

Who we are

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 Rd
St Albans
AL14LW

Phone: 01727 519229
Email: admin@dspl7.org.uk
Web: www.dspl7.org.uk



DSPL7
The Hub
228 Hatfield Rd
St Albans
AL14LW

Parenting Support Summer term 2021




DSPL7

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

Summer courses

This booklet outlines the courses that are being run by external providers over the summer term 2021 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

St Albans Family Centre Service.....	1
ADD-Vance	2
Families Feeling Safe	4
SPACE.....	6
Families in Focus Parent Network.....	9
Family Services Commissioning	12
Supporting Links.....	14



Hertfordshire
Family Centre
Service


Public Health – School Nursing

Supporting your child's transition back to school after lockdown

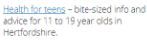
Some children will have some worries about returning to school, may find it difficult to return to school, may become upset, distressed or even refuse to go in. There is a presentation to provide information, advice and practical strategies that can be used to support your child's return to school on our website:
<https://www.hct.nhs.uk/our-services/school-nursing/>

Health advice you can trust


It can be tricky to find good health advice on the internet. Try these - they're managed by the school nursing service...



Health for Kids - local health services and advice for children aged 4 to 11 years old.






Health for Teens - bite-sized info and advice for 11 to 19 year olds in Hertfordshire.



ChatHealth

Aged 11-19 - Did you know you can text your school nurse for confidential health advice and support? Text 07480 635050. Check out the YouTube link on here:
<https://youtu.be/DBNm1bFCCE>

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Wednesday 7.45-9.15pm
21st, 28th April, 5th, 12th,
18th, 26th May **Course 439**

Wednesday 7.45-9.15pm
9th, 16th, 23rd, 30th June
7th, 14th July **Course 440**

UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



Diagnosis
not
essential

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

Tuesday 8.00-9.30pm
20th, 27th April, 4th, 11th,
18th 25th May **Course 432**

Wednesday 9.45-11.15am
9th, 16th, 23rd, 30th June
7th, 14th July **Course 433**



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

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

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk



This course is provided free to parents
by Hertfordshire County Council



Parent and Carer Support Online Courses Summer Term 2021



TALKING FAMILIES



Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- 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.

Tuesday 9.45-11.15am
20th, 27th April, 4th, 11th,
18th 25th May **Course 412**

Tuesday 8.00-9.30pm
20th, 27th April, 4th, 11th,
18th 25th May **Course 434**

Tuesday 9.45-11.15am
8th, 15th, 22nd, 29th June,
6th, 13th July **Course 435**

Tuesday 8.00-9.30pm
8th, 15th, 22nd, 29th June,
6th, 13th July **Course 436**

TALKING TEENS



Our FREE 6 week course for parents and carers of children aged 12-19 will cover

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

Thursday 7.45-9.15pm
22nd, 29th April, 6th, 13th,
20th, 27th May **Course 437**

Monday 7.45-9.15pm
7th, 14th, 21st, 28th Jun
5th, 12th July **Course 438**

Pre-booking essential

To check eligibility and book a place, please contact
Supporting Links on
07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

Page 1 of 2



St Albans Family Centre Service

15 March at 09:00 · 🌐



💜🌟 Protective Behaviours Course 🌟💜

Join us for a FREE 5 week course on Zoom!

This course will enable you to recognise and build on your own strengths in managing and understanding your children's behaviour, communicating with others, expressing feelings and making safe choices.

The dates of the sessions are:

★ Tuesday 27th April, 4th, 11th, 18th, 25th May 2021

★ 10am - 11:30am

To book onto the course please complete our booking form here:

<https://forms.gle/nUoASWYREUbdwQBNA>

For more information you can call the team on 0300 123 7572 or send us a message! 💜 See less



ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963

NEWSLETTER
Summer Term
2021

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

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

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

Need someone to talk to about ADHD or Autism?



Please call the ADD-vance Telephone Helpline
01727 833963

For parents and professionals

Lines are open from 9am-1pm Monday to Friday
Alternatively you can email herts@add-vance.org

Need information or support right now?



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

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

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

Please note, this is not an emergency service.

Want to understand your child better?



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

Courses will be running from w/c 19 April and w/c 7 June including one specifically for parents of pre-schoolers
These interactive courses will be delivered via Zoom with a maximum of 12 participants per group. All sessions must be attended.

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

Worried about your child?



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

We have separate groups for:
Parents of primary-aged children
Parents/carers of secondary-aged children
Parents/carers of young people aged 15-25 yrs

Maximum 10 participants per group.

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



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a child aged 2 - 11 inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain 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
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."

Where: ONLINE via Zoom

When: Tuesdays 9.30-11.30am
April 20th, 27th
May 4th, 11th, 18th, 25th
June 8th, 15th, 22nd, 29th

Places are limited and must be booked via Eventbrite on our website www.familiesinfocus.co.uk
Email: bookings@familiesinfocus.co.uk



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

www.familiesinfocus.co.uk

Where: ONLINE via Zoom

When: Tuesdays 6.30-8.30pm
June 8th, 15th, 22nd, 29th
July 6th, 13th, 20th
September 7th, 14th

info@familiesinfocus.co.uk

Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.

This course will enable you and your family to:



- ✔ Gain greater understanding of anger dynamics in your family
- ✔ Understand more about Autism and ADHD
- ✔ Understand the root causes or triggers of anger in your family
- ✔ Learn proven and effective strategies that will reduce anger in your family
- ✔ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✔ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✔ Create a calm family environment so all can talk about their emotions safely
- ✔ Gain skills to manage your family's emotional regulation
- ✔ Meet other parents in a calm, judgement-free group

"This course is so helpful and learnt empathy and declarative language work so well with my whole family and communicating in a much clear way and working as a team with my partner successfully"



Funded by Hertfordshire County Council and free for parents living in Hertfordshire and parenting children of primary school age with a diagnosed condition and those awaiting diagnosis

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfofocus.co.uk

Where: Online via Zoom
 When: Wednesdays 9.30-11.30am
 June 9th, 16th, 23rd, 30th
 July 7th, 14th

We are delighted to announce our complete programme of

FREE ONLINE Workshops for Parents/Carers

will be running from April-July 2021 funded by Hertfordshire County Council.

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

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

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

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

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

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

"I finally understand my child!"

Wondering if you or your child has ADHD?



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

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

Visit www.add-vance.org/adhd_service/qbcheck/ for more information or to arrange a booking.

Feeling stuck as a family?



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

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

Need help with your ECHP application or annual review?



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

Email coaching@add-vance.org for more information and costs.

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

DONATE

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

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

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



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

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

Thank you!

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
April 2021

A FREE course for Mums,
Dads and Carers



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

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

"I wish I had done the course sooner"

Places are funded by HCC and there are eligibility criteria
For eligibility and to book your FREE place please email: enquiries@familiesfeeling-safe.co.uk

Tel: 07748 332606



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

Families Feeling Safe Protective Behaviour Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviour 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



Parent Network April 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.
If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

Early Years ZOOM with Tracey and Georgie	Wednesdays 9.30 - 11.30am	No April session due to school holidays
ZOOM with Francine and Lesley	Monday April 12th 7pm - 9pm	Tips to help children cope with anxiety
ZOOM with Francine and Lesley	Thursday April 15th 9.30-11.30am	Giving primary aged children a voice in their EHCP with Helena Marks-Dwyer, Independent SEND Advisor
ZOOM with Siobhann	Monday April 19th 9.30-11.30am	Sensory issues explained
Teens 15+ ZOOM with Finola and Karen	Tuesday April 20th 7-9pm	Building a community of shared experiences
ZOOM with Vicky and Sharon	Wednesday April 21st 9.30 - 11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
ZOOM with Siobhann	Thursday April 22nd 7-9pm	Understanding ADHD

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

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



Parent Network May 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.
If you would like to join us, email bookings@familiesinfocus.co.uk and we'll send you the Zoom codes

