



Delivering Special Provision Locally

Parenting Support



DSPL7

St Albans District, Harpenden and Villages

Redbourn, Wheathampstead and Kimpton

Summer 2025

This booklet outlines the courses and services that are being run by external providers over the Summer term 2025 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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Summer 2025

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Add-vance - Neurodiversity Support Hub

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:

No
Diagnosis
Required

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a
Parent, Care
or
Professional?



01727 833963 

We Can't:

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors



supporthub@add-vance.org

Term Time Opening Hours

9AM - 1PM - Monday, Wednesday & Friday

9AM - 3PM - Tuesday & Thursday

7PM - 9PM - Wednesday (By Appt)

9AM - 1PM - During School Holidays



Here to support, reach out for a listening ear



Add-vance - summer term courses



FREE ONLINE SUMMER 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	Wed	23.4.25	1900 - 2030	Online
Understanding Autism	Parents/carers	Fri	25.4.25	10:00 - 11:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/carers	Mon	28.4.25	10:00 - 11:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/carers	Wed	30.4.25	19:00 - 20:30	Online
Understanding ADHD	Parents/carers	Fri	2.5.25	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Wed	7.5.25	19:00 - 20:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Fri	9.5.25	10:00 - 11:30	Online
Supporting the Transition to Primary School	Parents/carers	Mon	12.5.25	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	14.5.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Fri	16.5.25	10:00 - 11:30	Online
Supporting the Transition to Secondary School	Parents/carers	Mon	19.5.25	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Wed	21.5.25	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Fri	23.5.25	10:00 - 11:30	Online
Half Term					
Applying for an EHCP	Parents/carers	Mon	2.6.25	19:00 - 20:30	Online
Preparing for an EHCP Review	Parents/Carers	Wed	4.6.25	10:00 - 11:30	Online
Working in Partnership with School	Parents/Carers	Fri	6.6.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/carers	Mon	9.6.25	10:00 - 11:30	Online
Tips & Tools to Manage School Absence	Parents/carers	Wed	11.6.25	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Fri	13.6.25	10:00 - 11:30	Online
Understanding Anxiety	Parents/carers	Mon	16.6.25	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Wed	18.6.25	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Mon	23.6.25	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	25.6.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/carers	Mon	30.6.25	10:00 - 11:30	Online
Supporting Siblings	Parents/carers	Wed	2.7.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Fri	4.7.25	10:00 - 11:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Mon	7.7.25	19:00 - 20:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Wed	9.7.25	10:00 - 11:30	Online
Tip & Tools for Positive Behaviour	Parents/carers	Fri	11.7.25	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


🌐 <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 - summer term courses







UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

FREE INTRODUCTORY 6-WEEK COURSE FOR HERTS 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

Dates: Tuesdays, 3rd June to 8th July
Time: 9.30 to 11.30 am

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







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

Dates: Thursdays, 24th April to 5th June
Time: 9.30 to 11.30 am
(No session during half term)
Park Street Village Hall, St Albans, AL2 2PX

Dates: Wednesdays, 4th June to 9th July
Time: 9.30 to 11.30 am

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







UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS

ABOUT THE COURSE

This interactive course is designed for parents/carers of girls aged 5 to 14 yrs (or 4 and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE




Dates: Tuesdays, 22nd April to 3rd June
Time: 10 am to 12 pm
(No session during half term)


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



UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

FREE INTRODUCTORY 6-WEEK COURSE 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

Dates: Thursdays, 24th April to 5th June
Time: 9.30 to 11.30 am
(No session during half term)

ONLINE VIA ZOOM

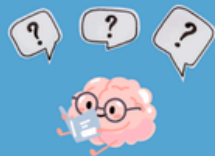
01727 833963 | herts@add-vance.org | <http://www.add-vance.org/>

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 - summer term courses

UNDERSTANDING MY AUTISM



Understanding My Autism: Empowerment Course for Children and Young Teens

Join us for a transformative 6-week group course designed to empower autistic children and young teens. Through interactive sessions, participants will explore what Autism means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness. **A diagnosis is not required, although your child should be on the pathway and aware that they are likely Autistic.**

Course Details:

Years 3 to 6 (Primary):

- Online Sessions: Wednesdays, 4.30-5.30pm
- Start Date: 23rd April 2025
- Duration: 6 weeks (session 6 will take place on 4th June after half term)

Ages 11 to 13 years (Secondary):

- Online Sessions: Tuesdays, 4.30-5.30pm
- Start Date: 22nd April 2025
- Duration: 6 weeks (session 6 will take place on 3rd June after half term)

Application Process:

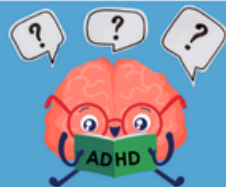
To apply, please click the button below to complete the form and indicate your preferred course. Due to limited spaces (maximum of 8 children per group), early application is encouraged and we are happy for parental support throughout the course. For the full benefit, participants are expected to attend all 6 weeks. **The deadline for applications is Sunday 30th March.**

About the Pilot Project:

This initiative is part of a wider pilot project commissioned by Hertfordshire County Council (HCC) and the NHS. In addition to our courses, they have commissioned a number of different options to support children and young people in understanding their neurodivergence. More information is available on the HCC website [here](#).

Don't miss out on this opportunity to empower your child in understanding and embracing their Autism journey.

UNDERSTANDING MY ADHD



Understanding My ADHD: Empowerment Course for Children and Young Teens

Join us for a transformative 6-week group course designed to empower ADHD children and young teens. Through interactive sessions, participants will explore what ADHD means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness. **A diagnosis is not required, although your child should be on the pathway and aware that they are likely ADHD.**

Course Details:

Years 3 to 6 (Primary):

- Online Sessions: Thursdays, 4.30-5.30pm
- Start Date: 24th April 2025
- Duration: 6 weeks (session 6 will take place on 4th June after half term)

Application Process:

To apply, please click the button below to complete the form and indicate your preferred course. Due to limited spaces (maximum of 8 children per group), early application is encouraged and we are happy for parental support throughout the course. For the full benefit, participants are expected to attend all 6 weeks. **The deadline for applications is Sunday 30th March.**

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Don't miss out on this opportunity to empower your child in understanding and embracing their neurodiversity journey.

