



Delivering Special  
Provision Locally

# DSPL7

## Parenting Support Spring term 2025



**DSPL7**

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

# Spring Courses

This booklet outlines the courses that are being run by external providers over the Spring term 2025 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

ADD-vance	<b>1</b>
BeeZee Bodies	<b>7</b>
Children's Wellbeing Practitioner workshops	<b>8</b>
DSPL7 EBSA coffee mornings	<b>9</b>
Families Feeling Safe	<b>10</b>
Families in Focus	<b>11</b>
Family Lives	<b>16</b>
NESSie	<b>17</b>
SPACE	<b>18</b>
Supporting Links	<b>24</b>
Vista and DSPL7 SEND coffee mornings	<b>29</b>

# Add-vance



**ADD-vance**  
The ADHD and Autism Trust



## **UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS**

### **FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS**

#### **ABOUT THE COURSE**

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

#### **TIME AND PLACE**

##### **Thursdays**

7/1/25 - 11/2/25

9.30 to 11.30 am

##### **ONLINE VIA ZOOM**





☎ 01727 833963


✉ [herts@add-vance.org](mailto: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





## 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**  
9/1/25 - 13/2/25  
10 am to 12 pm  
**Phillimore Community Centre, Radlett,  
WD7 8NN**

**Tuesdays**  
25/2/25 - 1/4/25  
10 am to 12 pm  
**ONLINE VIA ZOOM**

☎ 01727 833963    ✉ [herts@add-vance.org](mailto:herts@add-vance.org)    🌐 <http://www.add-vance.org/>

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

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



**ADD-vance**  
The ADHD and Autism Trust



## UNDERSTANDING ADHD & AUTISM IN THE 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 (or 11 and already in secondary) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

### TIME AND PLACE

**Understanding Teens for Dads**

**Wednesdays 26/2/25 - 2/4/25**

7 to 9 pm

**Understanding Teens (Priority Stevenage)**

**Thursdays 27/2/25 - 3/4/25**

10 am to 12 pm

**ONLINE VIA ZOOM**

☎ 01727 833963

✉ [herts@add-vance.org](mailto: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 FOR PARENTS/CARERS OF 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**

**Thursdays**

9/1/25 - 13/2/25

7 to 9 pm

**ONLINE VIA ZOOM**

☎ 01727 833963

✉ [herts@add-vance.org](mailto: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 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**

**Understanding ADHD and Autism**

**Mondays:** 06/01/25 - 10/02/25 - 7 to 9pm

**Thursdays:** 27/02/25 - 03/04/25 - 10am to 12pm

**Understanding ADHD/Autism in the Teen Yrs**

**Wednesdays** 26/02/25 - 02/04/25 - 7 to 9pm

**ONLINE VIA ZOOM**

☎ 01727 833963

✉ [herts@add-vance.org](mailto: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



## FREE ONLINE SPRING 2025 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	6.1.25	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	8.1.25	19:00 - 20:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/carers	Fri	10.1.25	10:00 - 11:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/carers	Mon	13.1.25	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Wed	15.1.25	19:00 - 20:30	Online
Understanding PDA	Parents/carers	Fri	17.1.25	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	20.1.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Fri	24.1.25	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	27.1.25	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	29.1.25	19:00 - 20:30	Online
Applying for an EHCP	Parents/carers	Mon	3.2.25	10:00 - 11:30	Online
Preparing for an EHCP Review	Parents/carers	Wed	5.2.25	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Mon	10.2.25	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	12.2.25	10:00 - 11:30	Online
<b>Half Term</b>					
Understanding ADHD and Autism in the Early Years	Parents/carers	Mon	24.2.25	10:00 - 11:30	Online
Supporting Siblings	Parents/Carers	Wed	26.2.25	10:00 - 11:30	Online
Support for Dads and Other Male Carers	Parents/Carers	Mon	3.3.25	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	5.3.25	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Fri	7.3.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/carers	Mon	10.3.25	19:00 - 20:30	Online
Support the Transition to Secondary School	Parents/carers	Wed	12.3.25	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	17.3.25	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Wed	19.3.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Mon	24.3.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/carers	Wed	26.3.25	10:00 - 11:30	Online
Tips & Tools for Positive Behaviour	Parents/carers	Mon	31.3.25	19:00 - 20:30	Online
Tips & Tools to Manage School Absence	Parents/carers	Wed	2.4.25	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](mailto: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

