

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

Hertfordshire Space February Activities

Eventbrite booking link: [SPACE HERTFORDSHIRE Events | Eventbrite](#)

FEBRUARY HALF TERM EVENTS

There's so much to do at SPACE,
beat the rush & book tickets today

Monday 19 Feb 2024, 10:00-11:30 - Pottery Painting
Monday 19 Feb 2024, 15:00-16:00 - Doughnutting
Monday 19 Feb 2024, 16:00-17:00 - Doughnutting
Wednesday 21 Feb 2024, 10:30-12:30 - Winter Wildlife Walk
Wednesday 21 Feb 2024, 17.30-18.30 - Ranger Stu Virtual Zoo
Friday 23 Feb 2024, 15:00-16:00 - Doughnutting
Friday 23 Feb 2024, 16:00-17:00 - Doughnutting



Book tickets via the Eventbrite: [SPACE Hertfordshire](#)



NESSie Webinars for Parent/Carers

Upcoming Free Parent/Carer Webinars in Hertfordshire

Tuesdays 9th Jan - 5th Mar	Online Peer Support Group for Parents/Carers of Children Avoiding School - 8 Week Course	9:30am - 11:00am
Thursday 18th Jan	Supporting Children/Young People with Anxiety	9:30am - 11:00am
Thursday 8th Feb	Supporting Children/Young People who Struggle to Attend School	9:30am - 11:00am
Thursday 7th Mar	Supporting Children/Young People who are LGBTQ+ or Gender Questioning	9:30am - 11:00am
Tuesday 12th Mar	Supporting Children/Young People with Bereavement and Loss	9:30am - 11:00am
Wednesday 13th Mar	Supporting a Child/Young Person with Self-Harming Behaviours	9:30am - 11:00am



nessieined.com



For more information visit:

[Nessie Public Booking Platform V2.0 \(procfu.com\)](https://procfu.com)

WithYouth Online Groups

with Youth Online Groups

7 - 12 year olds Group (Tuesdays at 6pm)
13+ Group (Mondays at 7pm)

Topics will include :

- Understanding emotions
- Friendships & Relationships
- Coping strategies
- Bullying
- Building confidence & self-esteem

The groups will be running on an 8 week block basis with a capacity of 10/15 young people.

For more information, please email withyouth@hertsmindnetwork.org or call us on 0208 189 8400

For further information visit:

<https://buff.ly/48nUwWN>



Diverse Families, Childrens Club

Email: Diverse@Families22.co.uk

Diverse Families, Children's Club.

A Monthly Saturday Club For Children With Special Need And/Or Disabilities.

*Diverse Families founded by Z. & L. M was Collaborated with Colletts School, for reasons we are now potentially looking at finding a new location in Hemel and for the club to be held once every second or third Saturday in the month, for an hour and half. *Besides Arts & Crafts what sort of activities you like see in the club?*

*Our aim for Diverse Families is to provide a relaxing environment where families can be just themselves, socialise and not having to worry about being judged by other's simply for being different. Understandably it is a financially difficult time for all and we naturally want keep the costs down, not just for us but also for Families as well. * Between £1.00 and £5.00 how much would you be happy to pay per club session. (Cash payment on the day.)*

Any Suggestions and Ideas are very welcome.

Each Diverse Families club session be advertised vi's Facebook on Space, Families in Focus and Dacorum Disabilities Support Group well as emails being sent out.

If any one is interested in please email us on Diverse@Families22.co.uk.

We have a lot to think about, our families is a mix of Special Needs and Disabilities so fully understand how hard it can be, especially with what limited support service there is out there.

Collaborated With

If we can we hope to bring back this Club and be wonderful meeting new families in similar boat to us. Age range looking at from 4 right up to 16.

