



Delivering Special
Provision Locally

DSPL7

Parenting Support

Autumn term

2024



DSPL7

St Albans District, Harpenden and Villages
Redbourn, Wheathampstead and Kimpton

Autumn Courses

This booklet outlines the courses that are being run by external providers over the Autumn term 2024 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

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Families In Focus CIC

LOOKING FORWARD TOGETHER



Funded by HCC
Target Parenting Fund.

Handling anger of children with Autism & ADHD

Facilitated by founders Lesley and Francine,
our effective and award-winning anger management
course is free for parents of children 4-11 and living in
Hertfordshire

This course will help you and your family to:

*"I often use the analogy
of a toolbox of
approaches, and you
have helped replenish
mine with new strategies
and skills for home life
with three neuro diverse
children."*
Parent quote

Increase understanding of how Autism and ADHD affects
emotional regulation.

Increase awareness of a child's sensory needs

Increase your understanding of triggers that cause
children's angry outbursts.

Learn healthy anger management strategies for children
and parents to reduce angry reactions.

Discover creative ways to support children to 'let go' of
anger safely.

Gain effective empathic communication skills to increase
emotional regulation for the whole family.

Meet and share experiences with other parents.

Tuesday mornings
9.30am to 11.30am

September
10th, 17th, 24th
&
October
1st, 8th, 15th

Places are limited and booking essential.

To book your free places, email Francine & Lesley



bookings@familiesinfocus.co.uk

or

visit our website for more course information

www.familiesinfocus.co.uk

and

Tuesday evenings
6.30pm to 8.30pm

September
10th, 17th, 24th
&
October
1st, 8th, 15th

Thursday mornings
9.30am to 11.30am

September
12th, 19th, 26th
&
October
3rd, 10th, 17th



A complete guide to parenting children with Autism & ADHD

FREE, award-winning 10 - week course is for those parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged two to 11 years.

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

- Gain a greater understanding and answer the question, 'Why does my child do that?'
- Learn a range of strategies and solutions, to better manage behaviours that challenge
 - Understand sensory needs of children
 - Increase understanding of children's common sleep issues
 - Learn how to support siblings living with a neurodiverse sister/brother
- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

Wednesday mornings 9.30am to 11.30am
September 11th, 18th, 25th &
October 2nd, 9th, 16th, 23rd &
November 6th, 13th, 20th



Email Francine & Lesley to secure your free place: bookings@familiesinfocus.co.uk or visit our website to see all course information: www.familiesinfocus.co.uk

and

Wednesday evenings 6.30pm to 8.30pm
September 11th, 18th, 25th &
October 2nd, 9th, 16th, 23rd &
November 6th, 13th, 20th



FREE ONLINE AUTUMN 2024 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	9.9.24	18:00 - 20:30	Online
Understanding Autism	Parents/carers	Wed	13.9.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	16.9.24	10:00 - 11:30	Online
Understanding ADHD in Girls	Parents/carers	Wed	18.9.24	10:00 - 11:30	Online
Thinking about University?	Parents/carers	Mon	23.9.24	18:00 - 20:30	Online
Thinking about College?	Parents/carers	Wed	25.9.24	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	30.9.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	2.10.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	7.10.24	18:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	9.10.24	10:00 - 11:30	Online
Applying for an EHCP	Parents/carers	Mon	14.10.24	18:00 - 20:30	Online
Preparing for an EHCP Review	Parents/carers	Wed	16.10.24	10:00 - 11:30	Online
Working in Partnership with School	Parents/carers	Mon	21.10.24	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Wed	23.10.24	10:00 - 11:30	Online
Half Term					
Tips & Tools for Sleep	Parents/carers	Mon	4.11.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Wed	6.11.24	18:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Mon	11.11.24	18:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Wed	13.11.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Mon	18.11.24	19:00 - 20:30	Online
Tips & Tools for Self-Harm	Parents/carers	Wed	20.11.24	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/carers	Mon	25.11.24	18:00 - 20:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Wed	27.11.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Mon	3.12.24	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/carers	Wed	4.12.24	10:00 - 11:30	Online
Support for Dads	Parents/carers	Mon	9.12.24	18:00 - 20:30	Online
Understanding Neurodivergent Teens	Parents/carers	Wed	11.12.24	10:00 - 11:30	Online
Preparing for Adulthood (14+)	Parents/carers	Thu	12.12.24	10:00 - 11:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

