



Delivering Special
Provision Locally

DSPL7

Parenting Support

Summer term

2024



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 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

Handling anger of primary aged children with Autism or ADHD

Our award-winning six-week course is funded by Hertfordshire County Council and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire.

This course for parents provides practical, evidence based support to understand why children with Autism or ADHD react with anger and provides proven techniques to increase emotional and sensory regulation in your family.



Wednesday mornings

9.30am to 11.30am

April 17th 24th &

May 1st 8th 15th 22nd

Email Francine & Lesley:

bookings@familiesinfofocus.co.uk

Wednesday evenings

6.30pm to 8.30pm

April 17th 24th &

May 1st 8th 15th 22nd

Email Francine & Lesley:

bookings@familiesinfofocus.co.uk



A complete guide to parenting children with Autism & ADHD and associated conditions

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 aims to 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....

Tuesday evenings from 6.30pm to 8.30pm
April 16, 23, 30 &
May 7,14,21 &
June 4,11,18,25



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

Tuesday mornings from 9.30am to 11.30am
April 16, 23, 30 &
May 7,14,21 &
June 4,11,18,25

"I enjoyed talking with other parents who were also struggling to understand their children and Lesley and Francine gave us all great tips to practice and then listened to us after we tried them, I felt safe and confident in the group and would recommend this course to all parents."



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of primary aged children

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

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

**Monday evenings from
6.30pm to 8. 30pm**

**April 15th 22nd 29th
&
May 13th 20th**



Understand more about what triggers children's anger
Learn techniques to increase children's emotional regulation and decrease angry
meltdowns

Increase understanding of how to support children who feel anxious

Meet other parents and share experiences

Learn techniques to manage parental stress

Email Francine & Lesley to secure your free place:

bookings@familiesinfofocus.co.uk or

visit our website to see course information:



FREE ONLINE SUMMER 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	15.4.24	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	17.4.24	19:00 - 20:30	Online
Supporting the Transition to Primary School	Parents/carers	Mon	22.4.24	10:00 - 11:30	Online
Supporting the Transition to Secondary School	Parents/carers	Wed	24.4.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	29.4.24	19:00 - 20:30	Online
Understanding Autism in Girls	Parents/carers	Wed	1.5.24	10:00 - 11:30	Online
Understanding ADHD in Girls	Parents/carers	Tue	7.5.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	8.5.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Thu	9.5.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	13.5.24	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	15.5.24	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Thu	16.5.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Mon	20.5.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Wed	22.5.24	19:00 - 20:30	Online
Half Term					
Understanding ADHD and Autism in the Early Years	Parents/carers	Tue	4.6.24	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Wed	5.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Tue	11.6.24	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Wed	12.6.24	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/carers	Mon	17.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes (Transitions)	Parents/carers	Wed	19.6.24	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Mon	24.6.24	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	26.6.24	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	27.6.24	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/carers	Mon	1.7.24	19:00 - 20:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Wed	3.7.24	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	8.7.24	19:00 - 20:30	Online
Supporting Siblings	Parents/carers	Wed	10.7.24	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 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

Tuesdays

16th Apr to 21st May 2024

9.30 to 11.30 am

Park Street Village Hall

Park Street

St Albans

AL2 2PX

☎ 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 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

Thursdays
6th Jun - 11th Jul 2024
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 (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

18th Apr to 23rd May 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/>**

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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

17th Apr - 22nd May 2024

7 to 9 pm

ONLINE VIA ZOOM

Wednesdays

5th Jun - 10th July 2024

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/>**

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 GIRLS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of girls aged 5 to 14 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

4th Jun to 9th Jul 2024

10 am - 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 neurodiversity.

TIME AND PLACE

General Primary Aged Support Group

Tue 16/4 - 1.30-2.30 pm

General Secondary Aged Children Support Group

Tue 23/4 - 1.30-2.30 pm

Parents/Carers of 16 to 24 yrs Support Group

Wed 1/5 - 7.30-8.30 pm

PDA Support Group

Tue 7/5 - 1.30-2.30 pm

General Primary Aged Children Support Group

Tues 14/5 - 1.30-2.30 pm

General Secondary Aged Children Support Group

Tue 21/5 - 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

Supporting Families with Protective Behaviours

Online courses
starting
May 2024



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

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

enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216

Please quote the course code and a mobile number



Please like us on Facebook for further updates @familiesfeelingsafe

Evening
Tuesdays
7.00pm—9.00pm
7 May — 2 July
For mums, dads &
carers
Course code L5/eve