# BeeZee Families



**FREE Healthy Lifestyle support  
for families in Hertfordshire**

**Our FREE 12 week in-person and online programmes  
start on week commencing 20th January 2025**



Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD  Aberford Park Community Centre, WD6 1PN  4:30 - 6:30pm	HEMEL HEMPSTEAD  Hobletts Manor Junior School HP2 5JS  5:30 - 7:30pm	STEVENAGE  Oval Community Centre SG1 5RD  5:00 - 7:00pm	HATFIELD  Birchwood Avenue Primary School, AL10 0PS  5:00 - 7:00pm
CHESHUNT  Andrews Lane Primary School, EN7 6LB  4:30 - 6:30pm	** NO SESSION **	WATFORD  Leavesden Green Community Hub, WD25 0BW  5:30 - 7:30pm	** NO SESSION **



Sign up today!



BZBinfo@maximusuk.co.uk



01707 248 648



# Children's Wellbeing Practitioner workshops

## Children's Wellbeing Practitioner Workshops January – March 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
<b>Emotional Wellbeing (For Young People 11-16)</b> A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Tuesday 14th January 18:00-20:00 Wednesday 26th March 18:00-20:00
<b>Adolescent Self-Esteem and Resilience</b> A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Monday 27th January 18:00-20:00 Thursday 13th March 18:00-20:00
<b>Supporting your Child's Self-Esteem and Resilience</b> A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 24th February 18:00-20:00
<b>Supporting with Sleep Difficulties</b> This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Thursday 6th February 18:00-20:00
<b>Developing your Child's Emotional Literacy</b> A workshop focused on parents supporting their child with developing emotional literacy.	Monday 6th January 18:00-20:00 Tuesday 11th February 10:00-12:00 Tuesday 4th March 18:00-20:00
<b>General Emotional Wellbeing and Regulation Tips for Parents</b> A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 22nd January 10:00-12:00 Monday 17th February 18:00-20:00 Tuesday 19th March 10:00-12:00

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:  
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

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

# DSPL7 EBSA coffee mornings



Delivering Special  
Provision Locally



## Emotionally Based School Anxiety Coffee mornings

These EBSA coffee mornings are for parents/ carers with a child in years 5-6 at primary school or years 7-11 at secondary school, who are not attending school because of EBSA issues. This event is being run by DSPL7 with Services for Young People, and **young people are also welcome to attend.** This is a drop-in session with no need to book



Coffee mornings take place at the **The Pioneer Club, Heathlands Drive, St Albans, Hertfordshire, AL3 5AY**, at the community cafe, Suet Yard. Sessions run from 9:30 - 11:30am on the following dates:

Dates	
Wednesday 22nd January 2025	Tuesday 11th March 2025
Wednesday 14th May 2025	Thursday 19th June 2025



[admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)



01727 519229



[www.dspl7.org.uk](http://www.dspl7.org.uk)

# Families Feeling Safe

## Supporting Families with Protective Behaviours

Online courses  
starting  
January 2025



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@familiesfeeling-safe.co.uk](mailto:enquiries@familiesfeeling-safe.co.uk)

Tel: 07850 518216

\*Please quote the course code and your mobile number



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

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeeling-safe.co.uk](http://www.familiesfeeling-safe.co.uk) E-mail: [enquiries@familiesfeeling-safe.co.uk](mailto:enquiries@familiesfeeling-safe.co.uk)

For Mums, Dads &  
Carers

Tuesdays

28 Jan—25 March

9.30am—11.30am

Course code L5/am

Or

7.00pm—9.00pm

Course code L5/eve

For Dads & Male  
Carers

Thursdays

30 Jan—27 March

7.00pm—9.00pm

Course code L4/eve



# Families in Focus



## **A complete guide to parenting children with Autism & ADHD**

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

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

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

**Tuesday mornings 9.30am to 11.30am**

**or**

**Tuesday evenings 6.30pm to 8.30pm**

**January 7th 14th 21st 28th &**

**February 4th 11th 25th &**

**March 4th 11th**



**Email us: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or  
visit our website to see all course information:  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)**

# Families in Focus



Families In Focus CIC  
LOOKING FORWARD TOGETHER



*Transforming family life with empathy*

## **For Fathers of children**

aged 4 to 10 years living in Hertfordshire and  
Bedfordshire.