01727 833963

herts@add-vance.org

<http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only



ADD-vance

The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM FOR DADS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE

These interactive courses are designed for dads /male carers of children aged 5 to 14 with a diagnosis or suspected diagnosis of ADHD and/or Autism.

ALL SESSIONS MUST BE ATTENDED

TIME AND PLACE

Wednesdays
11th Sept - 16th Oct
7 to 9 pm

Sopwell Family Centre
c/o Mandeville Primary
School, Mandeville Drive
St Albans, AL1 2LE

Understanding ADHD & Autism in the Teen Years for Dads

Wednesdays
18th Sept - 23rd Oct
7 to 9 pm

ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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ADD-vance
The ADHD and Autism Trust



**UNDERSTANDING ADHD & AUTISM
IN THE EARLY YEARS**
**FREE INTRODUCTORY 6-WEEK
COURSE FOR PARENT/CARERS**

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

TIME AND PLACE

Thursdays
19th Sept to 24th Oct 2024
9.30 to 11.30 am

ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.



ADD-vance
The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE

Tuesdays

10th Sept - 15th Oct 2024

10am - 12pm

ONLINE VIA ZOOM

01727 833963

herts@add-vance.org

<http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>**

These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only



ADD-vance

The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM (TEEN YEARS)

**FREE INTRODUCTORY 6-WEEK COURSES
FOR PARENT/CARERS OF TEENS**

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Thursdays

19th Sept to 24th Oct 2024

10 am to 12 pm

ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

@<http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>**

These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only



ADD-vance

The ADHD and Autism Trust



SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodivergence.

TIME AND PLACE

General Primary Aged Children Support Group

Tue 17/9 - 1.30-2.30 pm

General Secondary Aged Children Support Group

Tue 24/9 - 7.30-8.30 pm

Parents/Carers of 16 to 24 yrs Support Group

Tue 1/10 - 1.30-2.30 pm

PDA Support Group

Tue 8/10 - 1.30-2.30 pm

General Primary Aged Children Support Group

Tue 15/10 - 1.30-2.30 pm

General Secondary Aged Children Support Group

Tue 22/10 - 1.30-2.30 pm

ALL ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>**

These groups are open to residents of Hertfordshire only

UNDERSTANDING MY NEURODIVERGENCE

Empowerment Course for Children and Young Teens in Hertfordshire



Join us for a transformative 6-week group course designed to empower children and young teens with a dual diagnosis of ADHD and Autism. Through interactive sessions, participants will explore what neurodivergence means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



COURSE DETAILS

ONLINE Tue 10/9 - 15/10 (Ages 7-11)

ONLINE Tue 10/9 - 15/10 (Ages 11-13)

HATFIELD IN PERSON Thu 12/9 - 17/10 (Ages 7-11)



add-vance.org/children-young-people

Families Feeling Safe

Supporting families with Protective Behaviours

WELWYN GARDEN CITY
starting
October 2024

A FREE course for Mums, Dads,
and Carers of children 0-19yrs



Thursday mornings
9.30am—11.30am

10, 17, 24 Oct, 7, 14, 21, 28 Nov & 5 Dec
2024

at

Swallow Dell Primary and Nursery School
Blackthorn Road
Welwyn Garden City

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

- Understand how Feelings, Thoughts and Behaviour link together
- 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

Places are for fully funded for parents and carers in Hertfordshire

For eligibility and to book your FREE place please contact:
enquiries@familiesfeeling-safe.co.uk

Tel: 07850 518216



Please like us on Facebook for further updates @familiesfeeling-safe



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.familiesfeeling-safe.co.uk E-mail: enquiries@familiesfeeling-safe.co.uk

Supporting Families with Protective Behaviours

**Online courses
starting
October 2024**



Tuesdays mornings
9.30am—11.30am
8 October —3 December
**For Mums, Dads &
Carers**
Course code L5/am

Are you looking for strategies and new ideas to help improve family life?