Daytime
Tuesdays
9.30am—11.30am
4 June—9 July
For mums, dads &
carers
Course code L5/am

Evening
Thursdays
7.00pm—9.00pm
9 May — 4 July
For dads & male carers
Course code L4/eve



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.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

Summer 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 weeks) Online group

Wednesday 15 May to 26 June 7pm - 9pm

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. Our programme covers:

- ADHD/ ASD - a whole-family issue
- Understanding your child's behaviour
- Helping your child manage their feelings and outbursts
- Balancing support of siblings
- Learning about structure and routines
- Supporting your child at school

Sorting Out Family Arguments (6 weeks) Online group

Thursday 16 May to 27 June 7pm - 9pm

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. Our programme covers:

- How parents and children can be affected by conflict
- Strategies in handling and resolving conflict and anger
- Parent's role when there is sibling rivalry and jealousy, fostering cooperation rather than competition
- Effective communication, implementing boundaries and how to negotiate

Less Shouting, More Cooperation (6 weeks) Online group

Monday 3 June to 8 July 9.30 to 11.30

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. Our programme covers:

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation

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

Tuesday 4 June to 9 July 7pm - 9pm

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise. Our programme covers:

- Learn tools to help teenagers manage difficult emotions and become more emotionally resilient
- How to change parenting styles to meet the developmental needs of your teenager & remain effective
- How to talk to teens so they will talk to you and build strong relationships
- How to set effective boundaries to stop problem behaviour

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



SPACE HERTFORDSHIRE
SUMMER TERM 2024 **FREE ONLINE WORKSHOPS**

Monday 15th April	19:00-20:00	Understanding Autism
Tuesday 16th April	10:00-12:00	ADHD in Girls and Women
Wednesday 17th April	10:00-12:00	Navigating the SEND World
Friday 19th April	10:00-12:00	Anxiety and SEND
Monday 22nd April	19:00-20:30	EHCP: Annual Reviews
Wednesday 24th April	10:00-12:00	Understanding Behaviour as Communication
Wednesday 24th April	19:00-20:00	Questions and Answers with... Karen Spencer
Friday 26th April	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 29th April	18:30-20:00	Autistic Girls
Wednesday 1st May	10:00-12:00	Puberty and SEND
Thursday 2nd May	10:00-12:00	Navigating the SEND World Post 16
Friday 3rd May	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Tuesday 7th May	18:30-20:00	Access Arrangements
Thursday 9th May	10:00-11:30	Understanding and Supporting Executive Functioning
Friday 10th May	10:00-12:00	Sleep Workshop
Monday 13th May	10:00-11:30	Understanding Specific Literacy Difficulties Including Dyslexia
Tuesday 14th May	18:30-20:00	Anger and Conflict
Wednesday 15th May	10:00-12:00	EHCP: New Applications
Thursday 16th May	10:00-12:00	Sensory Workshop
Friday 17th May	10:00-12:00	No Two Brains are The Same: What is Neurodiversity
Tuesday 21st May	10:00-11:00	Understanding ADHD
Wednesday 22nd May	10:00-11:30	Tourettes
Thursday 23rd May	18:30-20:00	Understanding and Supporting Emotional Regulation
HALF TERM		
Monday 3rd June	10:00-12:00	Anxiety and SEND
Tuesday 4th June	18:30-20:30	Navigating the SEND World
Wednesday 5th June	10:00-11:00	Understanding Autism
Thursday 6th June	19:00-21:00	Sleep Workshop
Monday 10th June	18:30-20:30	Navigating the SEND World Post 16
Wednesday 12th June	10:00-12:00	Understanding Behaviour as Communication
Friday 14th June	10:00-12:00	Understanding Dual Diagnosis: Autism & ADHD
Monday 17th June	18:30-20:00	Understanding Specific Literacy Difficulties Including Dyslexia
Tuesday 18th June	18:30-20:30	ADHD in Girls and Women
Wednesday 19th June	10:00-11:30	Autistic Girls
Friday 21st June	10:00-12:00	Puberty and SEND
Thursday 27th June	19:00-21:00	Sensory Workshop
Friday 28th June	10:00-12:00	No Two Brains are The Same: What is Neurodiversity
Monday 1st July	18:30-20:00	Understanding and Supporting Executive Functioning
Wednesday 3rd July	10:00-12:00	EHCP: Submission to Finalisation
Thursday 4th July	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 5th July	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Monday 8th July	18:30-20:00	Tourettes
Wednesday 10th July	10:00-11:00	Understanding ADHD
Tuesday 16th July	10:00-11:30	Anger and Conflict