Early Years ZOOM with Tracey and Georgie	Wednesday May 4th 9.30 - 11.30am	How to choose the right school for your child with Helena Marks-Dwyer, Independent SEND advisor
ZOOM with Francine and Lesley	Monday May 10th 7pm - 9pm	Smooth transitions for SEND children
ZOOM with Francine and Lesley	Thursday May 13th 9.30-11.30am	Making a sensory circuit in your home
ZOOM with Siobhann	Monday May 17th 9.30-11.30am	Understanding ADHD
Teens 15+ ZOOM with Finola and Karen	Tuesday May 18th 7-9pm	EHCP for post 16s
ZOOM with Vicky and Sharon	Wednesday May 19th 9.30 - 11.30am	Let's pop the kettle on - SEND chat, giggles and a cuppa
ZOOM with Siobhann	Thursday May 20th 7-9pm	EHCP assessments and how to prepare

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

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Autism | ADHD
Neurodiverse Conditions



Welcome to "Lending SPACE"



SPACE Equipment Lending Library will be open in April.
We will be lending out sensory, practical and educational
resources to families who live in Hertfordshire with children
and young people with additional needs

For enquires please email: lendingSPACE.herts@gmail.com

#lendingSPACE



SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
Approved County Council and Music Hub 117 679

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE course
starting
April 2021

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



Tuesday evenings Online
7.30-9.00pm
20th, 27th April, 4th, 11th, 18th & 25th
May 2021
Sessions will run on Zoom - we can help
you with this

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

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

"I wish I had done the course sooner"

Places are funded by HCC and there are eligibility criteria

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

Tel: 07748 332606



Please like us on Facebook for further
updates @familiesfeelingSAFE

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





SUMMER TERM 2021 WORKSHOPS / COURSES

Understanding The Teenage Brain
TUE/THU - APRIL
13th, 15th, 20th, 22nd
7pm - 9pm

Booking Required
For Parents/Careers

Sleep Course
FRI 16th, 23rd, 30th
APRIL,
FRI 7th, 14th MAY
9.30am - 11am

Booking Required
For Parents/Careers

EHCP Workshop 'New Application'
TUE 27th APRIL
7pm - 9pm

Booking Required
For Parents/Careers

Executive Functioning
FRI 30th
1pm - 2.30pm

Booking Required
For Parents/Careers

EHCP Workshop 'Annual Review'
TUE 4th MAY
7pm - 9pm

Booking Required
For Parents/Careers

Mental Health 'Primary'
MON 10th MAY
10am - 11.30am

Booking Required
For Parents/Careers

Mental Health 'Secondary'
WED 12th MAY
10am - 11.30am

Booking Required
For Parents/Careers

Executive Functioning
FRI 21st MAY
10am - 11.30am

Booking Required
For Parents/Careers



#SPACEhometogether

If you need any further information then please email spaceherts@gmail.com or check Eventbrite & our FB pages

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

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
NEURODIVERSE CHARITY ENGLAND AND WALES NO. 117 2176



Autism | ADHD
Neurodiverse Conditions

ONLINE SLEEP TIGHT COURSE

Dates: Friday 16th, 23rd, 30th April 2021
Friday 7th, 14th May 2021

Time: 9.30am - 11am

SPACE will deliver the accredited Sleep Tight course from The Children's Sleep Charity. This 5 week course looks at sleep and the difficulties many children with SEND experience. It is advised that you attend all sessions to gain maximum benefit. The 5th week will be a 1:1 session with a Sleep Practitioner.

The modules consist of:

- Introduction to Sleep
- Causes of Sleep Issues
- Identifying and Managing Sleep Problems
- Bedtime Routines
- Positive Bedtime

*Working to ensure that children get a good nights sleep
... and so do their parents*

Please click on the Eventbrite link below to request your place:
<https://www.eventbrite.co.uk/e/sleep-tight-5-week-course-tickets-143721574097>

Limited spaces available



spaceherts@gmail.com



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
NEURODIVERSE CHARITY ENGLAND AND WALES NO. 117 2176