This 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

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

Tuesdays evenings
7.00pm—9.00pm
8 October —3 December
**For Mums, Dads &
Carers**
Course code L5/eve

For eligibility and to book your fully funded place please contact:

enquiries@familiesfeeling-safe.co.uk

Tel: 07850 518216

*Please quote the course code and a mobile number

Thursdays evenings
7.00pm—9.00pm
10 October-5 December
For Dads & Male carers
Course code L4/eve



Please like us on Facebook for further updates @familiesfeeling-safe



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 for children and their families. www.familiesfeeling-safe.co.uk E-mail: enquiries@familiesfeeling-safe.co.uk

Family Lives Autumn Term Programme 2024

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Thursday 19th September to 24 October 7.00pm to 9.00pm OR
Tuesday 8 October to 19 November 9.30am to 11.30am

If your child has ADHD/ASD, or you think they might, join our free online 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
Monday 11 November to 16 December 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Join our free online group to help you be more effective at getting your child to cooperate and listen to you.

Dads Together

Wednesday 6 November to 11 December 7.00pm to 9.00pm

Calling all Dads - join our free online group, come along and receive support from other dads to help you be more effective at getting your child to cooperate and listen to you.

Anxiety around ADHD Online Workshop

Thursday 10 October 7.00pm to 9.00pm

Reducing Conflict Online Workshop

Tuesday 26 November 9.30am-11.30am

Sibling Rivalry Online Workshop

Thursday 12 December, 7.00pm to 9.00pm



SCAN ME!

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.

AUTUMN TERM 2024 **FREE ONLINE WORKSHOPS**

Thursday 5th September	19:00-21:00	Sleep Workshop
Friday 6th September	10:00-12:00	Anxiety & SEND
Tuesday 10th September	10:00-11:00	Understanding ADHD
Wednesday 11th September	10:00-12:00	Understanding Behaviour as Communication
Friday 13th September	10:00-12:00	Understanding Dual Diagnosis: Autism & ADHD
Tuesday 17th September	18:30-20:00	Autistic girls
Wednesday 18th September	10:00-12:00	Navigating the SEND World Past 16
Friday 20th September	10:00-12:00	PDA, ODD & ADHD - Understanding the Differences
Tuesday 24th September	10:00-12:00	ADHD in Girls & Women
Wednesday 25th September	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Friday 27th September	10:00-12:00	No Two Brains are the Same: What is Neurodiversity?
Monday 30th September	18:30-20:00	Access Arrangements
Tuesday 1st October	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 3rd October	10:00-11:30	Understanding and Supporting Executive Functioning
Monday 7th October	18:30-20:00	Anger and Conflict
Thursday 10th October	19:00-20:00	Understanding Autism
Monday 14th October	18:30-20:00	Tourette's Workshop
Tuesday 15th October	10:00-11:30	Understanding Literacy Difficulties Including Dyslexia
Thursday 17th October	10:00-12:00	Navigating the SEND World
Monday 21st October	18:30-20:00	Understanding and Supporting Emotional Regulation
Tuesday 22nd October	10:00-12:00	EHCP: New Applications
Thursday 24th October	18:30-20:30	Puberty and SEND
HALF TERM		
Tuesday 5th November	10:00-11:30	Autistic Girls
Thursday 7th November	10:00-11:30	Anger and Conflict
Thursday 7th November	18:30-20:30	Navigating the SEND World Past 16
Tuesday 12th November	10:00-11:00	Understand Autism
Tuesday 12th November	18:30-20:00	Understanding and Supporting Executive Functioning
Thursday 14th November	19:00-21:00	Sensory, Signs, Signals and Solutions
Thursday 21st November	10:00-11:30	Tourette's Workshop
Tuesday 26th November	10:00-11:30	EHCP: Annual Reviews
Thursday 28th November	10:00-11:30	Understanding and Supporting Emotional Regulation
Monday 2nd December	18:30-20:00	Understanding Specific Literacy Difficulties Including Dyslexia
Tuesday 3rd December	18:30-19:30	Understanding ADHD
Wednesday 4th December	10:00-12:00	Sleep Workshop
Thursday 5th December	18:30-20:30	Navigating the SEND World
Monday 9th December	18:30-20:30	ADHD in Girls & Women
Thursday 12 December	19:00-21:00	EHCP Submissions to Finalisation
Wednesday 18 December	10:00-12:00	Anxiety & SEND



The majority of these workshops are funded by
The Targeted Funding Fund



SLEEP TIGHT

3 weeks online course

● ● ● Wednesdays October 9th, 16th and 23rd. 10am-12pm

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



STARTING SPACE

2 week courses

Thursdays 12th September and 19th September or 28th November and 5th December 10:00-12:00

Lending SPACE, The Makings Business Centre
Roydon Road, Scarstead Abbots SG12 8HG

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 see a brief overview of how SPACE can offer guidance & support to you and your family



Book via Eventbrite: SPACE Hertfordshire



FIRST STEPS

Free 6-week in-person course for Parents and Carers of Autistic Children in the Early Years

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development.

No diagnosis necessary

Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modeling interactions, intentions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

Bestingford Library, 77 High St, Bestingford

11am-12pm, Friday Mornings September 26th, 27th, October 4th, 11th, 18th, 25th



Book via Eventbrite: [SPACE Hertfordshire](#)



TALKING SENSORY: SIGNS, SIGNALS AND SOLUTIONS

3 Week Online Course



Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

Mondays September 9th, 16th and 23rd: 19:00-21:00



Book via Eventbrite: [SPACE Hertfordshire](#)
This course is commissioned by Hertfordshire County Council



PARENTING ADHD SKILLS

3 week online course

● ● ● Wednesdays November 13th, 20th, 27th, 10.00-12.00

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



NAVIGATING THE SEND WORLD

4 week online course

● ● ● Taking place on Thursdays at 18:30-20:30, September 12th, 19th, 26th and October 3rd

Course outcomes

- Feel less isolated and more empowered to seek support
- Increase awareness of what services are available for families
- Learn the acronyms and language
- Better understand referral systems and processes
- Be able to navigate the Here's SEND Local Offer and gain knowledge of services and support across health, education and social care
- Improve your understanding of the diagnosis pathway and what it means for their child
- Feel confident about what to do next and how to access the support and services you and your family need.



This course is commissioned by Herefordshire County Council



NEURODIVERSITY IN GIRLS AND WOMEN

4 week online course

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

Mondays November 4th, 11th, 18th and 25th: 18:30-20:30



Book via Eventbrite: [SPACE Hertfordshire](#)
This course is commissioned by Hertfordshire County Council



PLEASE JOIN US FOR A CHAT

For parents and carers of neurodivergent children and young people (Autism, ADHD, Dyslexia, Dyscalculia, Dyspraxia, Tourette's and other neurodiverse conditions)



ST ALBANS SUPPORT GROUP

Our friendly group for parents and carers runs monthly during term time. Whether your child has a diagnosis, you are just starting out on the pathway or are somewhere in between we would love you to join us. Our groups are a great way to meet other parents as well as members of the SPACE team. We will often welcome professional speakers talking about different topics tailored as much as possible to the needs of the group.