**Francine and Lesley will use an empathic  
approach to help parents develop:**

Empathy to stay emotionally regulated and guide  
children through heightened emotions, thoughts and  
behaviours.

&

Help children to manage their anxiety.

Help to reduce aggressive behaviours.

Build stronger family connections.

*This is an interactive, online course*

Wednesday evenings from 6.30 pm to 8.30 pm

November 27th & December 4th, 11th

**To book your place, email Francine and Lesley:**

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

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

# Families in Focus



Families In Focus CIC  
LOOKING FORWARD TOGETHER



*Transforming family life with empathy*

## **For Grandparents of children**

aged 4 to 10 years living in Hertfordshire and  
Bedfordshire.

## **Francine and Lesley will use an empathic approach to help parents develop:**

Empathy to stay emotionally regulated and guide  
children through heightened emotions, thoughts and  
behaviours.

&

Help children to manage their anxiety.

Help to reduce aggressive behaviours.

Build stronger family connections.

*This is an interactive, online course*

Monday mornings from 9.30 am to 11.30 am

November 11th & 18th

**To book your place, email Francine and Lesley:**

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

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

# Families in Focus



Funded by HCC  
Targeted Parenting Fund

## Handling anger of primary aged children with Autism or ADHD

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

**Our online, interactive course for parents provides practical support to understand why children with Autism or ADHD react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation and connection for all.**

**Mondays**

**January 6th 13th 20th 27th & February 3rd 10th**

**Times:**

**Mornings: 9.30 to 11.30am**

**'Lunch & Learn' 12.30pm to 2pm**

**Evenings: 6.30pm to 8.30pm**

**Email Francine & Lesley:  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**

# Families in Focus



This course is funded by  
Hertfordshire Targeted Parenting Fund



Families In Focus CIC  
LOOKING FORWARD TOGETHER

## Handling anger in your family

Our award-winning course is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Facilitated by founders, Lesley and Francine,  
our online, interactive course will transform family life and includes:

**A safe space for parents to share experiences & knowledge**

**Increase understanding of the triggers leading to children's & parents' anger**

**Techniques to increase children's emotional regulation & reduce angry meltdowns**

**Strategies to support children to understand and 'let go' of their emotions safely**

**Tried & tested techniques to reduce stress and conflict**

**Wednesdays**

**January 8th 15th 22nd 29th & February 5th 12th**

**Mornings: 9.30am to 11.30am**

**Evenings: 7pm to 8.30pm**

Email Francine & Lesley to secure your free place: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)  
or

visit our website to see course information: [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

# Family Lives



## Family Lives Spring Term Programme 2025

### **Less Shouting, More Cooperation (6 weeks) Online group**

**Wednesday 22 January to 5 March 7.00pm to 9.00pm**

A programme to help parents be more effective at getting their children to cooperate and listen to them

### **Bringing Up Confident SEN Children (6 weeks) Online group**

**Monday 3 February to 17 March 9.30am to 11.30am**

A programme to help parents gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school

### **Sorting Out Arguments in your Family (6 weeks) Online group**

**Wednesday 5 February to 19 March 9.30am to 11.30am**

A programme aimed at helping sort out arguments between parents and their children and between brothers and sisters

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

**Thursday 27 February to 3 April 9.30am to 11.30am**

A programme to help parents understand and get on better with their teenage children. Maybe there is an FFA/CIN/CP in place and need more support

### **Dads Together**

**Wednesday 26 February to 2 April 7.00pm to 9.00pm**

A programme to support dads in learning how to change the way you communicate with your child, respond better and feel more in control

For more information, please contact Louise on

**0204 522 8700** or email [services@familylives.org.uk](mailto:services@familylives.org.uk).

Please scan our QR code for our referral form.



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



## UNDERSTANDING MY AUTISM/ADHD

The ever popular 'My World and Me'  
Understanding My Autism/ADHD 12-week  
programme will run online and in person across  
Hertfordshire.

