

## Welcome

Welcome to the 2019 autumn edition of the DSPL7 Newsletter. In this edition we have a special feature on NESSIE which is a new initiative within DSPL7. We hope that the newsletter will give a flavour of the work that is taking place in your area and let you know how you can get involved or be supported.

## For more information on Delivering Special Provision Locally (DSPL)



Visit our website at [dspl7.org.uk](http://dspl7.org.uk). **The website** has content for parents & carers and also for schools and settings. It includes up to date flyers for courses and workshops within the 'Forthcoming Events' tab. There is also helpful information and numerous links

to appropriate organisations under the 'Support for Parents and Settings' tab, and the 'Useful Links' tab.

Within the 'Contact Us' tab, there is a form for registering your details for our mailing list. All pages include links to the **DSPL7 Facebook page**

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



## How can I get involved?

There are a number of ways in which parents can get involved in services. Herts Parent Carer Involvement is a forum for parents to get more

involved in the shaping and improving of services for children with additional needs. A parent carer forum is a group of parents and carers of disabled children who work with local authorities, education, health and other providers to make sure the services they plan and deliver meet the needs of disabled children and families. Forums usually have a steering group of parents who lead this work and listen to the views of other parents in the local area to make sure they know what is important to them. Forums are keen to hear from as many parent carers as possible.



### Who can join a parent carer forum?

Parents or carers of a child with any type of additional need or disability are welcome to join. Joining your forum does not mean you have to commit lots of time. In most forums you can join and receive information, and then decide if you want to get more involved at your own pace. The forum represents the views of parents in the local area but does not advocate for individual families.

For more information contact your local network at [chair@hertsparentcarers.org](mailto:chair@hertsparentcarers.org) or visit [www.hertsparentcarers.org.uk](http://www.hertsparentcarers.org.uk)

## What is NESSie?

NESSie is comprised of four strands:

1. **Student Support for 0-25 year olds.** NESSie provides quality assured arts therapists and counsellors who have experience working in a range of settings including early years, nursery, primary, secondary schools and special educational needs (SEN) settings.
2. **Staff Training and Support Forums.** Staff Forums offer support and information sharing. Themes arise from the needs of the group which may include emotional literacy, anxiety and resilience, bereavement, understanding attachment behaviours and sharing good practice.
3. **Linking closely with outside agencies.** These services include schools, local CAMHS commissioners, National funding bodies, DSPL management groups, local mental health and well-being groups and services. NESSie is affiliated with the Anna Freud Centre, The Judge Business School (Cambridge) and Anglia Ruskin University (Cambridge).
4. **Parent/Carer Support Forums.** Parent Forums have been developed locally as a platform where ideas and experiences can be shared and supported. Training, advice and information is provided by qualified therapists, and it is an opportunity to network and connect with other parents.

# NESSie



Supporting Positive Mental  
Health in Schools

Training sessions include:

- A foundation in positive emotional and mental health
- Anxiety and developing resilience
- Anxiety in early years
- Bereavement and loss
- Self-harm level 1
- Self-harm level 2: Safeguarding and risk assessment
- LGBT foundation
- Assessment and evaluation: Plan, Do, Review for mental health interventions
- Divorce and separation
- Brick club
- NESSie My Time – A child led, play based developmentally reparative and nurturing intervention for schools
- NESSie My World and Me – An early intervention programme for children with ASD emotional/behavioural difficulties



NESSie provides child-centred support with a systematic approach, supporting not only the child, but family and professionals involved in that child's care.

## Working with Space



SPACEHERTS@GMAIL.COM  
WWW.SPACEHERTS.ORG.UK



### ST ALBANS Support Group



St Albans Girls School (STAGS)  
Sandridgebury Lane, St Albans, AL3 6DB  
Second Friday of the month (term time only)  
10am - 12pm

SPACE is a charity supporting Parents/Carers of children and young people with Autistic Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and related conditions

We have regular professional speakers, workshops, social events plus a library of books to borrow  
Come along to meet other Parents/Carers

We meet up once a month (term time only) at each of these locations across Hertfordshire:  
**BUNTINGFORD, CHESHUNT, HATFIELD, HERTFORD, HODDESDON, WARE, WELWYN, AND STEVENAGE**

If you would like more information on our support groups please check our **website**, contact the **SPACE** team by **email** or alternatively find us on **Facebook** under the name of **SPACE**

SUPPORTING PARENTS AND CARERS OF CHILDREN WITH AUTISM, ADHD AND RELATED CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2179

DSPL7 funds SPACE to run a monthly support group and the next meeting will be held on September 13th from 10.00 am - 12.00 pm. Polly Kerr from Tees will be speaking about SEN Law in relation to Education and also Personal Budgets.