**Dacorum Disabilities Support
Group.** ☕ ♿ 🧡 🧠 🧡 ❤️ >



Children's Wellbeing Practitioner Workshop: Spring 2024 Term

Eventbrite Booking link: [HCT Children's Wellbeing Practitioners Events | Eventbrite](#)

Children's Wellbeing Practitioner Workshops (January-March 2024)

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire-33494371787>

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Thursday 25 th January 10am-12pm Monday 4 th March 6-8pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Wednesday 10 th January 6-8pm Tuesday 19 th March 6-8pm
Supporting your Child's Self-Esteem A workshop focused on parents/carers supporting their child to improve their self-esteem.	Thursday 8 th February 6-8pm
Supporting with Sleep Difficulties A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.	Tuesday 13 th February 10-12pm
Supporting your Child's Resilience A workshop focused on parents/carers supporting their child to improve their resilience.	Monday 15 th January 10-12pm Wednesday 27 th March 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 9 th January 6-8pm Friday 9 th February 10-12am Thursday 21 st March 6-8pm
General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.	Tuesday 23 rd January 10-12pm Monday 12 th February 6-8pm Monday 11 th March 10-12pm
School Transitions A workshop supporting children and adolescents with managing school transitions.	n/a
Exam Stress A workshop supporting children and adolescents with managing exam stress.	n/a

To access the recorded **Emotionally Based School Avoidance Webinar** please visit: <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>



Supporting Links Talking Families course

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

TALKING FAMILIES



Thursdays 9.45-11.15am Course: ID 622
**8th, 15th, 29th February & 7th, 14th
21st March 2024**

NOW ONLINE!

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on how 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**
- **Develop a strong parent/child relationship now and for the future**

Groups are delivered by Zoom and are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

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



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



Families Lives Courses

Spring 2024 groups and workshops

All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

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

Thursday 25 January to 7 March 9.30am - 11.30am via MS Team
If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Tuesday 30 January to 12 March 7pm - 9pm
Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Sorting Out Family Arguments (6 weeks) Online group

Wednesday 7 Feb - 20 March 9.30am - 11.30am
Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Getting on with your Pre Teen / Teen (6 weeks) Online group

Tuesday 6 February to 19 March 9.30am - 11.30am
Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Join our free online 6-week group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Dads Together (6 weeks) Online group

Tuesday 6 February to 19 March 7pm - 9pm
Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Anxiety around ADHD Workshop - Online

Wednesday 17 January 7pm - 9pm
This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Reducing Conflict Workshops - Online

Thursday 14 March 9.30 - 11.30 AND Wednesday 20 March 7pm - 9pm
This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



Within my Reach

An online programme for parents of neurodiverse children who are living together or apart

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.

These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699



We build better family lives together

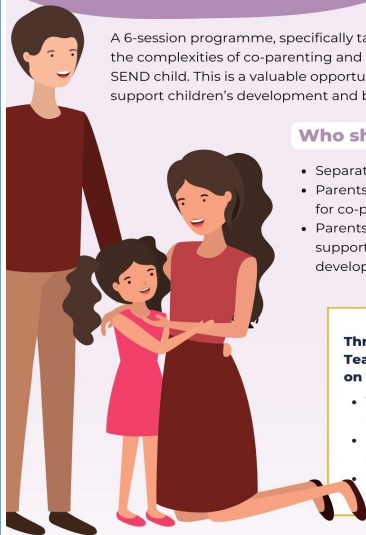
www.familylives.org.uk

@FamilyLivesHertsandBeds



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Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.

Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:

- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024
- Mondays & Wednesday: 29, 31 January & 5, 7, 12, 14 February 2024

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699



We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

To book a place please click here for our online referral form:

[Reducing Parental Conflict Parenting](#)

or

For further information please call:
0204 522 8700 / 0204 522 8699

or

email services@familylives.org.uk



Families in Focus February 2024 Courses

Email: bookings@familiesinfocus.co.uk

"We were nervous of talking about our anger however Francine & Lesley welcomed us and did not judge us. It was such a relief to be in a well run group that felt so safe and we learned so much too."



Handling anger of primary aged children

Our award winning online course is funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Facilitated by founders Lesley and Francine, our transformational course will enable you to:

- Understand more about what triggers children's & parents anger
- Explore children's common sleep issues and the effects on behaviour
- Learn techniques to increase children's emotional regulation and decrease angry meltdowns
- Meet other parents and share experiences
- Learn techniques to manage stress, conflict and so much more....