### NEW DATES AVAILABLE FOR JANUARY!

[FIND OUT MORE HERE](#)



<https://procfu.com/nespubbooking>

New dates released... book now

## UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help young people learn more about neurodiversity and their own experiences

6 week and 2 day courses starting in Jan and Feb



Scan to book

For more information or to make a referral:  
services@spaceherts.org.uk



### Through Interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

### Eligibility

- Diagnosis of Autism or ADHD, or both
- School years 3-6, 7-9 and 10-11
- Hertfordshire resident

This is part of a wider pilot project for neurodivergent children and young people being commissioned by HCC and the NHS.



## Bright Beginnings

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

Scan to book



### About Bright Beginnings

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions
- Get tailored guidance on local activities, services, workshops, and educational support.
- Access optional family support and benefit from specialised advice for key transitions like starting or changing schools and so much more.

### Criteria for Participation:

- Children aged 0-5 years
- On the pathway or diagnosed with autism / communication difficulties

### Location:

- In person in Stanstead Abbots, Ware

### Course dates

Weds, 29th January: 1:15 - 2:15pm
Weds, 5th February: 1:15 - 2:15pm
Weds, 12th February: 1:15 - 2:15pm
Weds, 26th February: 1:15 - 2:15pm
Weds, 5th March: 1:15 - 2:15pm
Weds, 12th March: 1:15 - 2:15pm



## FIRST STEPS in person in Hoddesdon

Free 5-week Courses 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, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

### Hoddesdon Library

10am-12pm, Friday Mornings 28th February and 7th, 14th, 21st and 28th March



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



## NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks 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

Thursdays 23rd, 30th January and 6th, 13th February

10:00am-12:00pm online



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



## PRIMARY STEPS in person in Stevenage

Free 6-week Course for Parents and Carers  
of Autistic Children in the Primary 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, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

### The Oval, Stevenage

10am-12pm, Friday Mornings January 10th, 17th, 24th, 31st and February 7th, 14th



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



## STARTING SPACE

### 2 week courses

Thursday, 16th and 23rd January or Thursday, 20th and 27th March

10am-12pm

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  
This course is commissioned by Hertfordshire County Council



## TALKING SENSORY

### 3 Week Online Courses



#### Course content

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

Mondays 27th January and 3rd, 10th February: 19:00-21:00  
or  
Wednesdays 12th, 19th, 26th March: 10:00-12:00



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



## NAVIGATING THE SEND WORLD

### 4 weeks online course

● ● ● ● Thursdays 6th, 13th, 20th, 27th March, 10am-12pm

#### Course outcomes

- Feel more empowered to seek support
- Increase your awareness of what services are available for your family
- Learn the acronyms and language you will need to be familiar with
- Understand the referral systems
- 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 your child
- Feel confident about what to do next and how to access the support and services you need



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



## PARENTING ADHD

### 3 week online course

● ● ● Mondays 25th February and 3rd, 10th March, 10am-12pm

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



## SLEEP TIGHT

### 3 weeks online course

● ● ● Tuesdays 7th, 14th and 21st January, 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