BeeZee Families

**Beezee
FAMILIES**

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

**Our FREE 12 week in-person and online programmes
start on** week commencing 28th April 2025



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



hrt.maximusuk.co.uk

 Sign up today!



BZBinfo@maximusuk.co.uk



01707 248 648


Hertfordshire

24-0547

Our programmes are for children above their ideal weight, see our website for more information.



Children's Wellbeing Practitioner workshops

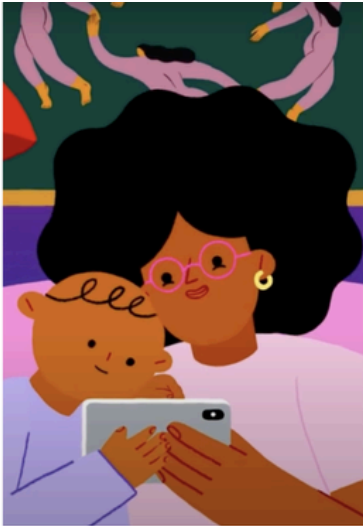
Children's wellbeing practitioners

The Children's Wellbeing Practitioner Service provides early intervention emotional wellbeing and mental health support to children and young people aged 5-19 who would benefit from early intervention, low intensity support. Support is provided through 1-1 and group interventions. To access an intervention a referral needs to be completed. Details about how to make a referral are located at the bottom of this webpage in the 'Making a referral' section. Please read the referral criteria before making a referral.

The Children's Wellbeing Practitioners (CWP's) also provide one off support through workshops. A referral is not required to access a workshop. You can book onto a workshop via Eventbrite: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
Developing Your Child's Emotional Literacy - Workshop for parents in Hertfordshire to support their child with developing their emotional literacy	Wed, 2 Apr 2025 10:00 - 12:00 Thu, 15 May 2025 18:00 - 20:00 Tues, 17th June 2025 10.00 - 12.00
Supporting your Child's Self-esteem and Resilience Workshop - This workshop is aimed at parents/carers of primary aged school children (age 5-12), living in Hertfordshire, who would like to be able to increase their self-esteem and resilience	Thu, 10 Apr 2025 10:00 - 12:00 Tues, 24th June 2025 18.00-20.00
Sleep Workshop (Child and Adolescent) - A workshop focusing on supporting children and adolescents between the ages of 5-18) with sleep difficulties in Hertfordshire	Tues, 15th Apr 2025 18:00 - 20:00 Mon, 9 Jun 2025 18:00 - 20:00
Child General Emotional Wellbeing and Regulation Tips for Parents/Carers- Workshop for parents/carers to support their child's emotional regulation and wellbeing in Hertfordshire	Tue, 22 Apr 2025 18:00 - 20:00 Mon, 19 May 2025 10:00 - 12:00 Thurs, 19th June 2025 18.00 -20.00
Supporting Your Child/Adolescent with Anxiety - Aimed at parents/carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it effects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.	Thu, 1 May 2025 13:00 - 14:15
Adolescent Self-esteem and Resilience Workshop - A workshop focused on increasing Young People in Hertfordshire's self-esteem and resilience and what parents can do to support (Age 11-19)	Tue, 6 May 2025 18:00 - 20:0
Emotional Wellbeing Workshop (For young people 11 - 16) - The Children's Wellbeing Practitioners will present a workshop focused on supporting young people to manage their own emotional wellbeing and things parents can do to help.	Thurs, 29th May 2025 18.00-20.00

Lumi Nova - Fun digital therapy for childhood anxiety



Who is Lumi Nova for?

Lumi Nova is for children aged 7-12 years old experiencing mild to moderate anxiety, such as:

- **Phobias**

e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.

- **Social anxiety**

e.g. Feeling worried about making new friends, going to social events.

- **Separation anxiety**

e.g. Unable to sleep alone, worried about being away from parents, going to school

and who is it not for?

Lumi Nova is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: bit.ly/luminova-ifu

How Lumi can help your child



Learn **life long skills** to self manage their worries



Learn how to **break down big worries** into smaller, manageable challenges



Better understand and talk about worries through a playful experience



Help **increase resilience & build confidence**

Effective & Engaging Digital Therapeutic Interventions for Better Youth Mental Health

[Instructions for use](#) | [Privacy Policy](#) | [Terms & Conditions](#) | [Support](#)

Need support?

E-mail support@bfb-labs.com

bfb-labs.com



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



01727 519229



www.dspl7.org.uk

Families Feeling Safe

Supporting Families with Protective Behaviours

For Mums, Dads & Carers

Online courses
starting
May 2025



Are you looking for strategies and new ideas to help improve family life?

This fully funded 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

Tuesday mornings

6 May—1 July
9.30am—11.30am
Course code L5/am

or

Thursday evenings

8 May—3 July
7.00pm—9.00pm
Course code L5/eve

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

enquiries@familiesfeeling-safe.co.uk or Tel: 07850 518216

*Please quote the course code and your mobile number



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



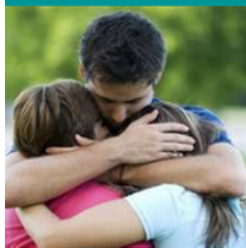
Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeeling-safe.co.uk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

Families Feeling Safe

Supporting Dads with Protective Behaviours

For Dads & Male Carers

Online course
starting
May 2025



Tuesday evenings

6 May—1 July
7.00pm—9.00pm
(excluding half term)

Course code L4/evs

Are you looking for strategies and new ideas to help improve family life?