On October 11<sup>th</sup>, Dani an ASD Specialist from The Owl Centre will be giving a presentation.

**SPACE** also runs social events to enable families to have fun relaxed days out together, so the children can make friends and the parents can share their journeys. Sign up to the SPACE Facebook page to make sure you don't miss out on any of the exciting activities.

AN EVENING WITH  
**DEAN BEADLE**  
THE MAN, THE MUSIC, THE SHOW

SPACE in conjunction with **Greenside School**, are delighted to announce our 'Evening with Dean' who will share what he has learnt about himself in the 20 years since he discovered he was autistic. He will include school life, anxiety, autistic joy, sensory needs, emotional needs and much more. This humorous and insightful evening will include songs that have been relevant to Dean's life, sung by Dean and accompanied by Judith Nockolds.

**THURSDAY 10<sup>TH</sup> OCTOBER**  
DOORS OPEN: 6.30PM (Coffee and Tea will be available)  
START: 7PM  
VENUE: **Greenside School, Shephall Green, Stevenage, SG2 9XS**  
COST: £10

TO BOOK YOUR SPACE PLEASE USE THIS LINK:  
[HTTPS://SPACEHERTSEVENTS.TYPEFORM.COM/TO/KRCTXQ](https://spacehertsevents.typeform.com/to/KRCTXQ)

 If you would like more information please email:  
[spacehertsevents@gmail.com](mailto:spacehertsevents@gmail.com)

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM, ADHD, RELATED CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2179

## SPACE for Dads football team



SPACE for Dads play at Breaks Manor each Tuesday evening followed by a social post-match pint, providing a chance to chat about issues and share information with others in a similar situation. The group came about after inclusive social football team for children, Therapeutic Thunder FC and SPACE identified a need to offer support for dads and male caregivers. Those who don't play football are also welcome to socialise. Email Paul Wainhouse at [contactthooves@gmail.com](mailto:contactthooves@gmail.com) to get involved.

## Families in Focus providing support

Families in focus have a range of courses running this term. Please see their website for more information.

### How to contact Families in Focus:

If you are a parent you are welcome to join the closed

Facebook group: <https://www.facebook.com/groups/184975381651870/>

**Web:** [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

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



## Forthcoming activities from DSPL7

DSPL7 are running several courses this term for both professionals and parents/carers in the DSPL7 area including:

- Gross Motor Skills Development and Sensory Circuits
- Social Stories
- SEND Lead Professionals
- Zones of Regulation
- Understanding ADHD

Please visit the website for more details: [www.dspl7.org.uk](http://www.dspl7.org.uk)

## Speech and Language Therapy Advice Line

The speech and language website pages contain lots of information and help, however should you not find what you are looking for please leave a message on 01992 823093 and a Therapist will contact you. This advice line is available throughout the year including the school holidays.

**Children and Young People's Speech & Language Therapy Advice Line**

**NHS Hertfordshire Community NHS Trust**

Do you have concerns about your child's speech and language skills? The Speech and Language Therapy pages on our website [www.hct.nhs.uk](http://www.hct.nhs.uk) have lots of useful information and advice. However, if you still have concerns why not call our **Speech and Language Therapy Advice Line** and leave us a message. You will be contacted by one of our Speech and Language Therapists. The Advice Line is open to parents/carers or professionals who have a query or who want to discuss a potential referral. \*If your child is already known to our service please contact 01992 823193

**01992 823093**

Proud to care for you | Care Quality Commission Good

# Courses provided by the local partnerships

**Harpenden PLUS**  
PARTNERSHIP  
Harpenden-Kimpton-Redbourn-Wheatthampstead

Family Links

'Why do I have to nag to get my children and teenagers to do as they're told?'  
'Why is it that the more I tell them off, the more they argue?'  
'Am I doing OK as a parent? Why doesn't my family life just feel more FUN?'

Make positive changes and become the parent you want to be



That's

## The Parenting Puzzle!

A funded\* 9 week 'Nurturing Programme' course for parents and carers of children aged 5 to 15

The programme is developed to help parents feel confident and in control, and can help you transform family life.

**Fridays 20th September to 29th November 2019**  
9:30am -12.00pm Sauncey Wood School, Harpenden


Contact us via the email address below to book a place  
[dmarsden@saunceywood.herts.sch.uk](mailto:dmarsden@saunceywood.herts.sch.uk)  
or call 01582 623676 for more information.

\*This course requires attendees to purchase a book to accompany the programme at a cost of £15. This is funded for families on a low income.

There is a £50 course fee if your child does not attend a Harpenden Plus Partnership school  
List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beches, Kimpton, Lea, Manland, Redbourn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Luke's, St Nicholas, Wood End.