## SPRING TERM 2025 FREE ONLINE WORKSHOPS

Monday 6th January	18:30-20:30	ADHD in Girls and Women
Tuesday 7th January	18:30-20:00	Access Arrangements
Wednesday 8th January	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 9th January	10:00-12:00	Navigating the SEND World
Friday 10th January	10:00-12:00	Understanding Behaviour as Communication
Monday 13th January	18:30-20:30	Navigating the SEND World Post 16
Tuesday 14th January	18:30-20:00	Understanding and Supporting Executive Functioning
Wednesday 15th January	10:00-11:30	Understanding Dyslexia
Thursday 16th January	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 17th January	10:00-12:00	Anxiety and SEND
Monday 20th January	10:00-12:00	Therapeutic Thinking for Parent Carers
Monday 20th January	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 22nd January	10:00-12:00	EHCP: New Applications
Friday 24th January	10:00-11:00	Understanding Autism
Tuesday 28th January	10:00-12:00	Sleep Workshop
Wednesday 29th January	10:00-11:30	Autistic Girls
Friday 31st January	10:00-12:00	PDA, ODD and ADHD
Tuesday 4th February	10:00-11:30	EHCP: Annual Reviews
Wednesday 5th February	10:00-11:30	Planning For Your Child's Future
Monday 10th February	10:00-11:00	Understanding ADHD
Tuesday 11th February	10:00-12:00	Puberty and SEND
Tuesday 11th February	18:30-20:00	Understanding Tics and Tourette's
Friday 14th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
HALF TERM		
Monday 24th February	10:00-12:00	ADHD in Girls and Women
Monday 24th February	18:30-19:30	Understanding Autism
Wednesday 26th February	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 27th February	18:30-20:30	Puberty and SEND
Monday 3rd March	18:30-19:30	Understanding ADHD
Wednesday 5th March	10:00-12:00	Navigating the SEND World Post 16
Thursday 6th March	18:30-20:00	Autistic Girls
Friday 7th March	18:30-20:00	Understanding Behaviour as Communication
Monday 10th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 13th March	10:00-11:30	Understanding Dyslexia
Friday 14th March	10:00-12:00	PDA, ODD and ADHD
Monday 17th March	18:30-20:30	Navigating the SEND World
Tuesday 18th March	10:00-12:00	Anxiety and SEND
Friday 21st March	10:00-11:30	Understanding Tics and Tourette's
Monday 24th March	19:00-21:00	Sleep Workshop
Tuesday 25th March	10:00-11:30	Understanding and Supporting Executive Functioning
Thursday 27th March	19:00-21:00	EHCP: Submission to Finalisation
Friday 28th March	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD



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



# Supporting Links

## Parent & Carer Support Spring Term 2025



**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 7pm - 9pm**

**26<sup>th</sup> Feb - 2<sup>nd</sup> Apr**

**Face to Face: ID 707**

**Gade Community Room  
Oakleaf Primary School,  
Hemel Hempstead**

**Tuesdays 7.45 - 9.15pm**

**7<sup>th</sup> Jan - 11<sup>th</sup> Feb**

**Online Course: ID 708**

### TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, supporting you to:

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



**Wednesdays 7.45 - 9.30pm**

**8<sup>th</sup> Jan - 12<sup>th</sup> Feb**

**Online Course: ID 705**

### TALKING DADS

6, weekly sessions for dads & male carers, 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.



**Mondays 7.45 - 9.15pm**

**6<sup>th</sup> Jan - 10<sup>th</sup> Feb**

**Online Course: ID 710**

**0-19yrs**

**Thursdays 7.45 - 9.15pm**

**27<sup>th</sup> Feb - 3<sup>rd</sup> Apr**

**Online Course: ID 711**

**0-11yrs**

**Wednesdays 7.45 - 9.15pm**

**26<sup>th</sup> Feb - 2<sup>nd</sup> Mar**

**Online Course: ID 712**

**12-19yrs**

# Supporting Links

## TALKING FAMILIES

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

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



**Tuesdays 9.45 - 11.15am**

**7<sup>th</sup> Jan – 11<sup>th</sup> Feb**

**Online Course ID 703**

**Tuesdays 8.00 - 9.30pm**

**7<sup>th</sup> Jan – 11<sup>th</sup> Feb**

**Online Course ID 704**

**Tuesdays 8.00 - 9.30pm**

**25<sup>th</sup> Feb – 1<sup>st</sup> Apr**

**Online Course ID 702**

## TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, 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.



**Mondays 7.45 - 9.30pm**

**24<sup>th</sup> Feb – 31 Mar**

**Online Course ID 706**

## TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need.

Your child does not need a diagnosis.

- 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.



**Tuesdays 9.45 - 11.15am**

**25<sup>th</sup> Feb – 1<sup>st</sup> Apr**

**Course ID 701**

**2-19yrs**

**Wednesdays 7.45 - 9.15pm**

**8<sup>th</sup> Jan – 12 Feb**

**Online Course ID 709**

**12-19yrs**

### 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](mailto: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.



# Supporting Links

## Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2025



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

← Eventbrite Page

### THE TEENAGE YEARS



Tuesday 4<sup>th</sup> March 7.30-9.15pm

Workshop SL715 book via Eventbrite:  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-715-for-parents-carers-in-herts-registration-1064332389829>

- 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.