This fully funded 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



Please like us on Facebook for further updates @familiesfeeling-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 your mobile number

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

Families in Focus



A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)

**Our award winning, online, interactive courses for
parents of children aged 2 to 11 years will:**

**Increase understanding of Autism, ADHD, Sensory
Processing and children's behaviours.**

**Also included, how to understand and support
siblings, understanding EHCP's, and up to date
information on local service's and how to access
them.**

**We provide tried and tested strategies to increase
understanding for a calmer and happier family life for
all.**

Wednesdays

April 23,30 & May 7,14,21 & June 4,11,18,25

from 9.30am to 11.30am

or

From 6.30pm to 8.30pm

Email Francine & Lesley:

bookings@familiesinfocus.co.uk



Funded by Hertfordshire CC and free places
for Hertfordshire parents

Families in Focus



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of children with Autism & ADHD

(and those on assessment pathways)

Our award winning online, interactive course
for parents of children aged 4 to 11 will:

help parents to increase
understanding of children's
behaviours and provide tried & tested
strategies for a calmer and
happier family life or all.

Tuesday mornings 9.30am to 11.30am
April 22, 29 & May 6,13,20

Email Francine and Lesley today:
bookings@familiesinfocus.co.uk



Funded by Hertfordshire CC with limited free
places available for Hertfordshire parents

Families in Focus



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of children with Autism & ADHD

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Our award winning online, interactive course
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understanding of children's
behaviours and provide tried & tested
strategies for a calmer and
happier family life or all.

Tuesday 'lunch& learn' 12.30pm to 2pm
April 22, 29 & May 6,13,20

Email Francine and Lesley today:
bookings@familiesinfocus.co.uk



Funded by Hertfordshire CC with limited free
places available for Hertfordshire parents

Positively Supporting Mental Health for Children and Young People.

First Contact

We understand that it can be nerve-racking or difficult **when first deciding to contact us.**

Our team is experienced at listening to and supporting all sorts of worries or problems.

Let's Chat

The Nessie team is always **happy to have a chat** to discuss your child or family's support needs.

Free Webinars

There are a number of ways you can get in touch with us - however, **we encourage parents to attend our FREE Webinars** in the first instance. To find your perfect webinar, simply click the button below to browse and book!

Reach Out

What Else Do We Offer?

Nessie welcomes diversity. We value difference and are proud to support those from a range of social and ethnic backgrounds, of different genders, sexual orientations, ages, religions and disabilities. We acknowledge experiences of racialised individuals and are neurodiverse affirmative.

In **Hertfordshire**, we are funded across many areas. You can also access funding through EHCPs or pay privately. **Neurodiverse children and young people 7-16 years** can access our NHS and HCC newly funded 'Understanding my autism and ADHD – My World & Me' groups.

In **Cambridgeshire and Peterborough**, we are funded by Public Health to support schools, parent/carers, children and young people who are struggling to attend schools.

We also funded to offer a range of parent/carer support across Hertfordshire, Cambridgeshire and Peterborough from our **Private Facebook Group**, where you can get advice and peer support, to **1-1 Single Session Support**, peer support group **webinars** and a dedicated **parent support line**.

Nessie is here to help!

Free Parent/Carer Support



1:1 Support and Advice
You can access up to 4 sessions of solution-focused mental health support from a therapist to help you support your child, or receive advice and signposting from a Specialist Family Support Worker



Live Webinar
Our webinars cover a range of topics including anxiety, school avoidance, and self-harming behaviours. There is always an opportunity to ask questions in a non-judgmental space.



Peer Support
We run peer support groups for 8 weeks and we have informal monthly drop-ins. These provide an opportunity to connect and share experiences with other parents/carers.



Helpline
Our parent helpline is answered by a Specialist Family Support Worker who can provide advice and signposting. The number is: **07596 715632**



Facebook Group
Nessie has a moderated Facebook group for parents/carers to contribute ideas and share their experiences to inform Nessie's services.

Understanding my Autism/ADHD : My World & Me for those in Secondary School (Online)



Tuesday 29th Apr 2025 to Tuesday 8th Jul 2025

10:00am to 11:00am

Nessie 'My World & Me'

These sessions will be delivered online via Microsoft Teams.

'My World & Me' is a 12-week group programme for up to 8 of secondary school age who live in Hertfordshire and who are diagnosed with Autism/ADHD.

Each week will run for 1 hour.

This online group will be run by two Nessie Autism/LD specialists and aims to support your child/ young person to have an opportunity to meet other young people of a similar age.

Focusing on celebrating your child's strengths and uniqueness this group aims to be fun whilst supporting the development of confidence, independence and resilience.

This event is funded by Hertfordshire and West Essex NHS ICB and Hertfordshire County Council



Understanding my Autism/ADHD : My World & Me for Primary School Ages, pre-diagnosis (Online)



Monday 28th Apr 2025 to Monday 14th Jul 2025

2:00pm to 3:00pm

These sessions will be delivered online via Microsoft Teams.

My World & Me' is a 12-week group programme for up to 8 children/young people who live in Hertfordshire and who are awaiting a diagnosis of Autism or ADHD.

Each week will run for 1 hour.

This online group will be run by two Nessie Autism/LD specialists and aims to support your child/ young person to have an opportunity to meet other young people of a similar age.

Focusing on celebrating your child's strengths and uniqueness this group aims to be fun whilst supporting the development of confidence, independence and resilience.

This group is for children of Primary School age, pre-diagnosis.

This event is funded by Hertfordshire and West Essex NHS ICB and Hertfordshire County Council



Understanding my Autism/ADHD: My World & Me for 9-11 year olds (Online)



Tuesday 29th Apr 2025 to Tuesday 8th Jul 2025

2:00pm to 3:00pm

NESSie 'My World & Me'

These sessions will be delivered online via Microsoft Teams.

My World & Me' is a 12-week group programme for up to 8 children/young people who live in Hertfordshire and who are diagnosed with Autism/ADHD.

Each week will run for 1 hour.

This online group will be run by two Nessie Autism/LD specialists and aims to support your child/ young person to have an opportunity to meet other young people of a similar age.

Focusing on celebrating your child's strengths and uniqueness this group aims to be fun whilst supporting the development of confidence, independence and resilience.

