

Parenting Support Autumn term 2023

(Electronic version)



DSPL7

St Albans District, Harpenden and Villages

Redbourn, Wheathampstead and Kimpton

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

Autumn courses

This booklet outlines the courses that are being run by external providers over the Autumn term 2023 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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Parent & Carer Courses Autumn Term 2023



For parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19



- 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.

Mondays 7.45-9.15pm
11th Sep to 16th Oct
Online Course ID 603



Wednesdays 7.45-9.15pm
13th Sep to 18th Oct
Online Course ID 604



Tuesdays 7.45-9.15pm
31st Oct to 5th Dec
Online Course ID 605



For parents of children with Additional Needs

Talking Additional Needs & Talking Families for AN courses

A free 6 week course for parents and carers of children with any kind of additional need.



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

Tuesdays 9.45-11.15am
12th Sep to 17th Oct
Online Course ID 597

1-12yrs



Wednesdays 8.00-9.30pm
13th Sep to 18th Oct
Online Course ID 595

1-19yrs



Tuesdays 9.30-11.30am
31st Oct to 5th Dec
FACE TO FACE Course 596
St Albans Fire Station

1-19yrs



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

For Dads

A free 6-week course for dads & male carers

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



Talking Dads and Talking Families for Dads courses

Wednesdays 7.45-9.15pm 1-12yrs

13th Sep to 18th Oct

Online Course ID 602



Tuesday 7.45-9.15pm

31st Oct to 5th Dec

Online Course ID 606

12-19yrs



For parents of 0-12-year-olds

Talking Families, 6-week course for parents and carers of children aged 0-12



- 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 8.00-9.30pm

12th Sep to 17th Oct

Online Course ID 600



Mondays 7.00-9.00pm

30th Oct to 4th Dec

FACE TO FACE Course 599

The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD



Wednesdays 8.00-9.30pm

1st Nov to 6th Dec

Online Course ID 601



Thursdays 9.45-11.15am

2nd Nov to 7th Dec

Online Course ID 598



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

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

FREE Courses open to parents and carers living in Hertfordshire

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



TALKING ASD & ADHD WORKSHOP:

SCHOOL AVOIDANCE

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



THURSDAY
19th October 2023
9.30 - 11.15am

We will help you to learn about:

- 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.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

"This is a really stressful time for my family and this workshop did help. Helpful visuals, full of information to use and I do think I will be able to move things forward."

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered.

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417>

Or contact Supporting Links QUOTING REFERENCE SL607

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council



TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



TALKING TEENS
22nd November 2023
7.30 - 9.15pm

We will help you to learn about:

- 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.
- Where to access further help and support, locally and nationally.

**'I found the 'teenage brain' fascinating.
Lots of penny dropping moments!'**

An online parenting workshop delivered to your home via Zoom 

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-609-registration-629219070177>

**Or contact Supporting Links
QUOTING REFERENCE SL609**

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council



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.

TALKING ASD & ADHD WORKSHOP:

TECH USE

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder



**WEDNESDAY 15th
November 2023**
9.30 - 11.15am

We will help you to learn about:

- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- 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.

"I now understand why we have been getting into so much conflict."

"Thank you for all your advice. Tech is such a tricky issue to navigate."

An online parenting workshop delivered to your home via Zoom 

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887>

**Or contact Supporting Links
QUOTING REFERENCE SL608**

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council



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Families In Focus CIC
LOOKING FORWARD TOGETHER



A complete guide to parenting children with SEND

Our award winning, evidence based, free 10-week course is for those parenting children aged two to 11 with all Special Education Needs & Disabilities (SEND) living in Hertfordshire.

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

"I really enjoyed the way you work together. It presented as professional, slick, well paced, inclusive and knowledgeable."
Parent quote

Wednesday evenings
6.30pm to 8.30pm

September
13th 20th 27th
&
October
4th 11th 18th
&
November
1st 8th 15th 22nd

Wednesday mornings
9.30am to 11.30am

September
13th 20th 27th
&
October
4th 11th 18th
&
November
1st 8th 15th 22nd

Increase understanding of children's behaviours that challenge.
Learn a range of strategies to reduce behaviours that challenge.
Understand children's sensory needs.
Explore children's common sleep issues.
Learn how to support siblings living with a sister/brother with SEND.
Learn communication techniques to improve children's emotional regulation.
Meet other parents living in similar families and share experiences.
Learn techniques to manage stress, conflict and so much more....