### SIBLING STRUGGLES



Thursday 13<sup>th</sup> February 7.30-9.15pm

Workshop SL713 book via Eventbrite:  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-713-for-parents-carers-in-herts-registration-1065018812939>

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

### RESPONDING to ANGER



Wednesday 2<sup>nd</sup> April 9.30-11.15am

Workshop SL714 book via Eventbrite:  
<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-714-for-parents-carers-in-herts-registration-1065126535139>

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Follow on:



Contact via:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County  
Council's Targeted Parenting Fund



# Supporting Links

## Parent & Carer Support

### BITESIZE PARENTING

A Supporting Links workshop collection



Practical interactive online workshops FREE to parents and carers living in Hertfordshire



Eventbrite page

HOW DO I GET MY CHILD TO EAT BETTER?

No matter how restrictive your child's diet is, there are things you can do to help



THU 16 Jan 2025 10-11 am

<https://bit.ly/4i0OaSx>



WHAT IS GOING ON IN MY TEENAGER'S HEAD?

How & why adolescent development affects teen behaviour



THU 23 Jan 2025 7-8pm

<https://bit.ly/40VVLvA>



WHY DOES MY CHILD BEHAVE LIKE THAT?

Learn the 7 underlying causes behind all behaviour



MON 27 Jan 2025 1:30-2:30pm

<https://bit.ly/3V6TwBH>



WHY DOES MY CHILD GIVE UP SO EASILY?

Build resilience in your child and encourage them to have a go, or keep trying



WED 5 Feb 2025 12:30-1:30m

<https://bit.ly/4eleoGt>



MORE OVERLEAF →

Follow on:



[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council  
for all parents & carers in Herts



# Supporting Links

HOW DO I GET MY CHILD  
TO LISTEN TO ME?

Improve communication by  
encouraging your child to listen to  
you and talk to you



**MON 10 Feb 2025 7-8pm**

<https://bit.ly/4eJprPM>



HOW CAN MY CHILD LEARN TO  
MANAGE THEIR FEELINGS?

Teaching emotional regulation  
to young people



**WED 26 Feb 2025 12:30-1:30pm**

<https://bit.ly/4g12pFc>



WHY CAN'T MY CHILD  
MAKE GOOD DECISIONS?

Understand how children learn  
to make decisions and how to  
support them when it goes wrong



**THU 6 Mar 2025 7-8pm**

<https://bit.ly/4g1WjUT>



IS IT POSSIBLE TO PRAISE  
MY CHILD TOO MUCH?

Using praise & criticism to  
encourage the behaviour you  
want to see.



**MON 10 Mar 2025 1:30-2:30pm**

<https://bit.ly/4hZAIUh>



HOW DO I TALK TO MY  
TEEN/PRETEEN ABOUT...?

Having difficult conversations  
with your son or daughter about  
sex, drugs & social media



**THU 17 Mar 2025 7-8pm**

<https://bit.ly/4hWM329>



WHY DON'T MY CHILDREN GET  
ON WITH EACH OTHER BETTER?

Sibling rivalry: understanding &  
improving communication  
between parents, children &  
siblings



**THU 27 Mar 2025 10-11am**

<https://bit.ly/3ALtzB3>



[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County  
Council for all parents & carers in Herts



# Vista SEND Coffee Mornings



Delivering Special  
Provision Locally

## SEND Coffee Mornings

DSPL7 & Vista St Albans+ host coffee mornings where School and SEND Family Workers are available to support parents / carers of children with SEND regardless of a diagnosis. This is an informal and safe place for parents / carers to share information and chat. The DSPL7 SEND Lead and other professionals may also be available for discussions. There is no need to book to attend this drop in session

**Dates:** 29th Jan, 19th March, 7th May & 25th June

**Time:** 9:15 - 11:00am

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

## Appointments

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

### To book an appointment:

Please email  
[admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Dates	Professionals attending
29th January	Lyndsey Hooper - Mental Health Support Team
19th March	Thelma Mugovera - Ask Sali
7th May	Clare Tominey-Smith - Challenging behaviour at home
25th June	Niamh Cooper - First Steps ED

**Vista contact details:** 01727 519128 [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com) [www.vistastalbans.org.uk](http://www.vistastalbans.org.uk)

**DSPL7 contact details:** 01727 519229 [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk) [www.dspl7.org.uk](http://www.dspl7.org.uk)



# Delivering Special Provision Locally

## Who are we?

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

---

## Contact us



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



01727 519229



[admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)



[www.dspl7.org.uk](http://www.dspl7.org.uk)