The young people for this group will be in school years 4-6.

This event is funded by Hertfordshire and West Essex NHS ICB and Hertfordshire County Council

Understanding my Autism/ADHD: My World & Me for young people in Secondary School (pre-diagnosis) Online



Thursday 1st May 2025 to Thursday 10th Jul 2025

2:00pm to 3:00pm

Nessie 'My World & Me'

These sessions will be delivered online via Microsoft Teams.

My World & Me' is a 12-week group programme for up to 8 children/young people who live in Hertfordshire and who are awaiting a diagnosis of Autism or ADHD.

Each week will run for 1 hour.

This online group will be run by two Nessie Autism/LD specialists and aims to support your young person to have an opportunity to meet other young people of a similar age and share experiences.

Focusing on celebrating your child's strengths and uniqueness this group aims to be fun whilst supporting the development of confidence, independence and resilience.

This group is for young people of Secondary School age, pre-diagnosis.

This event is funded by Hertfordshire and West Essex NHS ICB and Hertfordshire County Council





Support Groups

Our groups are relaxed, safe places to meet and connect with SPACE staff and other parent/carers navigating the SEND world. Together we celebrate the highs and support each other through more challenging times. Everyone is welcome. No diagnosis necessary.

St Albans groups:

Dates: Friday 2nd May

Friday 6th June

Friday 4th July

Time: 10.00am - 12.00pm

Venue: Cottonmill Community and Cycle Centre, St Albans

Cost: Free

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

Weeks 29th January: 1:15 - 2:15pm
Weeks 30th February: 1:15 - 2:15pm
Weeks 12th February: 1:15 - 2:15pm
Weeks 26th February: 1:15 - 2:15pm
Weeks 5th March: 1:15 - 2:15pm
Weeks 12th March: 1:15 - 2:15pm



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.



SUMMER TERM 2025 **FREE ONLINE WORKSHOPS**

22nd April	10:00-11:30	Autistic Girls
22nd April	18:30-20:00	Access Arrangements
23rd April	10:00-11:30	Understanding Dyslexia
24th April	19:00-21:00	Sleep Workshop
25th April	10:00-12:00	Understanding Behaviour as Communication
28th April	10:00-12:00	ADHD in Girls and Women
30th April	10:00-12:00	Sensory Signs, Signals and Solutions
2nd May	10:00-12:00	Anxiety and SEND
8th May	10:00-12:00	Navigating the SEND World Post-16
9th May	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
12th May	10:00-11:00	Understanding ADHD
19th May	10:00-11:30	Understanding Dyslexia
19th May	18:30-20:30	Navigating the SEND World
20th May	10:00-12:00	EHCs - New Applications
22nd May	10:00-12:00	Understanding Autism
23rd May	10:00-12:00	Puberty and Neurodiversity
HALF TERM		
2nd June	18:30-20:30	ADHD in Girls and Women
3rd June	10:00-11:30	Understanding Tics and Tourettes
3rd June	19:00-21:00	Sensory Signs, Signals and Solutions
4th June	10:00-12:00	Anxiety and SEND
6th June	10:00-12:00	PDA, ODD and ADHD
9th June	10:00-11:30	Encouraging Independence in Neurodivergent Young People Ages 8+
9th June	18:30-20:00	Understanding Dyslexia
10th June	10:00-12:00	Sleep
10th June	18:30-20:00	Autistic Girls
11th June	10:00-12:00	Understanding Behaviour as Communication
13th June	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
16th June	10:00-11:30	Understanding and Supporting Emotional Regulation
16th June	18:30-20:30	Navigating the SEND World Post-16
17th June	10:00-11:30	Understanding OCD
17th June	18:30-20:00	Understanding and Supporting Executive Function
18th June	10:00-12:00	Therapeutic Thinking for Parent Carers
19th June	19:00-20:30	EHCs - Annual Reviews
24th June	10:00-12:00	Navigating the SEND World
25th June	10:00-12:00	ADHD in Girls and Women
1st July	10:00-12:00	Sensory Signs, Signals and Solutions
3rd July	18:30-20:30	Puberty and Neurodiversity
4th July	10:00-12:00	Anxiety and SEND
7th July	10:00-11:30	Understanding and Supporting Executive Function
8th July	10:00-12:00	EHCs - Submission to Finalisation
8th July	18:30-19:30	Understanding Autism
9th July	10:00-12:00	No two brains are the same: What is Neurodiversity
11th July	10:00-12:00	Understanding Behaviour as Communication
14th July	18:30-19:30	Understanding ADHD
16th July	10:00-12:00	PDA, ODD and ADHD



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

10:00am-12:00pm Wednesdays 7th, 14th, 21st May



Book via Eventbrite: SPACE Hertfordshire

SLEEP TIGHT

3 weeks online course

● ● ● 10am-12pm Tuesdays 29th April and 6th, 13th May

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



Book via Eventbrite: SPACE Hertfordshire



Autism | ADHD
Neurodiverse Conditions

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.



FIRST STEPS

in person in St Albans

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
- Understanding and supporting behaviour
- Supporting and promoting independence skills

Cottonmill Community and Cycle Centre

10am-12pm, Friday Mornings 25th April and 2nd, 9th, 16th, 23rd May



Book via Eventbrite: [SPACE Hertfordshire](#)



PARENTING ADHD

3 week online course

7:00-9:00pm Mondays 23rd, 30th June and 7th July

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



Book via Eventbrite: SPACE Hertfordshire



NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online courses

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

6:30pm-8:30pm Tuesdays 29th April and 6th, 13th, 20th May or
10:00am-12:00pm Thursdays 5th, 12th, 19th, 26th June



Book via Eventbrite: SPACE Hertfordshire



PRIMARY STEPS

in person in St Albans

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
- Understanding and supporting behaviour
- Supporting and promoting independence skills

Cottonmill Community and Cycle Centre

10am-12pm, Friday Mornings 6th, 13th, 20th, 27th June and 4th, 11th July



Book via Eventbrite: SPACE Hertfordshire



Supporting Links

Summer Term 2025



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.