Email Francine & Lesley to secure your free place:

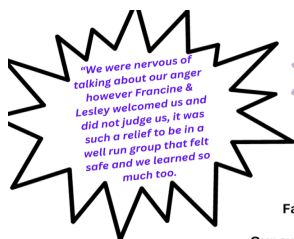
bookings@familiesinfocus.co.uk or

visit our website to see course information:

www.familiesinfocus.co.uk

Monday mornings from
9.30am to 11.30am

February 26th
&
March 4th, 11th, 18th, 25th



"We were nervous of talking about our anger however Francine & Lesley welcomed us and did not judge us. It was such a relief to be in a well run group that felt so safe and we learned so much too."



Handling anger in your family

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Our award winning six session course if funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

- Understand more about what triggers children's & parents anger
- Gain more understanding of children's common sleep issues
- Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns
- Meet other parents and share experiences
- Learn techniques to manage stress, conflict and so much more....

Email Francine & Lesley to secure your free place:

bookings@familiesinfocus.co.uk or

visit our website to see course information:

www.familiesinfocus.co.uk

Wednesday evenings
7pm to 8.30pm

February 28th &
March 6th 13th 20th 27th



"We were nervous of talking about our anger however Francine & Lesley welcomed us and did not judge us. It was such a relief to be in a well run group that felt so safe and we learned so much too."



Handling anger in your family

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Email Francine & Lesley to secure your free place:

bookings@familiesinfocus.co.uk or

visit our website to see course information:

www.familiesinfocus.co.uk

Thursday mornings
9.30am to 11.30am

February 29th &
March 7th 14th 21st 28th



Angels Autism & ADHD Support

How to access our support



Angels AUTISM & ADHD SUPPORT
for parents/carers of children with
ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our online membership form to access our FREE support.

Note for Professionals:
If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on info@angelssupportgroup.org.uk

Follow Angels Support Group on Social Media

www.angelssupportgroup.org.uk

COMMUNITY FUND
Registered Charity No. 1117059

- Parents/carers need to complete an online membership form via the QR code on our leaflets/posters
- Members will be emailed weekly with details of the weekly support they can access.
- Members will be invited to join our closed FB Group
- All our support is FREE of charge and is for those with a diagnosis and awaiting diagnosis

Angels AUTISM & ADHD SUPPORT for parents/carers of children with ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our online membership form to access our FREE support.



Note for Professionals:

If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on info@angelssupportgroup.org.uk

Follow Angels
Support Group on
Social Media



www.angelssupportgroup.org.uk

Registered Charity No. 1117059



Angels Autism & ADHD Support

Charity no: 1117059



Charity no: 1117059



Tue - via Zoom 10am-12noon	Wed - Letchworth 10am-12noon at The Pod, Northfields Infant and Nursery School, Burley, Letchworth SG6 4PT	Thu - Stevenage 10am-12noon at The Phoenix Group, 2-6 The Hyde, Shephall, Stevenage SG2 9SE	Thu - via Zoom 7.30pm- 8.30pm	Tue - via Zoom 10am-12noon	Wed - Letchworth 10am-12noon at The Pod, Northfields Infant and Nursery School, Burley, Letchworth SG6 4PT	Thu - Stevenage 10am-12noon at The Phoenix Group, 2-6 The Hyde, Shephall, Stevenage SG2 9SE	Thu - via Zoom 7.30pm- 8.30pm
9th Jan Q&A Education Issues: EHCP's, Graduated Response, Panels, Appeals, Mediation and Tribunals	10th Jan Meet Up and Chat In partnership with the Letchworth Family Support Team	11th Jan Parent/Carer Support Group with Lorraine Jones		27th Feb Workshop: PDA(Pathological Demand Avoidance)	28th Feb Meet Up and Chat In partnership with the Letchworth Family Support Team	29th Feb Parent/Carer Support Group with Lorraine Jones	
16th Jan Parent/Carer Support Group with Lorraine Jones		18th Jan Meet Up and Chat	18th Jan Evening Parent/Carer Support Group	5th March Parent/Carer Support Group with Lorraine Jones		7th March Meet Up and Chat	7th March Evening Parent/Carer Support Group
23rd Jan Understanding and responding to your child's behaviour		25th Jan Parent/Carer Support Group with Lorraine Jones		12th March Workshop: How to support your child's Sensory Needs		14th March Parent/Carer Support Group with Lorraine Jones	
30th Jan Parent/Carer Support Group with Lorraine Jones	31st Jan Meet Up and Chat In partnership with the Letchworth Family Support Team	1st Feb Meet Up and Chat		19th March Parent/Carer Support Group with Lorraine Jones	20th March Meet Up and Chat In partnership with the Letchworth Family Support Team	21st March Meet Up and Chat	
6th Feb Workshop: Emotionally Based School Avoidance		8th Feb Parent/Carer Support Group with Lorraine Jones	8th Feb Evening Parent/Carer Support Group	26th March Workshop: What makes a good EHCP		28th March Parent/Carer Support Group with Lorraine Jones	28th March Evening Parent/Carer Support Group
13th Feb Parent/Carer Support Group with Lorraine Jones		15th Feb Meet Up and Chat		Easter Break			