**Harpenden PLUS**  
PARTNERSHIP  
Harpenden-Kimpton-Redbourn-Wheatthampstead

## Tweenies Workshop



A free\* workshop for Parents and Carers of children in year 6 and 7

Have you noticed your child is developing into a Teenager?, would you like some strategies to support your developing child?. Is your child about to/ recently transitioned to Secondary School? - come and find out how to support them, does your child want more independence? - find out how to safely meet their needs without the worry.

**Friday 13th September 9:30 - 12, Jubilee Room, Sauncey Wood School, Pickford Hill, Harpenden, AL5 5HL**

To express interest please contact [dmarsden@saunceywood.herts.sch.uk](mailto:dmarsden@saunceywood.herts.sch.uk)  
You will be sent a booking form and your place will be secured upon return of your form and £10 refundable deposit, if the deposit is a barrier to your attendance please contact us in confidence.

\*£15 if your child does not attend a Harpenden Plus Partnership school  
List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beches, Kimpton, Lea, Manland, Redbourn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End.

**RAISING GIRLS COURSE**  
for parents/carers of girls aged 5-12 years

St Albans Plus Vista St Albans

**DATES:** 2<sup>nd</sup> October – 23<sup>rd</sup> October 2019  
**TIME:** 7.00pm – 9.00pm  
**VENUE:** St Albans Fire Station, Community Room, 153 London Road, St Albans, AL1 1TQ

Four sessions for parents/carers run by Vista St Albans  
**£45.00 per person**  
(concessions available)



**We will explore:**

- Differences between girls and boys development
- Raising confidence and self-esteem in girls
- Feelings, emotions and relationships
- Getting the best from girls at school

To find out more and to book a place please call the office on 01727 807525 or Email: [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com)  
[www.vistastalbans.org.uk](http://www.vistastalbans.org.uk)

Being a parent can be challenging at times – we can offer individual support as well as a variety of information and guidance to services. Vista is committed to improving life chances for children and young people by supporting parents.

**RAISING BOYS COURSE**  
for parents/carers of boys aged 5-12 years

St Albans Plus Vista St Albans

**DATES:** 6<sup>th</sup> November – 4<sup>th</sup> December 2019 (excluding 13<sup>th</sup> November)  
**TIME:** 7.00pm – 9.00pm  
**VENUE:** St Albans Fire Station, Community Room, 153 London Road, St Albans, AL1 1TQ

Four sessions for parents/carers run by Vista St Albans  
**£45.00 per person**  
(concessions available)



**We will explore:**

- Differences between boys and girls development
- How to discipline boys and give them boundaries
- Why boys do what they do and what motivates them.
- Getting the best from boys at school

To find out more and to book a place please call the office on 01727 807525 or Email: [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com)  
[www.vistastalbans.org.uk](http://www.vistastalbans.org.uk)

Being a parent can be challenging at times – we can offer individual support as well as a variety of information and guidance to services. Vista is committed to improving life chances for children and young people by supporting parents.

## Children's Speech & Language Therapy: courses for educational practitioners autumn 2019

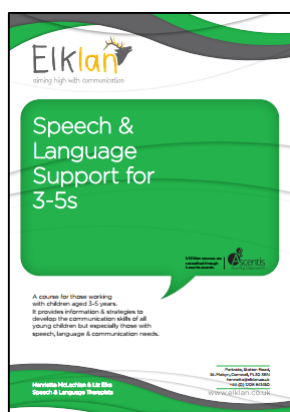
**Elklan** courses offer accredited training to school staff to help them in supporting pupils with speech, language and communication needs

Following the attendance of staff on the accredited level 3 course schools may choose to undertake further training to gain whole school '**Communication Friendly**' status. DSPL7 is presently funding 2 schools in working towards communication friendly status.

The cost is £300 per delegate per course, which includes accreditation fees and a Language Builders book.

DSPL 7 will fund half the cost of the course for learners attending from schools within DSPL 7 (unless you have already got 1 teacher and 2 TAs trained.). We will also fund half the cost for 1 person per PVI setting.

**Early Years Course (3-5) will run over 10 weeks.**



| Venue  | Dates   | Time                             |
|--|---|----------------------------------|
| <b>Northfields Infant School, Burley Letchworth. SG6 4PT</b> | <b>10th Sept to 17th December</b><br><br>( No course on 8th, 15th & 29th Oct, 12th & 26th Nov ) | <b>Tuesdays 9:30am - 11:30am</b> |

### Primary School Course (5-11 years)

Practical advice and strategies to help you support your Primary aged pupils' development of Speech, Language and Communication skills.