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



Families In Focus CIC
LOOKING FORWARD TOGETHER



Handling anger of children with Autism & ADHD

Facilitated by founders Lesley and Francine, this very popular, effective and award winning anger management course helps parents 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

Tuesday evenings
6.30pm to 8.30pm

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

Tuesday mornings
9.30am to 11.30am

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

Increase understanding of how Autism and ADHD may affect emotional regulation.
Attain awareness of a child's sensory world and the affect on behaviours.
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 literacy for all.
Meet and share experiences with other parents.

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







Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your family

Our FREE 6-week evidence based course is for those parenting neurotypical children aged two to 11, living in Hertfordshire.

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

- Gain greater understanding of how anger and other emotions live in your family
- Increase your understanding of triggers that cause angry outbursts
- Learn healthy anger management strategies for children & parents to reduce angry outbursts
- Discover creative ways to support children to 'let go' of anger safely
- Gain effective empathic communication techniques to reduce angry outbursts
- Meet and share experiences with other parents

**Thursday mornings
9.30am to 11.30am**

**September
14th 21st 28th
&
October
5th 12th 19th**

CONTACT US 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




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 neurodiversity.

TIME AND PLACE

General Secondary Aged Children Support Group
Tues 19/09, 17/10 - 1-2pm

Parents/Carers of 16 to 24 yrs Support Group
Tues 26/09 - 7.30-8.30 pm

PDA Support Group
Tues 10/10 - 1-2 pm


General Primary Aged Children Support Group
Tues 12/09 - 1-2 pm, 03/10 - 7.30-8.30 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


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
 12th Sept to 17th October 2023
 10 am - 12pm
 ONLINE VIA ZOOM


COMING SOON!


Hertsmere
 DATES TBC
 10am - 12pm



☎ 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 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 with a diagnosis or suspected diagnosis of ADHD and/or Autism.

ALL SESSIONS MUST BE ATTENDED

TIME AND PLACE

Wednesdays - 13th Sept to 18th Oct 2023
 ONLINE VIA ZOOM - 7 pm - 9pm
Aged 5 to 14 (or 4 and already and in reception)

COMING SOON!

Understanding ADHD & Autism in the Early years for Dads
Thursdays - 2nd Nov - 7th Dec 2023
 ONLINE VIA ZOOM - 7pm - 9pm

Understanding ADHD & Autism for Dads (Plus wider family) - St Albans - Date & Venue TBC



☎ 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 and are open to residents of Hertfordshire only


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 The ADHD and Autism Trust
 











UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS








FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS


ABOUT THE COURSE	TIME AND PLACE
<p>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</p>	<p>Thursdays 14th Sept to 19th Oct 2023 9.30 - 11.30 am ONLINE VIA ZOOM</p>

 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 and are open to residents of Hertfordshire only





ADD-vance
 The ADHD and Autism Trust
 








UNDERSTANDING TEENS WITH ADHD & AUTISM

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

ABOUT THE COURSE	TIME AND PLACE
<p>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.</p>	<p>Tuesdays 12th Sept to 17th Oct 2023 7 - 9 pm ONLINE VIA ZOOM</p>

 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 and are open to residents of Hertfordshire only





FREE ONLINE AUTUMN 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Diagnosing ADHD and/or Autism	Parents/carers	Mon	11.9.23	19:00 - 20:30	Online
Thinking about College?	Parents/carers	Wed	13.9.23	10:00 - 11:30	Online
Thinking about University?	Parents/carers	Thu	14.9.23	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	18.9.23	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	20.9.23	10:00 - 11:30	Online
Applying for an EHCP	Parents/carers	Mon	25.9.23	10:00 - 11:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Wed	27.9.23	10:00 - 11:30	Online
Understanding Autism in Girls	Parents/carers	Mon	2.10.23	10:00 - 11:30	Online
Tips & tools to Manage Eating Difficulties	Parents/carers	Wed	4.10.23	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/carers	Thu	5.10.23	10:00 - 11:30	Online
Preparing for an EHCP Annual Review	Parents/carers	Mon	9.10.23	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Wed	11.10.23	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	16.10.23	19:00 - 20:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	18.10.23	10:00 - 11:30	Online
Half Term					
Working in Partnership with School	Parents/carers	Mon	30.10.23	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	1.11.23	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Thu	2.11.23	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	6.11.23	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	8.11.23	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	13.11.23	19:00 - 20:30	Online
Tips & Tools to Support Emotional Literacy	Parents/carers	Wed	15.11.23	10:00 - 11:30	Online
Tips & Tools to Build Self Esteem	Parents/carers	Mon	20.11.23	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	22.11.23	10:00 - 11:30	Online
Understanding Neurodiverse Teens	Parents/carers	Mon	27.11.23	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	29.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	30.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Mon	4.12.23	10:00 - 11:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	6.12.23	19:00 - 20:30	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"