Thursdays

9.45 – 11.15am

8th May to 19th Jun

Online Course ID 757

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 758

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19** 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.



Wednesdays

7.45 - 9.15pm

4th Jun to 9th Jul

Online Course: ID 761

All courses are 6 weeks with a break for half term 26th-30th May

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

Supporting Links

Parent & Carer Support Summer Term 2025



FREE to parents and carers living in Hertfordshire

All courses are 6 weeks with a break for half term 26th-30th May

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

7th May to 18th Jun

Online Course: ID 759

Tuesdays

7.45 - 9.15pm

3rd Jun to 8th Jul

Online Course: ID 760

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need aged **2-19**
Your child does not need a diagnosis.



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

Tuesdays

9.30 - 11.30am

3rd Jun to 8th Jul

Face to Face: ID 755

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

Tuesdays

8.00 - 9.30pm

6th May to 17th Jun

Online Course ID 756

Children and Young People's Speech and Language Therapy



Hertfordshire Community
NHS Trust

Children and Young People's Speech and Language Therapy

Information for parents and carers



A children's Speech and Language Therapist can support a child with:

- Understanding spoken language
- Creating and using spoken sentences
- Understanding and using vocabulary
- Using their communication skills with others
- Fluency of speech, such as stammering
- Forming sounds and using these in words
- Eating and drinking skills

What will happen at your appointment?

Parents/carers are required to attend a child's initial appointment. The Speech and Language Therapist will talk to you about your concerns and ask about your child's speech and language development, or eating and drinking skills. The therapist will observe your child and may carry out specific activities and assessments. The therapist will talk to you about your child's strengths and any needs/ differences they may have identified.

What will happen after your appointment?

At the end of the appointment, the therapist will talk to you about how your child is functioning and explain any next steps, these may include:

- Providing you with some advice and strategies
- Informing you about what episode of care is needed to support your child
- Guiding you to seek further support through your child's educational setting
- Making a referral to another service
- Advising you that no further support from the service is required at this time

What we can offer

Speech and Language Therapy in Hertfordshire follows the 3 Tier Model of service delivery. This is recognised as being the most effective way of improving children's speech, language, communication and eating and drinking skills.



For further information

Please go to our website pages:

www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/



www.hct.nhs.uk

NHS - Sensory Information sessions



Hertfordshire Community
NHS Trust

Parent / Carer Sensory Information Sessions

Places are now available to book on our information sessions for parents and carers.



Innovative



Caring



Agile

Understanding your child's sensory preferences

How do our sensory likes and dislikes affect the choices we make in everyday life? How do children develop their sensory awareness?

"Very useful to understand sensory needs and some ideas of how to support them"

Comment from a parent who attended a session

Our 'Understanding your Child's Sensory Preferences' workshop is for parents and carers who live in Hertfordshire/have a Hertfordshire GP and would like to know more about their child's sensory development. The workshop aims to increase understanding of sensory processing and differences and how to support children to engage in daily tasks. It offers practical advice and strategies that you can try at home with your child.

This session introduces the topic of sensory processing for parents and carers. The workshop provides initial information and advice for families who are worried about their child's sensory development.

BOOK YOUR PLACE FOR SPRING 2025:

Tuesday 11th March 2025 11:00 – 12:30 - <https://www.eventbrite.co.uk/e/1226155567309>

Monday 28th April 2025 12:00 – 13:30 - <https://www.eventbrite.co.uk/e/1259330364019>

The sensory service is under redevelopment and parents and carers now will only need to attend the 'Understanding your Child's Sensory Preferences' workshop.

Children & Young
People's Therapies
Service

Contact us

Telephone:
01923 470680 Opt. 3

Email:
hct.cyptherapies1@nhs.net

Twitter: @CypHCT



www.hct.nhs.uk

Angels Autism and ADHD support



AUTISM & ADHD SUPPORT

for parents/carers of children with
ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our
online membership form to access our
FREE support.



Note for Professionals:

If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on info@angelssupportgroup.org.uk

Follow Angels
Support Group on
Social Media



www.angelssupportgroup.org.uk

Registered Charity No. 1117059

Angels Autism and ADHD support



Charity no: 1117059

Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.



Our podcasts series “Neurodiversity Chats” cover a wide range of topics, search “Neurodiversity Chats” on Spotify or Apple Podcasts or listen on our website:

<https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelssupportgroup.org.uk

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

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 www.vistastalbans.org.uk

DSPL7 contact details: 01727 519229 admin@dspl7.org.uk www.dspl7.org.uk

Sandbox

What Is The Sandbox?

The Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**.

Mental health struggle is something most of us will experience at some point in our lives – it's simply part of being human. We're here for you when that happens.

We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.

Not sure where to start? Head over to the **Service Zone**.



Who Is The Sandbox For?

The Sandbox is for **Children and Young People** who want additional support for their mental health.

Everything on **The Sandbox website** can be accessed **without registering**.

If you need **additional support**, continue reading below where you will find a **self-referral assessment** to access **NHS funded therapy**.



The Toolbox – Autism & ADHD Resources



The Toolbox is a brand new website for Young People who have been diagnosed with or suspect they have **Autism** or **ADHD**.

Find out about **local workshops** (Hertfordshire only), national organisations, and go through our **resources** to help you better understand and live with those conditions.

Let's Go!



The Talkbox

Our **podcast episodes** on topics related to young people's mental health

Supporting You Project



Hertfordshire County Council Services for Young People

Supporting You Project

Supporting You Project
for 13-17s
Every Thursday 6-8pm
at Pioneer Young People's
Centre
Heathlands Drive
St Albans
AL3 5AY



Supporting You is a project which equips young people with the tools to help themselves to strengthen their resilience and emotional well-being. Attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills plus a method for planning how to achieve goals. Sessions are delivered by Youth Workers trained to deliver CBT.

Complete the SfYP referral form (QR code below) or contact the St Albans Team to join.

