low sensory/ Quiet Hour

Aimed at people with learning and physical disabilities, sensory needs, mental health conditions and neurodiversity

BSL Video QR:



This Inclusive Job Fair is part of the Supported Employment services offered by Step2Skills and is aimed towards people with learning and physical disabilities, sensory needs, neurodiversity and mental health conditions.

For more information, please visit:

https://www.hertfordshire.gov.uk/about-the-council/news/news-archive/step2skills_job_fair_watford

NHS
West Hertfordshire
Teaching Hospitals
NHS Trust

Computacenter

RINGWAY

HCL
Excellence in Education. Caring.

sky studios
ELSTREE



Book your space via the QR code, booking preferred but not essential

...and many more

Email: employmentsupport@hertfordshire.gov.uk

Sponsor:

West Herts College

Partners:

jobcentreplus

disability
confident

Watford & West Herts
Chamber of Commerce

WATFORD BOROUGH COUNCIL



Parent Support Group at Woodfield Coffee Shop

No booking required, just come along.

Parent Support Group

Every Wednesday

9.00am – 10.30am

(Term time only)

@ Woodfield Coffee Shop

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

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

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

01442 253476

Would you like to chat,
rant, or just let off
steam over a cup?



Come and join other
parents/carers and
share stories, advice
and a few laughs!



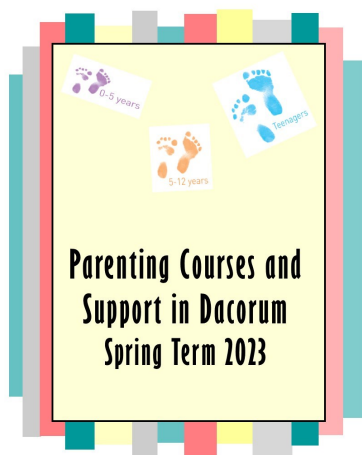
Whether your child is at mainstream school or a special school,
Diagnosed or undiagnosed, you are welcome to come along and meet
Other parents, talk to professionals, or simply drop in for a coffee and
Meet new friends who also have a child with special educational needs.

ALL WELCOME - JUST COME ALONG

Starting again on Wednesday 14th September 2022

Coffee and tea are free ☺. Snacks can be brought, please note we are
cash only at the moment.

Parenting Courses and Support in Dacorum Spring Term 2023



FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting
Course Brochure via:

<https://dacorumspl.org.uk/wp-content/uploads/2022/12/Dacorum-Parenting-Course-Brochure-Spring-2023.pdf>

For SEND courses and support, please visit either:

<https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True>

<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do>