HCC 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 and are open to residents of Hertfordshire only



Lending SPACE Community Hub

If you live in Hertfordshire and your child has additional needs, visit us for:

- Hertfordshire's only specialist equipment Library: sensory, educational and practical resources FREE for families to borrow
- Friendly advice: help on equipment for your child's specific needs
- A listening ear: emotional and practical support
- Signposting: Knowledge and understanding of local resources, as well as community and statutory services

Stay for a drink and a chat with the SPACE team and other parent/carers. Children are welcome

Unit 19, The Maltings Business Centre, Roydon Road,
Stanstead Abbots, SG12 8HG
Mon, Wed and Sat - 9.30am - 12.30pm
lendingSPACE@spaceherts.org.uk
07565 258 694
spaceherts.org.uk/lending-SPACE














SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178



AUTUMN TERM 2023 FREE ONLINE WORKSHOPS

Wednesday 6th September	10:00-12:00	Anxiety and SEND
Thursday 7th September	10:00-12:00	Anger and Conflict
Friday 8th September	10:00-12:00	Navigating the SEND World: Post 16
Monday 11th September	19:00-20:00	Understanding ADHD
Tuesday 12th September	10:00-11:30	Autistic Girls
Wednesday 13th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
Friday 15th September	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Monday 18th September	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Tuesday 19th September	10:00-12:00	Sensory Signs, Signals and Solutions
Tuesday 19th September	19:00-21:00	ADHD in Girls and Women
Wednesday 20th September	10:00-12:00	Navigating the SEND World 0-16
Friday 22nd September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 25th September	19:00-21:00	EHCPs - New Applications
Thursday 28 September	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 29th September	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 2nd October	10:00-12:00	Navigating the SEND World: Post 16
Monday 2nd October	19:00-21:00	Sleep Workshop
Wednesday 4th October	10:00-12:00	PDA, ADHD and ODD
Thursday 5th October	10:00-11:30	Tourettes
Thursday 5th October	18:30-20:00	Access Arrangements
Friday 6th October	10:00-11:00	Understanding Autism
Thursday 12th October	19:00-21:00	Navigating the SEND World 0-16
Friday 13th October	10:00-12:00	Anxiety and SEND
Monday 16th October	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 18th October	10:00-11:30	EHCPs - Annual Reviews
Thursday 19th October	10:00-11:30	Understanding Specific Literacy Difficulties including Dyslexia
HALF TERM		
Monday 30th October	18:30-20:00	Tourettes
Wednesday 1st November	10:00-12:00	Navigating the SEND World: Post 16
Thursday 2nd November	10:00-12:00	Anger and Conflict
Friday 3rd November	10:00-12:00	Anxiety and SEND
Wednesday 8th November	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Friday 10th November	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 13th November	18:30-20:00	Autistic Girls
Monday 20th November	19:00-20:00	Understanding Autism
Friday 24th November	10:00-11:30	Understanding and Supporting Executive Functioning Difficulties
Monday 27th November	10:00-11:00	Understanding ADHD
Monday 27th November	19:00-21:00	EHCPs - From Submission to Finalisation
Tuesday 28th November	10:00-12:00	ADHD in Girls and Women
Tuesday 28th November	18:30-20:00	Understanding Specific Literacy Difficulties including Dyslexia
Wednesday 29th November	10:00-12:00	Sensory Signs, Signals and Solutions
Friday 1st December	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Monday 4th December	10:00-12:00	Navigating the SEND World 0-16
Monday 4th December	18:30-20:00	Understanding and Supporting Emotional Regulation
Friday 8th December	10:00-12:00	PDA, ODD and ADHD
Monday 11th December	19:00-21:00	Puberty and Neurodiversity
Tuesday 12th December	19:00-21:00	Navigating the SEND World: Post 16
Wednesday 13th December	10:00-12:00	Anxiety and SEND
Friday 15th December	10:00-12:00	Sleep Workshop

spaceherts.eventbrite.co.uk



SEND FAMILY SUPPORT SERVICE

Does your child have additional needs?