Hertfordshire County Council is excited to offer young people the opportunity to participate in the **Supporting You Project**, which is designed to build resilience and emotional well-being. This project is aimed at 13-17 yr olds, takes place every **Thursday from 6-8pm** at the **Pioneer Young People's Centre in St Albans** (Heathlands Drive, AL3 5AY).

The **Supporting You Project** provides young people with the tools they need to help themselves navigate challenges and develop positive mental health. Over the course of the project, attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills, as well as a method for planning and achieving personal goals. These valuable skills are delivered by Youth Workers who are specially trained in CBT techniques.

If you or someone you know would like to join, you can complete the SfYP referral form by scanning the QR code in the poster or contact the St Albans Team for more details.

Tel: 01442 454060
SFYP.StAlbans@hertfordshire.gov.uk
www.servicesforyoungpeople.org
X   @HCCSFYP



OLLIE Foundation



Parents and Carers

When your child (no matter their age) feels distressed, overwhelmed, or sad, chances are you do too, and we know that navigating the available support can be both daunting and isolating.

If you are also worried that your child may be self-harming or having thoughts of suicide, you may find yourself walking on eggshells, not sure what to say. At Team OLLIE, we know how delicate you and they are feeling right now, and we are here to support you. OLLIE can signpost you to immediate help and guide you through some useful resources and/or training that may feel helpful.

Training

OLLIE's **training** is designed to be both highly relevant as well as actionable for parents and carers, providing you with additional skills and knowledge to understand what might help in your situation and what other help is available.

From mindful drawing classes, talks exploring the neuroscience of emotion and stress, through to prescription safe plans, suicide prevention, intervention and postvention support, OLLIE is here to help. Our online talks and **training sessions** are always fully funded for parents and carers.

Events

We hope that by attending an OLLIE event we deepen your understanding of well-being, and leave you with hope for the future. Our event programme is designed to nourish the mind, body, and soul.

Below, you will find information on all of OLLIE's upcoming events and activities. Additional dates are always being added so please check back regularly or **sign up to our mailing list** where we can keep you up to date with all things OLLIE.

For general enquiries please call **07715 311 891** or email **contactus@theolliefoundation.org**.

OLLIE Foundation

Need help now?

If you believe your child is in crisis or feeling suicidal [get emergency help here](#).

If your gut instinct is that something is wrong, trust it. You know your child better than anyone. If your child has shared that they're feeling suicidal, or have acted on those thoughts, as difficult as it might be, they need you to stay as calm as possible and think for them. If you want some help and advice on how to talk with them, OLLIE provides some gentle guidance in the [Help and Advice section](#) and in particular, these [FAQs](#) may feel useful. During office hours, and if there isn't an immediate threat to life, there is usually someone at OLLIE that you can speak to, too!

Helplines

Many national and local helplines provide the opportunity to talk about how you're feeling, share your problems and find out how you can access more support.

- [PAPYRUS HOPELineUK](#) is manned by suicide prevention advisers who are mental health professionals trained in suicide prevention intervention skills.
- [Samaritans helpline](#) is answered by trained volunteers who will listen to you and help you talk through your concerns, worries and troubles.
- [CALM](#) offers confidential anonymous, and free support, information and signposting for anyone anywhere in the UK through their helpline.
- The [SANEline](#) is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.
- [Shout](#) is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. They take people from crisis to calm every single day.
- [7 Cups](#) – Free online and confidential chat with therapists and trained listeners.

Please be aware that all the helplines listed can get very busy, and you might ring at a time when there are no call handlers available.

Please don't give up. You could try the [Hub of Hope](#), a UK online service directory as they may list other organisations that will be able to support you.

Download our [service directory](#) to find UK services covering a range of concerns.

Call our Parents Helpline for free on [0808 802 5544](tel:08088025544).

We're open Monday - Friday 9:30am - 4:00pm.

Communities 1st



When

April 28th, 2025 from 11:00 AM to 12:00 PM

Location

United Kingdom

Contact

Phone: 01727 649 900

Email: training@communities1st.org.uk

Sight Loss Awareness

The Sight Loss awareness training is designed to equip participants with a comprehensive understanding of the challenges faced by individuals with sight loss, along with practical skills to better support them. The session covers various aspects of sight loss, including causes, functional and emotional impacts on daily life and strategies for effective communication and assistance.







Friday 28 April 2025, 11am - 12pm
Please note this is an online session.

Service Directory

Behaviours That Challenge Service Directory Hertfordshire Children and Young People

The services below provide a combination of early intervention and more specialist support for children and young people's **behaviours that challenge**. Click the service name to be redirected to more information.

Available to families & professionals	Available to professionals
0-25 Together Service  0-25	Education Hub 
Short Breaks  5-19	Educational Psychologists 
Voluntary Community Sector 	Education Support Centres 
Delivering Special Provision Locally 	HFL Education: Training & Resources  0-19 
Early Years SEND  Advice Line 	Safe Space  5-19 
Early Years SEND Team 	Special School Outreach 
Neurodiversity Support Hub 	VSEND 
SENDIASS: Website & Resources 	Available to families
Services For Young People (SFYP)  13-25 	Children's Wellbeing Practitioner Services 
ASK SALI Line 	Emotionally Based School Avoidance 
If you have any suggested changes to the directory, please email sendstrategy@hertfordshire.gov.uk	Family Centres 
	Sensory Processing Service 
	Step2 Group Work 

 Website service	 Face to face service	 Referral required
 Telephone service	 Advice Line	 Paid service

 Early Years	 All ages of children
Other age ranges will be stated in the age icon for each service	

Not sure where to start? The services with the symbol, have an advice line on where might be best for your needs. **ASK SALI** is for professionals. Early Years Advice Line can be called by anyone wanting support for 0-5-year-olds. Parents, carers, families, children and young people should contact their SENCO or SENDIASS.