February Half Term

Follow us on social media for updates:



www.angelsupportgroup.org.uk

Angels Podcasts Neurodiversity Chats



Episodes Available:

1. Surviving the Summer Holidays
2. Reasonable Adjustments
3. Meltdowns
4. Living with ADHD
5. Screen Time
6. Sensory Needs
7. SEN Support
8. What is an EHCP?
9. Living with ADHD - part 2
10. Living with ADHD - part 3
11. Accessing Healthcare
12. What makes a good EHCP
13. Social Care Levels Explained
14. Christmas for Autistic/ADHD kids
15. Direct Payments and short breaks
16. Visual Supports
17. PDA - Pathological Demand Avoidance

A new episode is released each week please email:
podcast@angelsupportgroup.org.uk to suggest topics



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/

Family Centre Drop in Groups for Hertfordshire families (ages 0-5)



This Spring the Family Centres across Hertfordshire have lots of fun activities for families!

As the cost of living continues to rise, it helps that all the sessions are free and also drop-in. Run by professional, qualified staff in Early Years, our groups offer a wide range of activities for you and your children to enjoy and play together. They are an opportunity for you to meet other local families and get advice and support from the Family Centre team. As well as lots for under 5's to enjoy! Our regular groups include.

- **Baby Group** (babies to pre-walkers) - drop in and meet other families with young babies in a supportive, stimulating and friendly environment. This session is for babies to play and for you to discover more about their development and support your own wellbeing as a new parent.
- **Active Rhyme Time** (Baby and Toddler) – a fun session including active rhymes and songs for you and your baby and toddler. The groups are a great way to meet other families and develop your child's communication and physical skills.
- **Physical Fun** (18 months +) - join the team for a fun, active session. A way to meet other families and enjoy lots of fun games and play opportunities to support your child with their physical development.
- **Family Fun** (18 months +) - fun sessions with a wide range of activities for you and your children to play together, meet other local families and the Family Centre team. As well as lots for Under 5's to enjoy, there will be activities for siblings up to the age of 8.

These groups run at different venues across Hertfordshire and you can drop into any of them, there is no need to book*. Family Support staff will be on hand to answer any questions that you may have and if you need any extra help, they can point you in the right direction.

[Find out details of sessions near you on our What's On page.](#)

You'll also find details of special SEND groups such as 'SEND sensory play' and 'SEND chat and play' and 'SEND drop ins' (look in the timetable of events for your area).

*Please note that in Hertsmere, Physical Fun and Family Fun at 96 Shenley Road are bookable sessions.



SignVideo for Deaf Residents (all ages)

Did you know about there is a SignVideo service which Deaf residents can use for free to contact teams in Hertfordshire County Council?

If you're a resident in Hertfordshire and want to use SignVideo, you will need to:

- Download the SignVideo app onto your smartphone
- Access the directory – HCC is listed here
- This will allow you to contact HCC staff via a remote interpreter.

[Find out more about SignVideo and download the app](#)

Applications for supported internships with Mission EmployAble are open (ages 19-25)

Mission EmployAble is a charity based in Chorleywood which runs an 11-month supported internship programme for young people with an EHCP.

Interns do most of their training in Mission EmployAble's Café where they learn portable skills such as food, preparation, cleaning, using a till, teamwork and serving customers. On other days, they train, with support, in other workplaces such as a community garden, a food delivery charity, care homes, shops and pubs. They train as a group or in pairs, so make friends while they learn.


Places are available on their next supported internship programme which begins in September 2024, with initial interviews starting in February.