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



NAVIGATING THE SEND WORLD

4 week online course

● ● ● Taking place on (Thursday) April 18th, 25th, May 2nd and 9th

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 Herts 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 Hertfordshire 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

(Tuesday) April 23rd, 30th, May 7th and 14th: 10am - 12pm



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



PARENTING ADHD SKILLS

3 week online course

● ● ● (Monday) 6th, 13th and 20th May, 19:00 - 21:00

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



TALKING SENSORY: SIGNS, SIGNALS AND SOLUTIONS

2 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

(Tuesday) 4th and 11th June: 10am - 12pm



Book via Eventbrite: SPACE Herfordshire
This course is commissioned by Hertfordshire County Council



STARTING SPACE

2 week courses

Thursday, April 18th and 25th or Thursday, May 16th and 23rd 10am-12pm
Lending SPACE, The Maltings Business Centre
Roydon Road, Stanstead 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 modelling interactions, intentions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

St Nicholas and Martins Wood Family Centre, Stevenage, SG1 5RD

10am-12pm, Friday Mornings June 7th, 14th, 21st, 28th and July 5th, 12th



Book via Eventbrite: SPACE Hertfordshire



SLEEP TIGHT

3 weeks online course

● ● ● (Tuesday) June 25th, July 2nd and 9th: 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





Funded Mental Health Workshops, Advice and Support for Parents and Carers in Hertfordshire



The aim of this funded support is to help parents/carers develop a positive and more confident approach to supporting their child. Our friendly and experienced staff offer a chance to gain peer support; useful strategies and practical tools.

What we offer:

Free Webinars

- Anxiety and Building Resilience
- Self-harming Behaviours
- School Avoidance
- Bereavement and Loss including Divorce and Separation
- Disordered Eating
- Supporting a Child or Young Person who is Gender Questioning
- Managing Meltdowns

Parent Support line

- Tel: 07932 651319

Private Moderated Facebook Support Group

- NESSie Parent/Carer Support Group

1-1 Support and Advice Sessions

Peer Support Group

A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

To book, please visit nessieined.com or Scan the QR code



@nessieined



07932 651319



@nessieined



@nessieinedcic



@NESSieinED



<https://nessieined.com/>

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406



Upcoming Free Parent/Carer Webinars in Hertfordshire

Come and meet our friendly, qualified team who are there to support you with confidence, skills and tools.

Supporting Children/Young People who Struggle to Attend School

Thursday 2nd May

Thursday 17th June

9:30am - 11:30am

Supporting Children/Young People who are LGBTQ+ or Gender Questioning

Thursday 16th May

Thursday 20th June

9:30am - 11:30am

Supporting Children/Young People with Anxiety

Thursday 18th April

Thursday 6th June

9:30am - 11:30am

Supporting Children/Young People with Bereavement and Loss

Tuesday 25th June

9:30am - 11:30am

Supporting a Child/Young Person with Self-Harming Behaviours

Wednesday 3rd July

9:30am - 11:30am

8 Week Online Peer Support Group for Parents/Carers of Children Avoiding School

Tuesday 23rd April -
Tuesday 18th June

9:30am - 11:30am

To book, please visit nessieined.com or click the workshops above.

Please note that these webinars are delivered live via Microsoft Teams and may run over.

Joining links will be sent via email 24 hours before the event.

Helping children and young people thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406



Parent & Carer Support Summer 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.



Wednesdays 7.45-9.15pm

17th April – 22nd May

Online Course: ID 657

Wednesdays 7.00-9.00pm

5th June – 10th July

The Reddings Family Centre
Harcourt Rd, Bushey WD23 3PE

In Person Course: ID 658

TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged 0-12, supporting you to:

- Understand why children 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 9.45-11.30am

17th April – 22nd May

Online Course: ID 654

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.



Thursdays 7.45-9.15pm

18th April – 23rd May

Online Course: ID 659

Wednesdays 7.45-9.15pm

5th June – 10th July

Online Course: ID 660

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 8.00-9.30pm

16th April – 21st May

Online Course ID 656

Tuesdays 9.45-11.15am

4th June – 9th July

Online Course ID 653

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of 12-19 year olds, 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 7.45-9.30pm

4th June – 9th July

Online Course ID 655

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.



Thursdays 9.45-11.15am

18th April – 23rd May

Course ID 651

Tuesdays 8.00-9.30pm

4th June – 9th July

Course ID 652

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.



DSPL7

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



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admin@dspl7.org.uk



www.dspl7.org.uk



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