St Albans Group

First Friday of the month

Cottonmill Community
and Cycling Centre,
Old Oak, Cottonmill Lane,
AL1 2EF

12pm - 2pm

Autumn Term Dates:

Friday 6th September

Friday 4th October

Friday 6th December

In partnership with LeeAnna's Wish

All groups are subject to change, correct at time of printing.
Please check 'SPACE Hertfordshire' on Eventbrite for latest information.
Unfortunately we can not accommodate children at our groups, please
email: events@spaceherts.org.uk if you have any questions





Upcoming Free Parent/Carer Webinars in Hertfordshire

Tuesday
10th Sep-
22nd Oct

Online Peer Support Group for
Parents/Carers of Children
Avoiding School - 6 Week Course

9:30am -
11:00am

Monday
30th Sep

Supporting a Child/Young Person
with Self-Harming Behaviours

10:30am-
12:30pm

Thursday
3rd Oct

Supporting Children/Young People
who Struggle to Attend School

9:30am -
11:30am

Thursday
17th Oct

Supporting Children/Young People
with Bullying.

9:30am -
11:30am



Helping Children and Young People Thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719408

Parent & Carer Support Autumn Term 2024



FREE to parents and carers living in Hertfordshire

TALKING TEENS

6, weekly sessions for parents and carers of children aged 12-19, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Tuesdays 7.45-9.15pm

17th Sept – 22nd Oct

Online Course: ID 682

Wednesdays 7.45-9.15pm

5th Nov – 10th Dec

Online Course: ID 683

Wednesdays 7.45-9.15pm

6th Nov - 11th Dec

Online Course: ID 684

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why teens and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Wednesdays 7.45-9.30pm

18th Sept – 23rd Oct

Online Course: ID 681

TALKING DADS

6, weekly sessions for dads & male carers of all ages, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45-9.15pm

18th Sept – 23rd Oct

Online Course: ID 685

Wednesdays 7.45-9.15pm

6th Nov - 11th Dec

Online Course: ID 686

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Tuesdays 9.45-11.15am

17th Sept – 22nd Oct

Online Course ID 678

Tuesdays 7.00-9.00pm

5th Nov – 10th Dec

Venue: To be confirmed

STEVENAGE Course ID 679

Thursdays 8.00-9.30pm

19th Sept – 24th Oct

Online Course ID 680

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of under 12's, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Tuesdays 9.45-11.30am

5th Nov – 10th Dec

Online Course ID 677

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Mondays 8.00-9.30pm

16th Sept – 21st Oct

Course ID 675

Wednesdays 9.30-11.30am

6th Nov – 11th Dec

Venue: To be confirmed

ST ALBANS Course ID 676

Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on 07512 709556 or bookings@supportinglinks.co.uk

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund
Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2024



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

[Eventbrite Page](#)

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Monday 25th November 7.30-9.15pm

Workshop SL690 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-690-for-parents-carers-in-herts-registration-915749773217?aff=odcleoeventincollection>

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.

Monday 4th November 7.30-9.15pm

Workshop SL688 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-688-for-parents-carers-in-herts-registration-915702028417?aff=odcleoeventincollection>

TECH USE



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

Thursday 21st November 9.30-11.15am

Workshop SL689 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-689-for-parents-carers-in-herts-registration-915726882757?aff=odcleoeventincollection>

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 and look after yourself.
- How to work with your school in your child's best interests.

Wednesday 23rd October 9.30-11.15am

Workshop SL687 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-687-for-parents-carers-in-herts-registration-915127068697?aff=odcleoeventincollection>

Follow on:



Contact via:

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County Council's Targeted Parenting Fund