Full details are available on [the Mission Employable website](#) or by emailing training@missionemployable.co.uk



Over The Rainbow SEN Support

Over The Rainbow are on the Hertfordshire County Council approved list of providers. Parents/Carers can request us as their tuition providers and it can also be self-funded.



Over The Rainbow

Children / Schools / families

Specialist support for children with additional needs - specialising in ASD, ADHD, PDA, School Anxiety (EBSA), Trauma, Children Looked After, Sensory Needs, Social Emotional & Mental Health Needs

- Specialist Tutoring
- Therapeutic Mentoring
- Training for Schools
- Counselling using the Arts
- Parent Support
- Therapeutic Interventions

enquiries@overtherainbowcsf.co.uk

www.overtherainbowcsf.co.uk

CONTACT US



New Herts Haven Café for young people's emotional wellbeing opens in Hemel Hempstead



- ◆ No referrals, no judgements – just an open door and a safe welcoming space to talk
- ◆ Professional workers to support you with your wellbeing
- ◆ Practical help at your fingertips - coping strategies, stress management techniques and more!
- ◆ Emotional support tailored to your needs

T: 0208 189 8400 E: cyp@hertsmindnetwork.org W: www.withyouth.org

Click Here for more information: [Herts Haven Cafés - WithYouth](#)

The new Hemel Hempstead Café is open on:

Thursday 3:30PM – 8PM	The Quaker Meeting House, 1 The Alleys, St.Mary's Road, Hemel Hempstead, HP2 5ZB
Saturday 12PM—5PM	The Quaker Meeting House, 1 The Alleys, St.Mary's Road, Hemel Hempstead, HP2 5ZB



Neurodiversity Support Hub**Neurodiversity Support Hub****For Parents, Carers and Professionals**

We can offer support, signposting and guidance about a whole range of things including but not limited to:

No
Diagnosis
Required

- Understanding ADHD/Autism
- Distressed Behaviours
 - Anxiety
 - School

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a
Parent, Carer
or
Professional?



01727 833963 

We Can't :

- Give updates/
fast track places
on waiting lists
- Recommend
specific private
assessors



supporthub@add-vance.org

**Open Monday-Friday
9 AM - 1PM**



Here to support, reach out for a listening ear 



ADD-vance
The ADHD and Autism Trust



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/

SEND Drop-in sessions

SEND Chat and Play

The BECC Family Centre, WD6 2FD, Monday 10:00 - 11:00
8th & 22nd January, 5th & 19th February, 4th & 18th March, 15th & 29th April

Sopwell Family Centre, AL1 2LD, Wednesday 11:00 - 12:00
3rd Jan, 7th Feb, 6th March, 3rd April

Grovehill & Woodhall Farm Adventure Playground, HP2 7BA, Wednesday 11:00 - 12:00
3rd, 17th & 31st Jan, 14th & 28th Feb, 13th & 27th March, 10th & 24th April

Beechfield Family Centre, WD24 5TY, Thursday 10:00 - 11:00
11th & 25th Jan, 8th & 22nd Feb, 7th & 21st March, 4th & 18th April



www.hertsfamilycentres.org

0300 123 7572



Website: www.dacorumspl.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/

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?

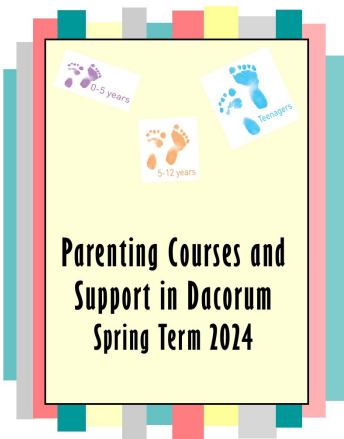


Come and join other
parents/carers and
share stories, advice
and a few laughs!



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.

Parenting Courses and Support in Dacorum Spring Term 2024

FREE courses open to parents in Dacorum

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

[Online resources for parents and carers | DSPL \(dacorumdspl.org.uk\)](https://www.dacorumdspl.org.uk)

For SEND courses and support, please visit either:

[https://directory.hertfordshire.gov.uk/Search?
CategoryId=70&SM=ServiceSearch&UDG=True&SME=True](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](https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do)