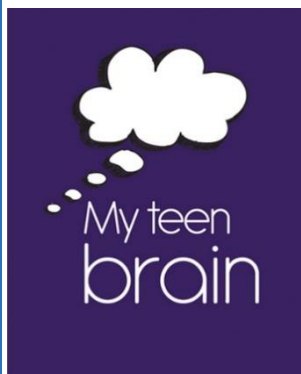
| Venues  | Dates  | Time                   |
|---|--|------------------------|
| <b>Roger De Clare, Station Road, Puckeridge, Ware. SG11 1TF</b>   | <b>3 day course, 16th Sept, 14th Oct, 18th Nov</b> | <b>9.30 pm-4.00 pm</b> |
| <b>Peace Children's Centre, Peace Prospect, Watford. WD17 3EW</b> | <b>3 day course, 20th Sept, 18th Oct, 29th Nov</b> | <b>9.30 pm-4.00 pm</b> |



To register staff on their chosen course, please email Abigail Bude, Speech and Language Therapist, with the names of staff wishing to attend and their chosen location

Email [abigail.bude@hct.nhs.uk](mailto:abigail.bude@hct.nhs.uk) for further information.

## Training to support Mental Health



### Free Training: My teen Brain

My Teen Brain focuses on a key stage of brain development and shows how changes in the adolescent brain, in conjunction with experience and environment, can affect emotions, relationships, behaviours, sleep and attitudes to risk.

The initiative aims to raise awareness and provide practical information and strategies to both parents/carers and professionals. Through training and a range of resources, the initiative will enable them to support young people through this time of change.

Professionals working with either young adolescents (10-14) or their parents are invited to attend a free one-day multi-agency training which will look at changes to the adolescent brain, risks and behaviours and how the learning can help a strength based approach to practice.

Dates available are:

- Tuesday 22<sup>nd</sup> October 2019
- Wednesday 13<sup>th</sup> November 2019
- Thursday 14<sup>th</sup> November 2019
- Wednesday 15<sup>th</sup> January 2020
- Thursday 16<sup>th</sup> January 2020

Professionals can book onto the free one-day training [here. \(https://www.eventbrite.co.uk/e/my-teen-brain-tickets-61863430185\)](https://www.eventbrite.co.uk/e/my-teen-brain-tickets-61863430185)

More Information on the changes that take place in the teen brain is available on our dedicated website [www.hertfordshire.gov.uk/myteenbrain](http://www.hertfordshire.gov.uk/myteenbrain).

### Kitemark Workshops

As part of the follow up from the Healthy Young Minds in Herts – ‘A whole school and college approach self-review and accreditation for emotional wellbeing, mental health and suicide awareness’ launch event on the 3<sup>rd</sup> April, schools are offered the opportunity to attend a Kitemark workshop, ‘Speed Dating’ style.

The workshop will be for 3 hours during which protected time is provided where you will be able to share ideas with other schools around ‘good practice’ and review areas to work on in your own school or college setting. This should assist with completing the self-review process (RAG table) and provide an initial action plan for further discussion with key staff within your school/setting.

Workshop date;

26<sup>th</sup> September – Letchworth – venue tbc

5. AM workshop – 9.30am until 12.30pm
6. PM workshop – 1.30pm until 4.30pm

To book on to a workshop please email Sarah Chandler on [SchoolMHTraining@hertfordshire.gov.uk](mailto:SchoolMHTraining@hertfordshire.gov.uk)

## Training for Mental Health Leads

“Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person’s recovery and stop a mental health issue from getting worse.”

Courses will run throughout the year. Priority will be given to schools in each local area and to schools who have not previously attended the course. To book a place on a course in your local area please email: [SchoolMHTraining@hertfordshire.gov.uk](mailto:SchoolMHTraining@hertfordshire.gov.uk)

## The Local Offer

Hertfordshire's SEND Local Offer is your one-stop shop for information, support, services and activities available for children and young people with special educational needs, and their families. The Local Offer has been created by parents and professionals.

### Who it's for?

Children with a special educational need or disability (SEND), up to the age of 25.

Parents, carers and other family members.

Professionals and organisations working with those with SEND and their families.

### 1. LOCAL OFFER BLOG

The transforming SEND programme is about doing things better, and doing things differently from now on. Read our blog for more information on how we’re improving the local offer online at:

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



### 2. SEND ONLINE FEEDBACK GROUP

Help shape SEND services by joining the SEND Online Feedback Group. Tell us what you think and we’ll use what you say to make improvements at:

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

Special educational needs or a disability (SEND)?  
There's support here if you need it.



**The Local Offer is here to help you**



• Events & activities • Applying for education, health and care plan • Leaving school  
In Hertfordshire, our **SEND Local Offer** is your one stop shop for all the information and support for special educational needs or disabilities (SEND) you may need, as well as the services available.

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