Children's Wellbeing Practitioner Workshops July-September 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/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16)</p> <p>A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.</p>	<p>Wednesday 17th July @ 6-8pm Wednesday 18th September @6-8pm</p>
<p style="text-align: center;">Supporting Adolescents with Self-Esteem and Resilience</p> <p>A workshop focused on adolescents improving their self-esteem and what parents can do to support.</p>	<p>Tuesday 23rd July @6-8pm Monday 9th September @ 6-8pm</p>
<p style="text-align: center;">Supporting your Child's Self-Esteem and Resilience</p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem.</p>	<p>Wednesday 28th August @ 10-12pm</p>
<p style="text-align: center;">Supporting with Sleep Difficulties</p> <p>A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.</p>	<p>Tuesday 6th August @ 6-8pm</p>
<p style="text-align: center;">Developing your Child's Emotional Literacy</p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>	<p>Thursday 4th July @ 6-8pm Monday 12th August @ 10-12pm Monday 16th September @ 6-8pm</p>
<p style="text-align: center;">General Emotional Wellbeing and Regulation Tips for Parents</p> <p>A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.</p>	<p>Tuesday 9th July @ 10-12pm Wednesday 21st August @ 6-8pm Monday 23rd September @ 10-12pm</p>
<p style="text-align: center;">School Transitions</p> <p>A workshop supporting children and adolescents with managing school transitions.</p>	<p>Thursday 25th July @ 10-12pm Tuesday 13th August @6-8pm</p>
<p style="text-align: center;">Exam Stress</p> <p>A workshop supporting children and adolescents with managing exam stress.</p>	

To access the recorded **Emotionally Based School Avoidance Webinar** please visit: <https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-25/>

Please note that there are only a limited number of spaces available, so please only sign up to the workshops if you are definitely able to attend.





Delivering Special
Provision Locally

SEND Coffee Mornings

DSPL7 & Vista St Albans are hosting coffee mornings with a School and SEND Family Worker to help support parents / carers of children with Special Educational Needs and Disabilities, diagnosed or not. This is an informal and safe place for parents / carers to share information and chat. The DSPL7 SEND Lead will also be available for discussions. There is no need to book to attend the drop in.

Dates: 9th Oct, 27th Nov, 29th Jan, 19th March, 7th May & 25th June

Time: 9:15 - 11:00am

Venue: The Hub, Fleetville Junior School, 228 Hatfield Road, St Albans, AL1 4LW. The Hub is to the right hand side of the school building at the bottom of the car park. **There is no parking available onsite, but 3 hours free parking is available nearby in Morrisons supermarket.**

Appointments

Running alongside our coffee mornings, there is also the opportunity to reserve a 20-30 minute appointment to speak to the following professionals between 9:30am - 12:00pm.

To book an appointment:

Please email
admin@dspl7.org.uk

Dates	Professionals attending
9th October	Elaine Bridle - ADHD
27th November	Collette Garland - EBSA
29th January	Lyndsey Hooper - Mental Health Support Team
19th March	Faye Den Heijer - Ask Sall
7th May	Clare Tominey-Smith - Challenging behaviour at home
25th June	Niamh Cooper - First Steps ED

Vista contact details: 01727 519128 vistastalbans@gmail.com www.vistastalbans.org.uk
DSPL7 contact details: 01727 519229 admin@dspl7.org.uk www.dspl7.org.uk



Delivering Special
Provision Locally



Emotional Based School Avoidance Coffee mornings

This EBSA coffee morning is aimed at parents and carers who have a child in years 5 & 6 at primary school or years 7 - 11 at secondary school, who are not attending school as a result of emotional, mental health and wellbeing issues - **the children and young people can also attend**. This event is being run by DSPL7 with Services for Young People. There is no need to book this event.



These will taking place at the **The Pioneer Club, Heathlands Drive, St Albans, Hertfordshire, AL3 5AY**, at the community cafe, Suet Yard. These will run from 9:30 - 11:30pm on the following dates:

Dates	
Tuesday 8th October 2024	Tuesday 11th March 2025
Thursday 21st November 2024	Wednesday 14th May 2025
Wednesday 22nd January 2025	Thursday 19th June 2025



admin@dspi7.org.uk



01727 519229



www.dspi7.org.uk



Delivering Special Provision Locally

Who are we?

DSPL7 supports parents and carers, staff in early years settings, schools and further education colleges by ensuring there is a range of provision and support services within the St Albans and Harpenden area for children and young people with additional needs.

Contact us



DSPL7, The Hub, 228 Hatfield Road, St Albans, AL1 4LW



01727 519229



admin@dspl7.org.uk



www.dspl7.org.uk