U Universal: Many children will find some learning and access to learning harder than others. High quality and inclusive teaching and learning practice will allow for this. Offering small group sessions, direct teaching or other support. This is part of Hertfordshire's **Ordinarily Available Offer**, which can be found on the [Herts Local Offer](#) web page.

T Targeted: Parents and schools will work together to meet the child or young person's needs. If following assess, plan, do review cycles (usually at least two), it might be that further support needs to be sought from outside professionals and other agencies.

S Specialist: For some children and young people their needs will require individual intervention that will require more sustained involvement from professionals.

Service Directory

Deafness and Sight Loss Service Directory Hertfordshire Children and Young People

The services below provide a combination of early intervention and more specialist support for children and young people's **deafness & sight-loss**. Click the service name to be redirected to more information.

Available to families & professionals	Available to professionals
0-25 Together Service	ASK SALI
Short Breaks	Education Hub
Voluntary Community Sector	Educational Psychologists
Delivering Special Provision Locally	HFL Education: Training & Resources
Early Years SEND Advice Line	SEND Specialist Advice & Support (SEND SAS)
Early Years SEND Team	VSEND
SENDIASS: Website & Resources	
Available to families	
Services for Young People (SFYP)	BSL Parenting Courses
	Family Centres
	Sensory Services : support for families around deaf needs, sight loss/ visual impairment and deafblindness / dual sensory needs

If you have any suggested changes to the directory, please email sendstrategy@hertfordshire.gov.uk

Website service	Face to face service	Referral required
Telephone service	Advice Line	Paid service
Early Years	All ages of children	
Other age ranges will be stated in the age icon for each service		

Not sure where to start? The services with the symbol, have an advice line advising on where might be best for your needs. **ASK SALI** is for professionals. Early Years Advice Line can be called by anyone wanting support for 0-5-year-olds. Parents, carers, families, children and young people should contact their SENCO or SENDIASS.

Universal: Many children will find some learning and access to learning harder than others. High quality and inclusive teaching and learning practice will allow for this. Offering small group sessions, direct teaching or other support. This is part of Hertfordshire's **Ordinarily Available Offer**, which can be found on the **Herts Local Offer** web page.


Targeted: Parents and schools will work together to meet the child or young person's needs. If following assess, plan, do review cycles (usually at least two), it might be that further support needs to be sought from outside professionals and other agencies.

Specialist: For some children and young people their needs will require individual intervention that will require more sustained involvement from professionals.


Service Directory

Hertfordshire Children and Young People's Neurodiversity Service Directory


The services below provide a combination of early intervention and more specialist neurodiversity support. Click the service name to be redirected to more information.

 Telephone support

 Online/virtual support

 Face to face support

 Referral required

Support for:  Parents and carers  Professionals  Children and young people

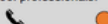
[ADD-vance](#) – Support for families affected by ADHD, Autism or related conditions and the professionals who support them.



[Angels](#) – Support for families of autistic children and/or children who have ADHD (and those awaiting a diagnosis)



[Ask SAL](#) – A SEND Advice Line for Inclusion for SENCOs and other school professionals.



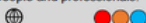
[Autism Herts](#) – Deliver a range of services to support Autistic people aged 16+ and their carers.



[Courses and workshops](#) – Parenting support for parents and carers



[Digital Webinars](#) – Online webinars for parents, carers, young people and professionals.



[DSPL \(Delivering Special Provision Locally\)](#) – There are 9 DSPL areas providing support to schools and families.



[Early Years SEN Health Visitors \(E&N Herts\)](#) – Support with understanding your child's needs, information on services and accessing support for families with children aged 0-4.



[Educational Psychologists](#) – Support for learning, development and emotional wellbeing of children and young people.



[ESC \(Education Support Centre\)](#) – Provide alternative education for children of statutory school age who have been permanently excluded or are at risk of permanent exclusion.



[Families in Focus](#) – Provide online therapeutic parenting courses.



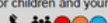
[Family Support Workers \(DSPL/LSP\)](#) – Local support offered on a range of different topics.



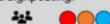
[Homecare](#) – Support in the home for disabled children with complex needs.



[Inclusion and Skills Service \(HCC Children's Services\)](#) – Multi-professional service helping schools, setting and families to improve outcomes for children and young people.



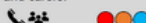
[Lending Space](#) – An equipment lending library for families with children and young people with SEND. Also offer advice, a listening ear and signposting.



[Local Offer](#) – A Hertfordshire website advertising what special educational needs and disability services are available and who can access them.



[Nessie](#) – Offer therapeutic support to children and young people, training for professionals and webinars and support for parents and carers.



[Neurodiversity Support Hub](#) – An advice line offering support, signposting and guidance about a whole range of things relating to ADHD and Autism. WhatsApp chat also available.




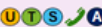






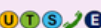






[OSB \(Overnight Short Breaks\)](#) – A service for children with disabilities and complex health needs, offering them an overnight stay in a suitable setting, giving parents and carers a break from their caring responsibilities.









Service Directory

Learning Difficulties Service Directory Hertfordshire Children and Young People

The services below provide a combination of early intervention and more specialist support for children and young people's **learning difficulties**. Click the service name to be redirected to more information.

Available to families & professionals	Available to professionals
0-25 Together Service  0-25	ASK SALI 
Short Breaks  5-19	Education Hub 
Voluntary Community Sector 	Educational Psychologists 
Delivering Special Provision Locally 	HFL Education: Training & Resources 
Early Years SEND Advice Line 	VSEND 
Early Years SEND Team 	Special School Outreach 
SENDIASS: Website & Resources 	Available to families
Services for Young People (SFYP) 	Family Centres 

If you have any suggested changes to the directory, please email sendstrategy@hertfordshire.gov.uk

 Website service	 Face to face service	 Referral required
 Telephone service	 Advice Line	 Paid service

E Early Years **A** All ages of children

Other age ranges will be stated in the age icon for each service

Not sure where to start? The services with the symbol, have an advice line on where might be best for your needs. **ASK SALI** is for professionals. Early Years Advice Line can be called by anyone wanting support for 0–5-year-olds. Parents, carers, families, children and young people should contact their SENCO or SENDIASS.

U Universal: Many children will find some learning and access to learning harder than others. High quality and inclusive teaching and learning practice will allow for this. Offering small group sessions, direct teaching or other support, as part of Hertfordshire's [Ordinarily Available Offer](#), which can be found on the [Herts Local Offer](#) web page.

T Targeted: Parents and schools will work together to meet the child or young person's needs. If following assess, plan, do review cycles (usually at least two), it might be that further support needs to be sought from outside professionals and other agencies.

S Specialist: For some children and young people their needs will require individual intervention that will require more sustained involvement from professionals.

Service Directory

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.

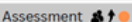
Chathealth 0-5



Chathealth 11-19



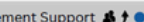
Children's Crisis Assessment and Treatment Team



Children's Wellbeing Practitioners



CHUMS Bereavement Support



Educational Psychologists



Families First



First Steps ED



Health for Kids



Health for Teens

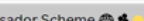


Herts Haven Cafés



Just Talk

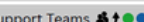
Just Talk Ambassador Scheme



Lumi Nova



Mental Health Support Teams in Schools (MHSTs)



NESSie Parenting



NHS Talking Therapies



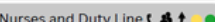
PALMS



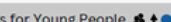
Safe Space



School Nurses and Duty Line



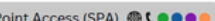
Services for Young People



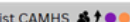
Signpost



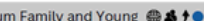
Single Point Access (SPA)



Specialist CAMHS



Spectrum Family and Young People's Service



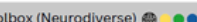
Step 2



The Sandbox



The Toolbox (Neurodiverse)



Togetherall



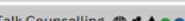
WithYOUth



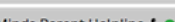
YCT Counselling



Youth Talk Counselling



Young Minds Parent Helpline



Telephone service

Online/virtual service

Face to face service

Referral required

Includes support for early years


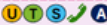








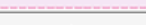






- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
- Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
- Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.






If you have any suggested changes to the directory, please email shelley.woods@hertfordshire.gov.uk

Service Directory

Physical Needs Service Directory Hertfordshire Children and Young People

The services below provide a combination of early intervention and more specialist support for children and young people's **physical needs**. Click the service name to be redirected to more information.

Available to families & professionals	Available to professionals
0-25 Together Service  0-25	ASK SALI★ 
Short Breaks  5-19	Education Hub 
Voluntary Community Sector 	Educational Psychologists 
Delivering Special Provision Locally 	HFL Education: Training & Resources 
Early Years SEND★ Advice Line 	SEND Specialist Advice & Support (SEND SAS) 
Early Years SEND Team 	VSEND 
Occupational Therapy 	
Physiotherapy 	
SENDIASS★ Website & Resources 	
Services for Young People (SFYP)  13-25	
	Available to families
	Family Centres 
	If you have any suggested changes to the directory, please email sendstrategy@hertfordshire.gov.uk

 Website service	 Face to face service	 Referral required
 Telephone service	 Advice Line	 Paid service
E Early Years	A All ages of children	
Other age ranges will be stated in the age icon for each service		

Not sure where to start? The services with the symbol, have an advice line on where might be best for your needs. **ASK SALI** is for professionals. Early Years Advice Line can be called by anyone wanting support for 0–5-year-olds. Parents, carers, families, children and young people should contact their **SENCO** or **SENDIASS**.

U Universal: Many children will find some learning and access to learning harder than others. High quality and inclusive teaching and learning practice will allow for this. Offering small group sessions, direct teaching or other support. This is part of Hertfordshire's **Ordinarily Available Offer**, which can be found on the **Herts Local Offer** web page.

T Targeted: Parents and schools will work together to meet the child or young person's needs. If following assess, plan, do review cycles (usually at least two), it might be that further support needs to be sought from outside professionals and other agencies.
















































































































S Specialist: For some children and young people their needs will require individual intervention that will require more sustained involvement from professionals.







Service Directory

Speech, Language & Communication Service Directory

Hertfordshire Children and Young People

The services below provide a combination of early intervention and more specialist support for children and young people's **speech language and communication**. Click the service name to be redirected to more information.

Available to families & professionals	Available to professionals
0-25 Together Service     0-25	ASK SALI      
Short Breaks     5-19	Educational Psychologists     
CAMHS     	HFL Education: Training & Resources      0-19 
Voluntary Community Sector      	Special School Outreach     
Delivering Specialist Provision Locally      	SEND Specialist Advice & Support (SEND SAS)       5-19
Early Years SEND Advice Line        	VSEND     
Early Years SEND Team       	
Neurodiversity Support Hub     	Available to families
SENDIASS: Website & Resources      	BSL Parenting Courses      
Services for Young People (SFYP)        13-25	Family Centres       
Speech & Language Therapy       	If you have any suggested changes to the directory, please email sendstrategy@hertfordshire.gov.uk

 Website service	 Face to face service	 Referral required
 Telephone service	 Advice Line	 Paid service

E Early Years **A** All ages of children

Other age ranges will be stated in the age icon for each service

Not sure where to start? The services with the ★ symbol, have an advice line on where might be best for your needs. **ASK SALI** is for professionals. Early Years Advice Line can be called by anyone wanting support for 0–5-year-olds. Parents, carers, families, children and young people should contact their Senco or SENDIASS.

U Universal: Many children will find some learning and access to learning harder than others. High quality and inclusive teaching and learning practice will allow for this. Offering small group sessions, direct teaching or other support. This is part of Hertfordshire's [Ordinary Available Offer](#), which can be found on the [Herts Local Offer](#) web page.

1 Targeted: Parents and schools will work together to meet the child or young person's needs. If following assess, plan, do review cycles (usually at least two), it might be that further support needs to be sought from outside professionals and other agencies.

S Specialist: For some children and young people their needs will require individual intervention that will require more sustained involvement from professionals.



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.



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



01727 519229



admin@dspl7.org.uk



www.dspl7.org.uk



[dspl7_stalbansandharpenden](#)