Do you need a listening ear?
Do you need practical help or
emotional support?

Why don't you
contact our support team?

Appointments available to book
via the website below:
<https://spaceherts.org.uk/familysupport>

For more information or general enquires regarding family
support please email - support@spaceherts.org.uk



support@spaceherts.org.uk

www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

Autumn classes for children with Down Syndrome are now open for booking

**** Please share with families you are supporting****

Little Achievers (0-5 years)

For detailed information and to book your place, click here.

Young Achievers - social skills groups for school-age children with Down Syndrome

For detailed information and to book your place, click here.

We never want cost to be a barrier for families to attending DS Achieve programmes and events. If this is the case for any families you support, please ask them to contact us confidentially at info@dsachieve.org.

For details of all DS Achieve services, visit our website by [clicking here](#).

Link to Little Achievers: https://dsachieve.org/what-we-do-for-early-years-children?mc_cid=6603cfeda9&mc_eid=19a983e2a5

Autumn term training and events

It's the start of the autumn term and that can only mean one thing... there's lots coming up at DS Achieve:

• GROUPS for children:

- **Little Achievers starts back on Thursday 14th September:** [Little Achievers - AUTUMN '23 Tickets](#), Thu 14 Sep 2023 at 10:00 | [Eventbrite](#)
- **Young Achievers starts back on Saturday 16th September:** [Young Achievers - Social Skills group - AUTUMN '23 Tickets](#), Sat 16 Sep 2023 at 14:30 | [Eventbrite](#)

• TRAINING:

- Our **EHCP workshop** - What to do when things don't go to plan (Part 2) is on Friday 29th September
- Our schools training starts on Monday 9th October with our three part course **Supporting Pupils with Down Syndrome in Education - for education professionals**
- SIBS are running their **Supporting Siblings of Children with SEND** course for us on Friday 20th October

Check out our website for details on these events and more:

www.dsachieve.org/news/2023/9/5/welcome-to-the-new-academic-year

https://www.eventbrite.co.uk/e/little-achievers-autumn-23-tickets-667388947307?aff=odeimcmalchimp&mc_cid=ab0cd4401e&mc_eid=19a983e2a5

https://www.eventbrite.co.uk/e/young-achievers-social-skills-group-autumn-23-tickets-667404463717?aff=odeimcmalchimp&mc_cid=ab0cd4401e&mc_eid=19a983e2a5

http://eve.org/news/2023/9/5/welcome-to-the-new-academic-year?mc_cid=ab0cd4401e&mc_eid=19a983e2a5

Autumn Term Groups



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 week group Tuesday 12 September to 17 October 7.00pm – 9.00pm Online via MS Teams

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 week group Thursday 5 October to 16 November 7.00pm – 9.00pm Online via MS Teams

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.

Dads Together (face to face 6 week group) Tuesday 7 November to 12 December 7.30pm – 9.30pm Canary Club, Fishponds Road, Hitchin SG5 1NU

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.

Sorting out Arguments in the Family - 6 week group Wednesday 8 November to 13 December 9.30am – 11.30am Online via MS Teams

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

Anxiety around ADHD workshop Tuesday 7th November 9.30am – 11.30am Online via MS Teams

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 workshop Thursday 7th December 9.30am – 11.30am Online via MS Teams

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.



Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
Monday evenings
starting
2 October 2023

A FREE course for Mums,
Dads, Step-Parents and
Carers



Online Monday evenings
7.00pm – 9.00pm

2, 9, 16, 30 Oct, 6, 13, 20 & 27
Nov 2023



Online Tuesday mornings
9.30am – 11.30am

3, 10, 17, 31 Oct, 7, 14, 21 & 28
Nov 2023

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

Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number OS/E3



HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk