



Tip: Ctrl F to search  
key words

## QUICK LINKS

<p><b>A selection of the new listings</b></p>	<p><b>NEW WEEK 100</b> Herts Mind <a href="#">Network</a> – wellbeing courses</p>	<p><a href="#">Emotionally Based School Avoidance</a> (<a href="https://www.hertfordshire.gov.uk">hertfordshire.gov.uk</a>)</p>	<p><b>NEW WEEK 100</b> <a href="#">Hertfordshire - Workshops   The Toolbox (mindler.co.uk)</a> - Courses for children/young people: Understanding My Autism/ADHD</p>	
	<p><b>Be involved with our DSPL 1</b> DSPL 1 Parent <a href="#">Representative</a> Recruitment</p>	<p><b>Avoiding School/College: Anxiety</b> <a href="#">Avoiding School or College Due to Anxiety (EBSA)</a> (<a href="https://www.justtalkherts.org">justtalkherts.org</a>)</p>	<p>NESSie FREE training for children and young people <b>My World &amp; Me</b></p>	<p>Parent/Carer Conference SPACE Herts: <a href="#">Being Me</a> - Supporting child to understand their neurodiversity</p>
	<p><b>Parent Signposting</b> <a href="#">NHPSS Parent Guide 23-24.pdf</a></p>	<p><b>Exam and Revision Stress</b> <a href="#">Exam and Revision Stress</a> (<a href="https://www.justtalkherts.org">justtalkherts.org</a>)</p>	<p><b>Move More Campaign</b> <a href="#">Moving More Activity Finder</a> (<a href="https://www.sportinherts.org.uk">sportinherts.org.uk</a>)</p>	<p><b>Relationship support</b> <a href="#">Relationship support for parents   Hertfordshire County Council</a></p>
	<p><a href="#">Step2Skills   Hertfordshire County Council</a> Tech Safe (incl Gaming) FREE Online <a href="#">Safety</a> resources</p>	<p><b>Road to Year 7 Group</b> Supporting <b>Transition</b> to Secondary School</p>	<p><b>WELL BEING SUPPORT FOR PARENT CARERS</b> <b>Families in Focus new course:</b> Transforming Life Through <a href="#">Empathy</a></p>	<p><b>Mental Health Service Directory</b></p>
	<p><a href="#">ADD-Vance</a> new this week/coming soon</p>	<p><a href="#">Space</a> Herts new this week/coming soon</p>	<p><b>Watch now:</b> <a href="#">Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.</a></p>	<p><b>Directory</b> Hub of <a href="#">Hope</a></p>
	<p><a href="#">ADD-Vance</a> new this week/coming soon</p>	<p><a href="#">Space</a> Herts new this week/coming soon</p>	<p><b>SEND News</b> Sign up for SEND News for email updates</p>	<p><b>SEND News</b> Sign up for SEND News for email updates</p>
	<p><a href="#">ADD-Vance</a> new this week/coming soon</p>	<p><a href="#">Space</a> Herts new this week/coming soon</p>	<p><a href="#">Angels</a> Support Groups this week</p>	<p><a href="#">NESSie</a> this week/coming soon</p>



<b>SEND</b>	<a href="#">Local</a> Offer	Up on <a href="#">Downs</a>	DS <a href="#">Achieve</a>	<a href="#">Lending</a> SPACE
	North Herts <a href="#">Family</a> Centre	<a href="#">Abilities</a> in Me	Down's <a href="#">Syndrome</a> Listening Service	
<b>Autism, ADHD, Neurodiversity</b>	Angels <a href="#">Support</a> Group	<a href="#">ADD</a> -vance	<a href="#">SPACE</a> in Herts	<a href="#">Potential</a> Kids
	<a href="#">Ambitious</a> About Autism	Autism <a href="#">Hertfordshire</a> Transition Service for 16-20 year olds	<a href="#">SPRINGBOARD</a>	<a href="#">ADHD</a> Foundation
<b>Mental Health &amp; Wellbeing</b>	<a href="#">CYPMHS Service Directory - SW (justtalkherts.org)</a>	NHS Herts <a href="#">Community</a> Trust	Children's <a href="#">Wellbeing</a> Practitioners Courses and Resources	NHS <a href="#">HPFT</a> IAPT Improving Access to Psychological Therapies – online portal for mental health services
	<a href="#">NESSie</a>	<a href="#">Mind</a> Hertfordshire Network CYP Digital Wellbeing	<a href="#">WithYouth</a> (Mind Network) Herts Mind <a href="#">Network</a>	First Steps <a href="#">ED</a>
	Just <a href="#">Talk</a> Herts	The <a href="#">Ollie</a> Foundation	<a href="#">Togetherall</a>	<a href="#">BeeZee</a> Bodies
	<a href="#">Lumi Nova   Herts Mind Network Children and Young People (withyouth.org)</a> Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties		Carers in Herts ( <a href="#">CAMHS</a> Support)	<a href="#">Young</a> Minds <a href="#">Front Page – The Creative Mental Health Charity PoetsIN™</a>
	<a href="#">Courses Coming Up   Hertfordshire Mind Network (hertsmindnetwork.org)</a>	<a href="#">Mental health and wellbeing   Hertfordshire County Council</a>	<a href="#">SandBox</a>	This May <a href="#">Help</a>
<b>Parenting &amp; Young People</b>	Services for <a href="#">Young</a> People	<a href="#">Family</a> Lives	<a href="#">The Hertfordshire Local Offer</a>	<a href="#">Carewaves and Newsletters - Carers In Herts</a>
	<a href="#">Families</a> in Focus	<a href="#">Families First (hertfordshire.gov.uk)</a>	<a href="#">Capa First Response   You are not alone - Capa First Response</a> We support families and professionals impacted by child or adolescent on parent abuse. Child/adolescent on parent abuse support	
	<a href="#">Supporting</a> Links	Families Feeling <a href="#">Safe</a>		
<b>Further Signposting</b>	<ul style="list-style-type: none"> <li><a href="#">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li><a href="#">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li><a href="#">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li><a href="#">Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li><a href="#">Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li><a href="#">Home (hertssendiass.org.uk)</a></li> <li><a href="#">Step2Skills   Hertfordshire County Council</a></li> </ul>		<ul style="list-style-type: none"> <li><a href="#">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li><a href="#">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li><a href="#">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li><a href="#">The Dyslexia-SpLD Trust - Parents</a></li> </ul>	



[Making SEND Everyone's Business - investing in our workforce \(hertfordshire.gov.uk\)](http://hertfordshire.gov.uk)

SEND 0-25 Advice Lines

Specific Learning Difficulties (SpLD)  
**01442 453 920** every Thursday (term time only) 9.30am - 12pm  
Neurodiversity Hub  
**01727 833963** from Monday to Friday 9am - 1pm  
email: [supporthub@add-vance.org](mailto:supporthub@add-vance.org)  
Early years (0 - 5)  
**01442 453 920** every Wednesday (term time only) 9am - 12pm and  
Thurs 1.30pm - 4pm  
Physical and neurological impairment team (PNI)  
**01442 453 920** every Monday (term time only), 1.30pm - 4pm  
Education Support for Medical Absence (ESMA)  
**01442 454 802** (school hours, term time only)  
[esmaenquiries@hertfordshire.gov.uk](mailto:esmaenquiries@hertfordshire.gov.uk)

Children and young people's therapy services  
**(Advice from occupational therapists, physiotherapists and speech and language therapists)**  
**01923 470680 – select Option 3 for the therapy service.** Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2).  
Or email [hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net).  
School Nursing Duty Line  
The HCT school nurse duty line is available every weekday and can support you with any concerns you may have about your child or children's physical and emotional wellbeing.  
**Tel: 0300 123 7572** (Monday to Friday 9am - 5pm)

**NEW WEEK 100**  
SEND Community Activities Directory

**Are you a family with young people aged 0-25 with Special Educational Needs and/or Disabilities looking for local activities?**

The SEND community activities directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered on our Hertfordshire Additional Needs Database (HAND).

[www.hertfordshire.gov.uk/SENDdirectory](http://www.hertfordshire.gov.uk/SENDdirectory)

**Special Educational Needs and Disabilities (SEND) Community Activities Directory.**  
*SEND Commissioning within Hertfordshire County Council are excited to announce the launch of our [Special Educational Needs and Disabilities \(SEND\) Community Activities Directory](#). This directory promotes a wide range of community activities for families and young people with SEND, a comprehensive resource for families and professionals.*

*Tailored for children and young people aged 0-25, and their families, this is a valuable tool for finding local activities and support groups in the community. The directory will create opportunities for families to discover, engage, and participate in a wide range of activities, some activities will also include discounts for families registered on our [Hertfordshire Additional Needs Database \(HAND\)](#).*



**Opportunity to improve SEND provision in North Herts**

An opportunity has come up for a new parent or carer to join DSPL 1 in order to share the views of families in the area and be part of the decision-making process for the services that are put in place locally (Baldock, Hitchin, Letchworth and Royston)

**Parent Representative for DSPL 1**


HPCI will provide support through training and regular meetings for parents/carers to share their experiences. A small funding allowance can be claimed to cover your time and/or childcare. You will need to agree to be an HPCI member, you can join at any time [www.hertsparentcarers.org.uk](http://www.hertsparentcarers.org.uk)

If you would be interested in taking up this role which would include attending at least one meeting per term please contact Emma Russell, Delivery Manager [dspl1manager@wransom.herts.sch.uk](mailto:dspl1manager@wransom.herts.sch.uk) or call 07958 421871 [nhdspl.org.uk](http://nhdspl.org.uk)









**DSPL1** Delivering Special Provision Locally

**SCROLL DOWN FOR NEW AND UPCOMING COURSES**



<p><b>Tech Safe</b></p> <p>FREE resources for parent, carer, teachers, any role that cares for children’s safety online. Safety resources are also designed for families with Special Educational Needs and Disabilities including Autism and ADHD.</p>	<p><u><a href="#">Info Hub - TechSafe</a></u></p> <p>Includes a useful video clip on Is this game suitable for my child (TechSafe Gaming)</p>
 <p><b>Cyber Choices and Online Safety Events</b></p> <p>For parents / carers of children aged 9 and up</p> <p>You are invited to attend two <b>free</b> online sessions to discuss all things “cyber”.</p> <p>These sessions will be suitable for parents/carers of children in Year 5 (age 9) and above. This will be a fantastic opportunity to learn and ask questions regarding your child’s online world and it shouldn’t be missed!</p> <p><b>Part 1</b> will introduce you to the Cyber Choices programme which will be delivered by the Eastern Region Cyber Choices Team. They will provide:</p> <ul style="list-style-type: none"> <li>An overview to parents and carers on what cybercrime is.</li> <li>What the risks to young people are.</li> <li>How the Cyber Choices programme supports at-risk individuals.</li> <li>How you can refer a young person into Cyber Choices.</li> </ul> <p>You will also hear from Kent County Council’s Education Safeguarding Team, who will provide an overview of:</p> <ul style="list-style-type: none"> <li>Some of the potential risks that children and young people may experience online.</li> <li>Advice to support parents to make informed decisions and keep their children safer online.</li> </ul> <p>Please visit the NCA website to find out more about <a href="#">Cyber Choices</a></p> <p>Please register for <b>one</b> part 1 session only (as these will be duplicated), by clicking on the link below.</p> <p>Wednesday 8<sup>th</sup> May 2024 @ 1000 - Part 1 <a href="#">Book here</a></p> <p>Wednesday 5<sup>th</sup> June 2024 @ 1300 - Part 1 <a href="#">Book here</a></p> <p>Wednesday 3<sup>rd</sup> July 2024 @ 1600 - Part 1 <a href="#">Book here</a></p> <p><b>Part 2</b> will be delivered by the Eastern Region Cyber Protect Team. They will provide:</p> <ul style="list-style-type: none"> <li>Advice on how to improve your personal cyber security.</li> <li>Identifying and protecting yours (and your children’s) key accounts.</li> <li>Threats and techniques that cyber criminals may use to target you / your family.</li> <li>Benefits of family accounts.</li> <li>Parental controls on your router.</li> <li>Signposting to useful resources.</li> </ul> <p>The aim of the session is to provide you with tools and techniques to improve the cyber security of your family.</p> <p>Advice and guidance from the session will be in line with the Government’s <a href="#">Stop! Think! Fraud!</a> and the National Cyber Security Centres <a href="#">CyberAware</a> campaigns.</p> <p>Again, please register for <b>one</b> part 2 session only (as these will be duplicated), by clicking on the link below.</p> <p>Wednesday 15<sup>th</sup> May 2024 @ 1000 - Part 2 <a href="#">Book here</a></p> <p>Wednesday 12<sup>th</sup> June 2024 @ 1300 - Part 2 <a href="#">Book here</a></p> <p>Wednesday 10<sup>th</sup> July 2024 @ 1600 - Part 2 <a href="#">Book here</a></p> <p>If you have any questions or would like us to cover a certain topic within our sessions, then please complete our <a href="#">online form</a>.</p>	<p><b>CYBER CHOICES</b></p> <p><b>Part 1 Sessions (choose one date only)</b></p> <p>3 July at 4pm: <a href="#">Microsoft Virtual Events Powered by Teams</a></p> <p><b>Part 2 session (choose one date only)</b></p> <p>12 June at 1pm: <a href="#">Microsoft Virtual Events Powered by Teams</a></p> <p>10 July at 4pm: <a href="#">Microsoft Virtual Events Powered by Teams</a></p> <p>Online form: <a href="#">Cyber Choices &amp; Online Safety Event (office.com)</a></p>



<p><b>FOLLOW</b> Help develop Speech, Language &amp; Communication Skills at home <b>ADDED WEEKLY 95</b></p>	<p><a href="#">FOLLOW   Linktree</a></p> <p>Introducing the FOLLOW campaign! A very simple and easy to use set of strategies that parents and carers can use with their little ones to help develop speech, language and communication skills at home. For more information, please use the link below.</p> <p><a href="https://linktr.ee/EYFOLLOW">https://linktr.ee/EYFOLLOW</a></p> <div style="display: flex; justify-content: space-around; align-items: center;">      </div>	
<p><b>Autism Voice Hertfordshire</b></p>	<p>See <a href="#">details</a></p>	
<p><b>Big Listen – Ofsted</b></p>	<p>Ofsted have launched their “Big Listen” today. This is an opportunity for everyone involved with children and education to share their views – including around children with SEND. <a href="http://Ofsted Big Listen - GOV.UK (www.gov.uk)">Ofsted Big Listen - GOV.UK (www.gov.uk)</a></p>	
<p><b>Hertfordshire Community NHS Trust</b></p>	<p><b>Children &amp; Young People’s Therapies referral forms are now Online!</b> <b>What is changing?</b> Starting on the <b>4th March</b>, HCT will launch the updated digital referral forms. These changes have been made to help improve patient experience by providing easier access to services and streamlining the overall process.</p> <p>CYPT services includes Children’s Occupational Therapy, Physiotherapy &amp; Speech, and Language Therapy. The digital referral form route is accessible by an online link for use by appropriate referrers including Schools, Parents/Carers, Self-referrals, GP’s and Health Care Professionals.</p>	<p>You can make a referral to these services by following the below links or visiting our website <a href="http://www.hct.nhs.uk">www.hct.nhs.uk</a></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 2px solid cyan; border-radius: 15px; padding: 10px; text-align: center;">  <p>Occupational Therapy Referral Form</p> </div> <div style="border: 2px solid magenta; border-radius: 15px; padding: 10px; text-align: center;">  <p>Speech &amp; Language Referral Form</p> </div> <div style="border: 2px solid orange; border-radius: 15px; padding: 10px; text-align: center;">  <p>Physiotherapy Referral Form</p> </div> </div>
<p><b>SEND Local Offer Website</b></p>	<p><b><i>‘Introduction to the SEND Local Offer website’ – webinar</i></b></p> <p><i>The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.</i></p> <p><i>A friendly face from the Local Offer team will take you through what’s on the website and how you can use it to find the right services and support. <a href="http://www.hertfordshire.gov.uk/localoffer">www.hertfordshire.gov.uk/localoffer</a></i></p> <p><i>A quick note: The Local Offer website is different to Short Breaks (SBLO). We won’t be going into detail about SBLO.</i></p>	





<p><b>Healthwatch Hertfordshire – Orthodontic Treatment Focus Group</b></p>	<p>Healthwatch Hertfordshire want to hear from all children and young people who are having, or have recently had, orthodontic treatment in Hertfordshire. If your child or young person would be happy to take part in a focus group, or 1-1 interview, please email: <a href="mailto:info@healthwatchhertfordshire.co.uk">info@healthwatchhertfordshire.co.uk</a> or phone 01707 275978. Parents or carers can also attend.</p> <p>By sharing your views, you will be helping the NHS to ensure every child and young person receives the care and treatment they need. You will also receive a <b>£10 voucher</b> as a thank you for taking part.</p>
<p><b>Avoiding School / College due to Anxiety</b></p>	<p><a href="https://www.justtalkherts.org">Avoiding School or College Due to Anxiety (EBSA) (justtalkherts.org)</a></p>
<p><b>Watch “Improving the way we manage our EHCP duties in Hertfordshire”</b></p>	<p>“For those of you who couldn't make it to the webinar on Thursday 23 May, the recording is now on our YouTube, with subtitles and BSL.</p> <p>In the recording, Hero Slinn, our Director of Inclusion and Skills takes you through how we are investing in our EHCP workforce to ensure we are delivering more EHCPs on time and to a better quality.</p> <p>It's quite a long video, so we have added chapters for you to get to the parts you are most interested in.</p> <p>Some key points from the webinar include:</p> <p>We have recruited 112 new staff so far to manage EHCPs. Most are EHC Coordinators, some have joined our quality assurance or resolution and reconciliation team.</p> <p>70 of the new staff have completed their 3 month induction training and are joining their teams, with 12 in the training programme now</p> <p>By September all new staff will have joined and completed their training, meaning there will be many new colleagues managing EHCPs.</p> <p>Change will take time - we hope positive impacts will be felt later in the year.”</p> <p><a href="#">Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.</a></p>
	<p><a href="#">Starting secondary school with an allergy (The Allergy Team)   Hertfordshire County Council</a></p> <p>Friday, 7 June 5pm</p> <p>Spitalfields, London Tickets from £45</p>



Delivering Special Provision Locally

Parents, Carers and Young People  
Weekly Round Up Issue: 100  
05/06/2024

DSPL 1  
(North Herts)

[dspl1admin@wransom.herts.sch.uk](mailto:dspl1admin@wransom.herts.sch.uk)  
(please email if you need the flyers or further information)  
[Updates and Resources \(nhdspl.org.uk\)](http://Updates and Resources (nhdspl.org.uk)) Find us on Facebook and Twitter

**Road to Year 7 Group** **Open to all year 6's**

4pm - 5pm every Tuesday & Wednesday  
Starting 22<sup>nd</sup> July 2024

**Year 7**

Helping to build confidence around starting secondary school

Create the toolkit needed to overcome any worries around starting secondary school

Exploring topics of change, anxiety, making new friendships, bullying & online safety

**withYouth**  
YOUNG PEOPLE'S Digital Wellbeing Services

Please email [withyouth@hertsmindnetwork.org](mailto:withyouth@hertsmindnetwork.org) for more information, or to register your interest.

[www.withyouth.org](http://www.withyouth.org)



**Parenting SEN children when separated online programme**

**family lives**

A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

**Who should attend?**

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.

**These courses will be delivered by MS Teams over 6 sessions, on the following dates:**

- Tuesday 4, 11, 18, 25 June & 2, 9 July  
**Daytime:** 9.30 - 11.30
- Wednesday 5, 12, 19, 26 June & 3, 10 July  
**Evening:** 7pm - 9pm

For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

**We build better family lives together**

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

[@FamilyLivesHertsandBeds](https://www.facebook.com/FamilyLivesHertsandBeds)

Family Lives is registered as a company limited by guarantee in England and Wales No. 387762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.





WORKSHOPS, COURSES AND TRAINING		
<b>The Toolbox</b>	<p><b>Understanding my autism and/or ADHD (ages 7-16)</b></p> <p>Webinars, courses and workshops to support children and young people aged 7-16 with Autism, ADHD or both. These are available both online and in-person and are designed to help young people understand their Autism and/or ADHD in a fun and engaging way. They are led by experienced professionals and will provide tailored strategies and an opportunity to connect with other neurodivergent young people.</p>	<a href="https://www.mindler.co.uk">Hertfordshire   The Toolbox (mindler.co.uk)</a>
<b>SEND 0-25 Hertfordshire's Local Offer</b>	GUEST BLOG: Coping with school when you are autistic	<a href="https://www.hertfordshire.gov.uk">Guest blog: Coping with school when you're autistic (hertfordshire.gov.uk)</a>
<b>Ambitious about Autism</b>	<p><a href="#">Quality of life at home toolkit   Ambitious about Autism</a></p> <p>Quality of life at home toolkit – series of five animated films provides advice and guidance on managing the emotional needs of autistic children and young people.</p>	Animated films – advice/guidance on managing emotional needs
<b>Autism Central</b>	<p><a href="#">Autism Central for Parents and Carers   Autism Central</a></p> <p>The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others. Listen, offer guidance and tell you about services that are available in your local area. Navigate you to services that can make a difference and empower you. Increase your knowledge, understanding and provide you with skills to last. <a href="#">Essex County Council   Autism Central</a></p>	Peer Education Programme - support
<b>Hertfordshire Autism</b>	<p><b>Level 1 Autism Training eLearning</b></p> <p>This online training will take about 30 minutes to complete. It aims to develop an understanding of: Some basic principles of autism, challenging some myths and stereotypes The strengths and areas of difference Simple reasonable adjustments and strategies for practitioners to consider. To complete the training please follow the link, you will be prompted to complete a short form and be re-directed to the training: <a href="https://www.contensis.com">Autism elearning form (contensis.com)</a> <a href="https://www.contensis.com">Autism elearning form (contensis.com)</a></p>	Level 1 Autism Training e-learning



<b>SPACE Herts</b>	<i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>	
<b>SPACE Herts</b>	<a href="#">Sleep Workshop Tickets, Thu 6 Jun 2024 at 19:00   Eventbrite</a>	Sleep Workshop
	<a href="#">Hansel, Gretal (she's taller) and You....Who? Tickets, Sun 9 Jun 2024 at 10:30   Eventbrite</a>	FREE Event
	<a href="#">Being Me - Supporting your child to understand their neurodiversity Tickets, Wed 26 Jun 2024 at 09:30   Eventbrite</a> Parent/Carer Conference Wednesday, 26 June – Being Me – Supporting your child to understand neurodiversity	Parent/Carer Conference
	<a href="#">Navigating the SEND World Post 16 Tickets, Mon 10 Jun 2024 at 18:30   Eventbrite</a>	Navigating the SEND World Post16
	<a href="#">Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Wed 12 Jun 2024 at 10:00   Eventbrite</a>	Understanding Behaviour as Communication
	<a href="#">Understanding Specific Literacy Difficulties Including Dyslexia Tickets, Mon 17 Jun 2024 at 18:30   Eventbrite</a>	Understanding Specific Literacy Difficulties incl. Dyslexia
	<a href="#">Autistic Girls Workshop Tickets, Wed 19 Jun 2024 at 10:00   Eventbrite</a>	Autistic Girls Workshop
	<a href="#">First Steps by SPACE HERTFORDSHIRE   Eventbrite</a>	Early Years – 6 week course
	FOR FURTHER ACTIVITIES AND SESSIONS SEE: <a href="#">SPACE HERTFORDSHIRE Events   Eventbrite</a>	Additional Activities
<b>ADD-Vance</b>	<i>A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. <b>Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</b></i>	
<b>ADD-vance</b> <a href="#">Eventbrite</a>	<a href="#">Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE FOR DADS Tickets, Wed 5 Jun 2024 at 19:00   Eventbrite</a>	Understanding ADHD and Autism – Dads – 6 week course
	<a href="#">Understanding ADHD and Autism in the Primary Years - FREE 6 WEEK COURSE Tickets, Thu 6 Jun 2024 at 19:00   Eventbrite</a>	Understanding ADHD and Autism in the Primary Years – 6 week course
	<a href="#">SLEEP ONLINE SUPPORT GROUP for Parents/Carers Tickets, Fri 7 Jun 2024 at 13:30   Eventbrite</a>	Sleep online support group
	<a href="#">PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 11 Jun 2024 at 13:30   Eventbrite</a>	PDA Online Support Group
	<a href="#">Tips &amp; Tools to Manage Eating Difficulties - FREE ONLINE WORKSHOP Tickets, Tue 11 Jun 2024 at 19:00   Eventbrite</a>	Tips/Tools Manage Eating Difficulties



	<a href="#">Tips &amp; Tools to Support Emotional Development - FREE ONLINE WORKSHOP Tickets, Wed 12 Jun 2024 at 10:00   Eventbrite</a>	Tips/tools Support Emotional Development	
	<a href="#">Tips &amp; Tools to Support Communication - FREE ONLINE WORKSHOP Tickets, Mon 17 Jun 2024 at 10:00   Eventbrite</a>	Tips/tools Support Communication	
<b>Angels Support Group</b>	<i>Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).</i>		
<b>Angels Support Group</b>	<b>Virtual Meeting via Zoom</b> 10am to 12pm <ul style="list-style-type: none"> <li>• 11 June <b>Workshop: Managing Meltdowns</b></li> <li>• 18 June Parent/Carer Support Group with Lorraine Jones</li> <li>• 25 June – <b>Workshop: Executive Function Dysfunction</b></li> <li>• 2 July – Parent/Carer Support Group with Lorraine Jones</li> <li>• 9 July <b>Workshop: Surviving the Summer Holidays</b></li> <li>• 16 July – Parent/Carer Support Group with Lorraine Jones</li> </ul>	<b>Face to Face meeting Stevenage</b> 10am to 12pm <b>The Phoenix Group</b> <ul style="list-style-type: none"> <li>• 13 June – Parent/Carer Support Group</li> <li>• 20 June – Meet Up and Chat</li> <li>• 27 June – Parent/Carer Support Group with Lorraine Jones</li> <li>• 4 July – Meet Up and Chat</li> <li>• 11 July – Parent/Carer Support Group with Lorraine Jones</li> <li>• 18 July – Meet Up and Chat</li> </ul>	
	<b>The Pod, Northfields, Letchworth Weds</b> 10am to 12pm <ul style="list-style-type: none"> <li>• 19 June</li> <li>• 10 July</li> </ul> Meet Up and Chat in partnership with Letchworth Family Support Team	<b>Evening Meeting via Zoom 7:30pm to 8:30pm</b> <ul style="list-style-type: none"> <li>• 13 June – Parent/Carer Support Group</li> </ul> Podcasts: <a href="#">As it is World Autism Acceptance Week, here is our latest podcast discussing getting an Autism diagnosis as an...   Instagram</a>	Support Groups and workshops, Meet up and Chat <a href="http://www.angelsupportgroup.org.uk">www.angelsupportgroup.org.uk</a> / <a href="#">Angels Summer Term Programme (angelsupportgroup.org.uk)</a>
	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> Membership (free) is required: <a href="#">Membership Application Form - Angels Support Group</a>		
<b>Autism Hertfordshire Transition Service for 16-20 year olds</b>	Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> Parents & Cares of autistic young adults (16-25)	<a href="#">Upcoming Events » Autism Bedfordshire Support Groups » Autism Bedfordshire</a>	
<b>Autism UK</b>	<a href="https://www.autism.org.uk">Social stories and comic strip conversations (autism.org.uk)</a>	Social Stories and Comic Strip Conversations	
<b>ADHD Foundation</b>	<a href="#">Resources Archive - ADHD Foundation : ADHD Foundation</a>	Resources	



<p><b>NESSie ‘My World &amp; Me’ for children and young people</b></p>	<p><b>NESSie ‘My World &amp; Me’</b></p> <p>My World &amp; Me is a 12-week group programme <b>for up to 8 children and young people</b> who live in Hertfordshire and who are diagnosed with Autism/ADHD. Each week will run for 1 hour.</p> <p>This online or face to face 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 similar age and interests. Focusing on celebrating your child’s strengths and uniqueness this group aims to be fun whilst supporting the development of confidence, independence and resilience.</p> <p>CYP will be group in age groups from 7-16 yrs. Funded by Hertfordshire County Council.</p>	<p>Thursday, 13 June 2024 to 29 August 11am to 12pm <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p> <p>Understanding My ADHD/Autism – Secondary at The Highfield, Letchworth Garden City (in-person) Fridays, 10am to 11am 26 Apr to 19 July (no session during half term)</p> <p>Understanding My ADHD/Autism – Middle Schools Fridays 2:10pm to 3:10pm 26 Apr to 19 July (no session during half term)</p> <p>Understanding My Autism: Supporting transition for school years 4-6 (online). Thursdays 11am to 12pm 13 June to 29 August <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p> <p>Understanding My ADHD/Autism: Supporting transitions for school years 6 to 7. Wednesdays, 4pm to 5pm 19 June to 4 September 2024 <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>
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<a href="#">Supporting Links</a>	<i>A local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children.</i>	
<a href="#">Supporting Links</a>	Workshops: We have a number of single session workshops for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend. See website for flyers and links: <a href="http://NewWhat'sOn.supportinglinks.co.uk">New What's On (supportinglinks.co.uk)</a>	
<a href="#">Supporting Links</a>	Use the Course ID (See below) to book your place Booking Essential: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a> or 07512 709556	Booking Information
	<b>Talking Teens</b> 6 Weekly Sessions for parents/carers of children aged 12-19 Wednesdays 5 June to 10 July 7pm to 9pm (In Person: Bushey) In Person Course ID 658	Talking Teens
<a href="#">Supporting Links</a>	<b>Talking Anger in Families</b> 6 Weekly Sessions for parents/carers of children aged 0-12 Wednesdays 5 June to 10 July 9:45am to 11:30am (online) Course ID 654	Talking Anger in Families
<a href="#">Supporting Links</a>	<b>Talking Dads/Male Carers</b> 6 Weekly sessions for Dads/Male Carers of all ages Wednesdays 5 June to 10 July 7:45pm to 9:15pm (online) Course ID 660	Talking Dads/Male Carers
<a href="#">Supporting Links</a>	<b>Talking Anxiety in Teens</b> 6 Weekly sessions for parents/carers of 12-19 year olds Tuesdays 7:45pm to 9:30pm (online) Course ID 655	Talking Anxiety in Teens
<a href="#">Supporting Links</a>	<b>Talking Additional Needs</b> (no diagnosis needed) A 6-week group for parents and carers of children with any additional need from 2-25. Tuesdays 4 June to 9 July 8pm to 9:30pm (online) Course ID 652	Talking Additional Needs
<b>NEW WEEK 100</b> <a href="#">Supporting Links</a>	<b>Talking Families</b> 6 weekly sessions for parents and carers of children aged 0-12 Wednesdays 12 June to 17 July 8pm to 9:30pm (online) Course ID 653	Talking Families



<a href="#">Families</a> in Focus	<i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>	
<a href="#">Families</a> in Focus	Email to book: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	
<a href="#">Families</a> in Focus	<b>Transforming family life through empathy</b>	Email to book: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>
	A proven therapeutic approach for parents of children aged 3 to 11 yrs, to increase positive family communication to manage behaviours that challenge, reducing behaviours that challenge and building your family's emotional wellbeing 3 x 2 hour sessions	<b>Transforming family life through empathy for Parents of children with SEND 4-10 years</b> Monday Evenings 6:30pm to 8:30pm September 9, 16, 23 Monday Mornings 9:30am to 11:30am September 16, 23, 30
		<b>Transforming family life through empathy for Parents of children aged 4-10 years</b> Monday evenings 6:30pm to 8:30pm September 30, October 7, 14
		<b>Transforming family life through empathy for Fathers of children aged 4-10 years</b> Wednesday evenings November 27, December 4, 11
		<b>Transforming family life through empathy for Grandparents of grandchildren aged 4-10 years</b> Monday mornings 9:30am to 11:30am November 11, 18
<a href="#">Families</a> in Focus	<b>Handling anger of primary aged children</b> FREE 5 week course. Understand more about what triggers children's anger Learn techniques to increase children's emotional regulation and decrease angry meltdowns Increase understanding of how to support children who feel anxious Meet other parents and share experiences Learn techniques to manage parental stress <b>Wednesday mornings 9:30am to 11:30am online via Zoom</b> <b>June 5, 12, 19, 26 July 3, 10</b>	Handling anger of primary aged children <a href="#">Current parent courses – Families in Focus</a>
<a href="#">Families</a> in Focus	<b>Handling anger of children with Autism &amp; ADHD [added weekly 100]</b> <a href="#">Current SEND courses – Families in Focus</a> FREE 6 week course Increase understanding of how Autism and ADHD affects emotional regulation Increase awareness of a child's sensory needs Increase your understanding of triggers that cause children's angry outbursts Learn healthy anger management strategies for children and parents to reduce angry reactions <b>Tuesday mornings 9:30am to 11:30am OR Tuesday evenings 6:30pm to 8:30pm</b>	Handling anger of children with Autism & ADHD





	10, 17, 24 September & 1, 8, 15 October	
<b>Families in Focus</b>	<p>A complete guide to parenting children with Autism &amp; ADHD <a href="#">Current SEND courses – Families in Focus</a> FREE 10 week course for parents living in Hertfordshire and parenting a child with Autism or ADHD (with diagnosis or awaiting assessment) aged 2 to 11. Gain a greater understanding and answer the question ‘why does my child do that?’ Learn a range of strategies and solutions, to better manage behaviours that challenge. Understanding sensory needs of children. Increase understanding of children’s common sleep issues. <b>Wednesday mornings 9:30am to 11:30am OR Wednesday evenings 6:30pm to 8:30pm</b> <b>September 11, 18, 25. October 2, 9, 16, 23. November 6, 13, 20</b></p>	A Complete Guide to parenting children with Autism and ADHD
<b>Family Lives</b>	<p>Within My Reach      Within my Reach 8-week programme is for specifically designed for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment</p> <p><a href="#">Reducing Parental Conflict Parenting</a>, or for further information please call 0204 522 8700 / 0204 522 8699 or email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></p> <p>Who can attend:</p> <ul style="list-style-type: none"> <li>• Parents who are experiencing conflicts and challenges due to the neurodiversity of their child</li> <li>• Parents who want to improve communication and build stronger partnership in parenting and coparenting their neurodiverse child.</li> </ul> <p>Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child</p>	Within My Reach – 8 week programme, facing conflicts and struggling to find common ground raising neurodiverse child.
<b>The Add-Vantage</b>	<a href="#">Coffee &amp; Connection - ADHD Womens Wellbeing Community Hub Tickets, Multiple Dates   Eventbrite</a>	For Women with ADHD – Coffee & Connection
	<a href="#">Recharge Retreat Day - ADHD Womens Wellbeing Community Hub Tickets   Eventbrite</a>	For Women with ADHD – Recharge Retreat Day
<b>ADHD UK</b>	<p><a href="#">Right to Choose - ADHD UK</a> Right to Choose (NHS England) If you are based in England under the NHS you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team. This important</p>	



	right means that, for instance, should you decide the waiting time for your ADHD assessment is too long, then you can choose alternative providers. The provider must supply the service to the NHS somewhere in England. See website for full details.	
<b>Up on <a href="#">Downs</a></b>	A parent run organisation that supports families of children with Down’s Syndrome.	Local Down’s Syndrome Support
<b>Down’s Syndrome Association</b>	Down’s Syndrome Listening Service <a href="https://www.downs-syndrome.org.uk">Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)</a>	Down’s Syndrome Listening Service
<b>Phoenix Group for Deaf Children</b>	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">About Us - The Phoenix Group for Deaf Children</a>	Local Group for Deaf Children
<b>National Deaf Children’s Society</b>	<a href="https://www.ndcs.org.uk">Learn British Sign Language Online   National Deaf Children's Society (ndcs.org.uk)</a>	FREE signing Courses for Families
<b>Herts Dyslexia Charity</b>	<a href="#">Herts Dyslexia Charity   EVENTS</a> FREE Webinar – Five frequently asked questions to the BDA Helpline – This presentation will outline the five most frequently asked questions from parents who want to support their children at home. The webinar will provide ideas and guidance as to how to support learners at home with their studies. Different types of technology and software.	Dyslexia webinar – ideas and guidance – support learners at home
<b>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</b>	6:30pm to 8:30pm FREE Bowes Lyon Young People’s Centre, Stevenage Join in, have some fun and make new friends. <b>Runs on Tuesday evenings.</b> Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport & Games, Arts & Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.	<b>Booking Essential:</b> Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: <a href="mailto:sfyp.stevenage@hertfordshire.gov.uk">sfyp.stevenage@hertfordshire.gov.uk</a>
<b>ECHP – Notice for Parents</b>	<p>The Hertfordshire SEND partnership are committed to improving the quality of EHCP’s for children and young people in Hertfordshire; ensuring plans are of high quality and meaningfully capture children and young people’s: views, experiences, needs and outcomes, and specify provision.</p> <p>To support with achieving this aim, there will be regular multi-agency audits of EHCP’s. These multi-agency audits involve professionals from education (school representatives, specialist advisory teachers, educational psychologists and members of the statutory SEND service), health, social care, SENDIASS and the Herts Parent Carer Involvement coming together to audit the quality of a random selection of EHCP’s. Professionals then work together to identify areas of good practice and areas where learning is required. These events are crucial for supporting improvements in practice across the system.</p> <p><b>This may therefore mean that your child’s plan could be selected for audit and shared with the above professionals for auditing purposes.</b> All professionals involved in multi-agency audits of EHCPs are required to comply with Data Protection legislation and confidentiality duties, which restrict the sharing of information pertaining to your child's EHCP outside of the auditing activity.</p> <p><b>If you wish to opt out and do not wish for your child's EHCP to be included in our quality assurance audits, please email the Quality Assurance Service at: <a href="mailto:policyandpractice@hertfordshire.gov.uk">policyandpractice@hertfordshire.gov.uk</a></b></p>	



EARLY YEARS – SEND GROUPS			
<p><b>NORTH HERTS FAMILY CENTRE</b></p> <p><b>SEND Drop In - Free Drop In</b></p> <p><a href="#">What's On North Herts District Summer 2024 (mailchi.mp)</a></p>	<p><b>SEND Drop In - Free Drop In</b></p> <p>Toddler Group: Arise and Shine Letchworth Garden City Church, The Icknield Centre, Icknield Way, <b>Letchworth</b>, SG6 1EF Monthly from 10.00am to 11.30am 4th June 2nd July</p>	<p><b>SEND Drop In - Free Drop In</b></p> <p>Toddler Group: Wrigglers &amp; Tiddlers Walsworth Road Baptist Church Hall, Walsworth Road, <b>Hitchin</b>, SG4 9SP Monthly from 9:30am to 11.00am  13th June 11th July</p>	<p><b>SEND Drop In - Free Drop In</b></p> <p>Toddler Group: Friends First Royston Methodist Church, Queens Road, <b>Royston</b>, SG8 7AU Monthly from 9:15am to 11.00am 23rd May 28th June</p>
<p><b>ARISE &amp; SHINE</b></p>	<p>Letchworth Garden City Church A <b>SEND pre-school toddler play group</b> and parent/adult support group.</p>	<p><b>ARISE &amp; shine</b></p> <ul style="list-style-type: none"> <li>• Sensory Play</li> <li>• Bucket Time</li> <li>• Toys</li> <li>• Music</li> <li>• Stories</li> <li>• Soft Play</li> </ul>	<p>Letchworth Garden City Church, Icknield Way, Letchworth Garden City, SG6 1EF</p> <p>Tuesdays 10am to 11:15am (term time only) FREE to attend, donations welcome. Light refreshments are available.</p>

Get advice from [ChatHealth](#) Health Visiting free text messaging service. It's confidential and available Mon-Fri 9am-5pm.  
**07480 635164**

## Supporting your Child's Development in the Early Years

If you have any concerns around your child's health or development, you can contact the Family Centre Service (Health Visiting and Family Support) on

**0300 123 7572**

### 3 - 4 YEARS

The term after your child's 3rd birthday you are entitled to 15 hours a week free early education. Your childcare provider will support you with any concerns around your child's development.



### 2 - 2 ½ YEARS

By 2 ½ years, you will be invited to attend a Health and Development review with the Health Visiting Team. Remember there is lots of support available at your local Family Centre.



### 0-11 MONTHS

Your baby's Health and Development is important and the Health Visiting Team supports the health, development and wellbeing of your baby. [Scan the QR code below to book to weigh your baby.](#)

The Family Support Service will also be in touch to welcome you.



### 1 YEAR

By 10 months you will be invited to attend a Health and Development review with the Health Visiting Team.

### FAMILY CENTRE SERVICE

Can offer support with:

- introducing Solid Food
  - Toileting
  - Sleep, routines and boundaries.
- [Scan the QR code below to find out more and to book.](#)



### 4 - 5 YEARS

Your child can start school the term after their 4th birthday. Your school will support you with any concerns around your child's development.



[Scan the QR code for more information on services available and to book sessions at a Family Centre.](#)





Click image to follow the [link](#) for the full information and links to each area.

## 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.

- ARC Services
- 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
- Rephael House Counselling
- Safe Space
- School Nurses and Duty Line
- Signpost
- Single Point Access (SPA)
- Specialist CAMHS
- Spectrum Family and Young People's Service
- Step 2
- The Sandbox
- Togetherall
- WithYOUth
- YCT Counselling
- Youth Talk Counselling
- Young Minds Parent Helpline

- Telephone service
- Online/virtual service
- Face to face service
- Referral required

- 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.



MENTAL HEALTH AND WELLBEING		
<p><b>CYPMHS</b> <b>Children &amp; Young People’s Mental Health Services</b></p>	<p>7pm to 9pm [online over Zoom on first Tuesday of each month] new parents and carers welcome. <b>Is your young person struggling with poor mental health?</b> Would you like to speak to people who understand? Would you like to learn more about strategies to help your child towards recovery? Would you like support for yourself?</p>	<p><b>BOOKING:</b> <a href="#">Children Young People’s Mental Health Services (CYPMHS) - Carers In Herts</a></p>
<p><b>Lumi Nova</b></p>	<p><a href="#">Introducing Lumi Nova: A therapeutic mobile game for children’s worries and anxiety (youtube.com)</a> <b>Key points:</b></p> <ul style="list-style-type: none"> <li>• What are fears and worries?</li> <li>• How can Lumi Nova help?</li> <li>• Who is Lumi Nova for?</li> <li>• Is Lumi Nova clinically approved?</li> <li>• How does it work?</li> <li>• What are the benefits?</li> <li>• How can parents/practitioners support Lumi Nova use?</li> </ul>	
<p><b>Hub of Hope</b></p>	<p><a href="#">Mental Health Support Network provided by Chasing the Stigma   Hub of hope</a></p>	
<p><b>The <a href="#">Sandbox</a></b> <b>Online Mental Health Digital Advice and Guidance Services for 10-25s I</b></p>	<p><b>The Sandbox: online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b> The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p>	<p>This new free NHS funded service offer a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person’s needs</p> <ul style="list-style-type: none"> <li>• Website: 24/7</li> <li>• Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays</li> <li>• Live Chat: 10am-8pm Mondays-Fridays</li> </ul> <p>Signing up is easy and doesn’t require a referral from a professional: <a href="#">Sandbox Homepage (getcerebral.co.uk)</a></p>
<p><b><a href="#">NESSie</a></b></p>	<p><i>Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.</i></p>	
<p><b><a href="#">NESSie</a></b></p>	<p><b>Parent/Carer Chat and Connect Session – online via MS Teams</b></p> <ul style="list-style-type: none"> <li>• This monthly <b>Parent/Carer Chat</b>, regular online drop in offers an informal space to share and connect with other parent/carers who have similar experiences supporting the child’s mental health. These sessions are facilitated by Specialist Family Support Workers who can offer advice and support. Different topic each month.</li> </ul> <p><a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>	





<a href="#">NESSie</a>	<p><b>Supporting Children/Young People with Bullying</b> <b>Thursday, 6 June 2024 9:30am to 11am</b></p> <p>Share helpful tools and strategies to support your child to develop confidence and resilience in order to manage dealing with bullying. Information for families about managing, signposting and supporting with appropriate interventions. Offer parents and carers a chance to ask open questions in a warm and supportive environment.</p>	<p>Bullying <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>
<a href="#">NESSie</a>	<p><b>Supporting Children/Young People with Anxiety</b> <b>Thursday, 6 June 2024 9:30am to 11:30am</b></p> <p>Share helpful tools and strategies to support your child to develop confidence and resilience in order to manager their anxiety. Provide information for families about managing , signposting and supporting with appropriate interventions.</p>	<p>Anxiety <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>
<a href="#">NESSie</a>	<p><b>Supporting Children/Young People who Struggle to Attend School</b> <b>Thursday, 17 June 2024 9:30am to 11:30am</b></p> <p>Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer and it is easy to feel lost and alone. Provide information for families about managing, signposting and supporting with appropriate interventions.</p>	<p>CYP who Struggle to Attend School <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>
<a href="#">NESSie</a>	<p><b>Supporting Children/Young People who are LGBTQ+ or Gender Questioning</b> <b>Thursday, 20 June 2024 9:30am to 11:30am</b></p> <p>For parents/carers who may be supporting children and young people in the LGBTQ+ community who may be trans or gender questioning. Develop understanding of the spectrum of gender identity support for trans, gender questioning and non-binary children and young people. Explore strategies to assist children and young people, and the support available for them in educational settings and wider community.</p>	<p>LGBTQ+ Gender Questioning <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>
<a href="#">NESSie</a>	<p><b>Supporting Children/Young People with Bereavement and Loss</b> <b>Tuesday, 25 June 2024 9:30am to 11:30am</b></p> <p>Enable parents/carers to develop their confidence in supporting their children with bereavement and loss. Explore strategies to support their child/ren to discuss aspects of bereavement and loss, including divorce and separation. Provide a space to look and identify effective support and management for the whole family.</p>	<p>Bereavement and Loss <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>
<a href="#">NESSie</a>	<p><b>Supporting a Child/Young Person with Self-Harming Behaviours</b> <b>Wednesday, 3 July 2024 9:30am to 11:30am</b></p> <p>The aim of this early intervention webinar is to share helpful tools and strategies to support your child. Children and young people sometimes use self-injurious behaviours as a coping mechanism. This can be very distressing for them and their parents/carers when they don't have strategies to support them and keep them safe. This webinar will provide current information for families about managing, signposting and supporting with appropriate interventions. It will offer parents and carers a chance to ask open questions in a warm and supportive environment.</p>	<p>Self-Harming Behaviours <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>



<a href="#">NESSie</a>	<p><b>Parent/Carer Chat and Connect Session – Hertfordshire</b> This monthly, regular online drops in offers an informal space to share and connect with other parents/carers who have similar experience supporting their child’s mental health. These sessions are facilitated by Specialist Family Support Worker who can offer advice and support. Each month we will cover a different topic – see social media for updates. FREE funded by HCC. <a href="#">Nessie Public Booking Platform (procfu.com)</a></p>	<p><a href="#">Hertfordshire parents - NESSie IN ED, CIC</a>  Parent/Carer Chat Connect Session</p>
<p>NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools. <b>FREE online and face-to-face workshops</b> on a range of mental health issues that affect children and young people. <b>Parent Support Line 07932 651319</b> (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups. support advice sessions Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: <a href="#">Podio</a></p>		



**Mental Health Support for adults in Hertfordshire**

**Get Advice**

**Get Support**

**Self-Referral**

**Get Help**

**Support**

**Self-Referral**

**Help**

**Seriously ill or injured dial 999 for the emergency services**



Scan here for full contact details and opening hours



Mental Health Support for Hertfordshire's Children and Young People  
[www.hertfordshire.gov.uk/youthmentalhealth](http://www.hertfordshire.gov.uk/youthmentalhealth)

Working together for a healthier future





MENTAL HEALTH AND WELLBEING		
Young Minds	<a href="#">Help Your Child With ADHD   Parents Guide to Support   YoungMinds</a> <a href="#">Autism &amp; Mental Health   Signs &amp; Symptoms of Autism   YoungMinds</a> <a href="#">Transitions, Change &amp; Mental Health   Parents Guide   YoungMinds</a>	Guide: Help your child with ADHD Guide: Autism and Mental Health Guide: Transitions and Change
Challenging Behaviour Foundation	<a href="#">Video challenging behaviour - Challenging Behaviour Foundation</a> <a href="#">Positive Behaviour Support - Challenging Behaviour Foundation</a>	Resource – Challenging Behaviour
Recovery College online	<a href="#">Your mental health - Recovery College Online</a>	Mental Health Recovery
Give Us a Shout	<a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a>	Free 24/7 mental health text support
Herts Mind Network	<a href="#">Meeting Places   Hertfordshire Mind Network (hertsmindnetwork.org)</a> <b>Get in touch</b> Our Meeting Places are open access, meaning there is no need to have an initial appointment. You can also attend while waiting for one of our other services or after exiting one of our one-to-one services. If you would like to attend this group, please email us at: <a href="mailto:meetingplaces@hertsmindnetwork.org">meetingplaces@hertsmindnetwork.org</a> We will provide you with a session link and joining details for the online groups. You will need a link for each session that you attend. Please note, we will only be able to send joining instructions and links to you during office hours. If you are not currently a client all you need to do is complete a short Online Referral form. You can also use the Download Referral button to download a copy of the Referral Form to complete and email to us at <a href="mailto:meetingplaces@hertsmindnetwork.org">meetingplaces@hertsmindnetwork.org</a>	<b>Our Meeting Places are a safe and welcoming social drop-in where you can feel supported.</b>  Attending these groups is a good way to share experiences, build social networks and meet people in a non-judgemental setting.
<b>NEW WEEK 100</b> Herts Mind Network	<b>Being Assertive Workshop</b> 11 July 2pm to 5pm (online) Aims to equip participants with a good understanding of what assertive behaviour is, the barriers to being assertive and to support learners to develop a range of skills to enable them to be more assertive.	<a href="#">Being Assertive Workshop - Mind in Mid Herts</a>
<b>NEW WEEK 100</b> Herts Mind Network	<b>Building Courage</b> 7 & 14 August 1pm to 3pm Enables participants to gain a good understanding of what anxiety is, how it is maintained and equips learners with a range of strategies to effectively manage their anxiety.	<a href="#">Building Courage - Mind in Mid Herts</a>




<p><b>NEW WEEK 100</b> Herts Mind Network</p>	<p><b>Developing Self-Compassion</b> 5 &amp; 12 June 1pm to 2pm at Stevenage Centre Aims to enable participants to gain a good understanding of self-esteem, understanding how it is affected and to equip learners with a range of strategies to effectively build self-compassion.</p>	<p><a href="#">Developing Self-Compassion Course - Mind in Mid Herts</a></p>
<p><b>NEW WEEK 100</b> Herts Mind Network</p>	<p><b>Feeling Well</b> 16 to 23 July 2pm to 4pm Online Enables participants to gain an understanding of depression; its causes and symptoms and develop a range of strategies to effectively manage their mood.</p>	<p><a href="#">Feeling Well - Mind in Mid Herts</a></p>
<p><b>NEW WEEK 100</b> Herts Mind Network</p>	<p><b>Staying Calm Course</b> 17 &amp; 24 September 2pm to 4pm Online Our Staying Calm course is not a therapy group. The course is psychoeducational and aims to give participants practical tips to better manage their emotions. This practical and reflective course enables participants to learn positive communication styles and ways to remain calm when difficult emotions arise.</p>	<p><a href="#">Staying Calm Course - Mind in Mid Herts</a></p>
<p><b>Hertfordshire Community NHS Trust</b></p>	<p><a href="https://hct.nhs.uk">Children and young people's sensory service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Due to additional investment into Hertfordshire's Children and Young People's Integrated Therapy Service (CYPT), we have an exciting new three - tiered sensory service to support neurodivergent children and young people (CYP).</p>	<p>Children and Young People's Sensory Service</p>
<p><b>DSPL 2 Coffee Morning</b></p>	<p><b>DSPL 1 parents and carers are welcome to join our neighbouring DSPL.</b> DSPL 2 Coffee Morning – meet other parents and get involved in events. The Oak Suite, Peartree Spring Primary School. Hydean Way, Stevenage SG2 9GG. Book: <a href="#">DSPL2 Events - 6 Upcoming Activities and Tickets   Eventbrite</a>  Future date: 28 June 9:30am to 11am</p>	
<p><b>JUST TALK</b>  <a href="#">Emotional wellbeing information and resources to help young people in</a></p>	<p><b>FIVE WAYS TO WELLBEING</b> Research from around the world tells us there are 5 things we should do more to boost our wellbeing and mood <b>If you are in Primary School:</b> <a href="#">Herts CC - Five Ways to Wellbeing for Children (Web version) (justtalkherts.org)</a> <b>If you are in Secondary School:</b> <a href="#">Herts CC - Five Ways to Wellbeing for Young People (Web version) (justtalkherts.org)</a></p>	<p><b>How to sleep well for teenagers :</b> <a href="#">How to sleep well for teenagers   Evelina London</a> Includes: Body Image, Exam Stress, Diabetes, Immunisation <a href="#">Health For Teens   Everything you wanted to know about health</a></p>



<a href="https://www.justtalkherts.org">Hertfordshire (justtalkherts.org)</a>	<p><b>Interactive Five Ways to wellbeing Journal</b> : <a href="#">FIVE WAYS TO WELLBEING JOURNAL FOR CHILDREN &amp; YOUNG PEOPLE (justtalkherts.org)</a></p> <p><b>JustTalk Journal</b> : <a href="#">My Just Talk Journal (justtalkherts.org)</a></p>	<p><b>Thrive and Survive guide for young people starting university:</b> <a href="#">Thrive and Survive Guide September 2023 (justtalkherts.org)</a></p>
<u>Anti-Bullying Resources</u>	<ul style="list-style-type: none"> <li>• Our JustTalk partners are also supporting this work, SandBox have a whole resource section on bullying to support young people, this is a great place to look at resources and signpost young people to. <a href="#">The Resource Zone (mindler.co.uk)</a></li> <li>• WithYouth are also supporting young people through their live chat with friendship issues/conflict resolution and bullying concerns from 2-10pm everyday <a href="#">Instant messaging - WithYouth</a></li> <li>• All of this information and more resources can be found on our JustTalk page <a href="#">Anti-Bullying Information (justtalkherts.org)</a></li> </ul> <p><a href="#">Helping Children Deal with Bullying &amp; Cyberbullying   NSPCC</a></p>	
<p>Children’s Wellbeing Practitioners</p> <p><i>Places are booked quickly</i></p>	<p><a href="#">HCT Children's Wellbeing Practitioners Events   Eventbrite</a></p> <p>Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child’s Emotional Literacy</p>	Check for available courses, please note they book up quickly
	<p><a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.</p>	School Avoidance
	<p><a href="#">Developing Your Child’s Emotional Literacy Tickets, Tue 11 Jun 2024 at 10:00   Eventbrite</a></p>	Developing Your Child’s Emotional Literacy





 <p>The Hertfordshire &amp; Mid Essex Talking Therapies and @Hertfordshire SEND Local Offer invite parent carers of children and young people with SEND to 2 free webinars about emotional wellbeing support. You can attend 1 or both in the series, if you would like practical support with the emotional challenges of being a parent carer.</p> <p><b>Webinar 2 (Managing difficult emotions and building resilience, Weds 3 July, 7pm)</b> This webinar looks at the complex and sometimes painful emotions which can accompany the caring role. The webinar provides several tools for building resilience and a relaxing experiential exercise. <a href="https://buff.ly/3UqhkiW">https://buff.ly/3UqhkiW</a> <a href="https://www.nhdspl.org.uk">NHS Talking Therapies: Managing difficult emotions and building resilience webinar   Hertfordshire County Council</a></p>		
<a href="#">Bereavement: Living with Grief and Loss   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Bereavement and Grief	
<a href="#">Care for Carers   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Care for Carers	
<a href="#">Carers: Managing Difficult Emotions and Building Resilience   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Carers: Managing Difficult Emotions/Building Resilience	
<a href="#">Dealing with Depression   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Dealing with Depression	
<a href="#">How to sleep better   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	How to sleep better	
<a href="#">Managing Worry   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Managing worry	
<a href="#">Understanding Low Self-esteem   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Understanding low self esteem	
<a href="#">Becoming a parent or caregiver and emotional wellbeing   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Becoming a parent or caregiver	
Mind Hertfordshire Network CYP	<p><b>Spark – A Creative Space for Young People’s Wellbeing</b> Informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along email <a href="mailto:cyp@hertsmindnetwork.org">cyp@hertsmindnetwork.org</a></p>	Creative Space for Young People



	This will be starting soon on Monday's 6pm to 8pm Letchworth Wellbeing Centre. It is for those living in North Herts, there is an initial contact form to fill in on referral, a 1-1 can be arranged if interested but not sure what to expect. <a href="#">Home - WithYouth</a>	
This May Help	<a href="#">Home   ThisMayHelp</a> Topics include: How to support your child's mental health. How to help someone who self harms. How to moderate your child's video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn't want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness.	<b>Topics:</b> <ul style="list-style-type: none"> <li>○ Self-Harm</li> <li>○ Video Gaming</li> <li>○ Establish Trust and Boundaries</li> <li>○ Eating Disorder</li> <li>○ Mental Health</li> <li>○ Resilience</li> </ul>
<a href="#">Carers</a> in Herts	<b>CAMHS Online Monthly Support Group for Parents and Carers</b> Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a <a href="#">monthly online support group hosted by Carers in Herts</a> . The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information. The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom. <ul style="list-style-type: none"> <li>• "This group offers so much support and information, letting me know I'm not alone, even at the most challenging of times." Parent.</li> </ul> Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen.	CAMHS Monthly Support Group via Carers in Herts  <a href="#">Carewaves and Newsletters - Carers In Herts</a> For more information or to book a place: <b>Call:</b> 01992 586969 <b>Email:</b> <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a> <b>Go online:</b> CAMHS Online Support Group ( <a href="https://carersinherts.org.uk">carersinherts.org.uk</a> )
Herts Mind <a href="#">Network</a>	<a href="#">Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org)</a> Course details coming soon	Coming soon : Overcoming Social Anxiety
<a href="#">Young</a> Minds	If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.	CAMHS Support via Young Minds
<a href="#">JustTalkHerts</a>	The Real Bodies in Herts Campaign <a href="#">Just Talk (justtalkherts.org)</a> Resources and Webinars <a href="#">Real Bodies in Herts (justtalkherts.org)</a>	The Real Bodies Campaign
	What's Next? Let's Just Talk about the Future <a href="#">What's Next? Let's Just Talk about the Future (justtalkherts.org)</a> Thinking about the future can be worrying or stressful, take a look at some practical tools and useful information to help you look after your mental health: <ul style="list-style-type: none"> <li>• Manage Your Worries (Self Help Tools)</li> </ul>	What's Next? Let's Just Talk about the Future.



	<ul style="list-style-type: none"> <li>• Support with Future Plans</li> <li>• Volunteering and Looking for a Job</li> <li>• Real Hertfordshire Positive Future Stories</li> </ul>	
Nip In the Bud	<a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a> Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
HCC Services for Young People	<a href="#">Services for Young People North Herts Wellbeing Project at Hitchin Young People’s Centre</a> <a href="#">  If you're aged 12-15 and struggling w...</a>   <a href="#">Services for Young People Listings</a>	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time
Mind Hertfordshire Network CYP Digital Wellbeing	<p><b>Lumi Nova:</b> Therapeutic Digital Intervention Gaming App 7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis</p> <p><b>With YOUTH</b> - Children &amp; Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October</p> <p><b>CYP aged 5 to 18</b> will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. <a href="http://www.withyouth.org">www.withyouth.org</a> (live from 3 Oct)</p> <p>Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.</p>	<p>Digital Wellbeing Services</p> <p>Digital directory</p> <p>Gaming App - Anxiety Help</p>
Mind in Mid Herts	<a href="#">Stevenage – Mind in Mid Herts</a> Wellbeing Support Groups: Men’s Group / LGBTQ+ Group, Drop-In, Arts & Crafts, Women’s Group	See website for full details
	<a href="#">North Herts – Mind in Mid Herts</a> Outreach Support / Hitchin – Walk & Talk Group / Baldock – Wellbeing Group Royston – Arts & Crafts + Wellbeing Group	Learning to Relax



## PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD

<p><b>Hertfordshire Constabulary: Pegasus Card Scheme</b></p>	<p><a href="#">Pegasus card scheme   Hertfordshire Constabulary (herts.police.uk)</a></p> <p>Our Pegasus scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details.</p> <p><b>Who can register?</b></p> <ul style="list-style-type: none"> <li>• Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation.</li> <li>• Anyone who lives in the local area. Please make sure that you contact <a href="#">your local police force</a>.</li> </ul> <p>Please note registration is free.</p> <p><b>How it works</b></p> <ul style="list-style-type: none"> <li>• You'll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we'll access your details right away, which will save you time.</li> <li>• You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support.</li> <li>• You can change or update your details at any time.</li> <li>• If you agree, we'll share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities.</li> </ul>	
<p><b>Family Lives</b></p>	<p><i>Family Lives provides targeted early intervention and crisis support to families. If you need to talk, we're here to listen.</i></p>	
<p><b><a href="#">Families Feeling Safe</a></b></p>	<p><a href="#">FREE Online course for Mums, Dads, Step-Parents and Carers Summer-2024.pdf (familiesfeelingsafe.co.uk)</a></p> <p>Strategies and new ideas to help improve family life – 8 Week term time course can help:</p> <ul style="list-style-type: none"> <li>• Understanding what may be influencing your child's behaviour.</li> <li>• Understand how Feelings, Thoughts and Behaviour link together.</li> <li>• Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry.</li> <li>• Improve communication to build better relationships.</li> <li>• Build on your own and your child's strengths.</li> <li>• Learn strategies to help you and your family feeling safe.</li> </ul>	<p>Tuesday Evenings (Mums/Dads/Carers) 7 May to 2 July 7pm to 9pm (Code L5/eve)</p> <p>Tuesday Daytime (Mums/Dads/Carers) 4 June to 9 July 9:30am to 11:30am (L5/am)</p> <p>Thursday Evening (Dads/Male Carers) 9 May to 7 July 7pm to 9pm (L4/eve)</p> <p><a href="#">Parent-Registration-form-2023-2024-2.pdf (familiesfeelingsafe.co.uk)</a></p> <p>For eligibility and to book your fully funded place please contact: <a href="mailto:enquiries@familiesfeelingsafe.co.uk">enquiries@familiesfeelingsafe.co.uk</a> / 07850 518216</p>



<b>Family Lives</b>	<p><b>Within My Reach</b></p> <p>Within my Reach 8-week programme is specifically designed for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment</p> <p>To book a place please click here for our online referral form <a href="#">Reducing Parental Conflict Parenting</a>, or for further information please call 0204 522 8700 / 0204 522 8699 or email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></p>	
<b>Family Lives</b>	<p><b>Parenting SEN children when separated online programme</b></p> <p>A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is valuable opportunity to enhance co-parenting skills, support children’s development and build a strong foundation for the future.</p> <p><u>Who should attend?</u></p> <ul style="list-style-type: none"> <li>• Separated parents raising children with SEND.</li> <li>• Parents seeking guidance, support and strategies for co-parenting SEN children more consistently.</li> <li>• Parents wanting to create a positive and supportive environment for their children’s development.</li> </ul> <p>Delivered by MS Teams over 6 sessions Tuesday 4, 11, 18, 25 June, 2, 9 July Daytime: 9:30am to 11:30am Wednesday, 5, 12, 19, 26 June 3, 10 July Evening 7pm to 9pm For more information: <a href="http://www.familylives.org.uk">www.familylives.org.uk</a> / <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> or call 0204 522 8700 or 0204 522 8699</p>	
<b>Fledglings</b>	<p>Fledglings is a non-profit shop that helps children with additional needs by supplying products &amp; equipment that help with everyday challenges. You’ll find all sorts of things including sensory toys, incontinence swimwear and adaptive clothing. <a href="#">Adaptive Clothes</a> <a href="#">Incontinence Swim Sensory SEN   Fledglings</a></p>	Additional needs products & equipment
<b>HCC</b>	<p><b>Parenting When Separated Programme</b></p> <p>A practical and positive evidence based course for parents who are preparing for or have gone through a separation or divorce. It is a six-week course, FREE to attend. Both parents can attend but it is recommended you attend separate groups. Sessions are 2.5hrs with up to 12 parents. <a href="#">Parenting When Separated Referral Form (hertfordshire.gov.uk)</a></p>	
<b>Priority Support Register (get support in the event of a power cut)</b>	<p>Sign up to the Priority Support Register to get support in the event of a power cut (all ages). If you have a child under 5, or someone in your household with a serious health issue or impairment, you might be eligible for free priority support from the UK Power Networks – which means, in the event of a power cut, you would get a 24 hour support telephone number and other personalised assistance, which could include support such as hot meals. If this applies to you make sure you register your details.</p>	<p><a href="#">Sign up to Priority Services Register   UK Power Networks</a></p> <p>Go online or call free on 0800 169 9970 to register your details.</p>



<p><b>Heads Up! Mentoring Scheme for Young People with SEND (ages 14-18)</b></p>	<p>Head Up! Is accepting mentee signups for their 2024 mentoring programme! Head Up! Is an organisation run by a group of university students who have a variety of disabilities, physical &amp; mental health conditions, learning difficulties and neurodiversity. They want to share their advice and experiences of dealing with these in school, university &amp; in their social lives in the hope that other young people will feel supported, encouraged and able to keep going: to overcome extra challenges and to chase big ambitions.</p> <p>Their free mentoring scheme supports 14-18 year-olds who self-identify as disabled (or anyone who has a physical /mental health condition, SpLD, or neurodivergence). Mentees are paired with a student or recent graduate with a similar condition or studying a particular subject. They meet online for an hour per month for at least 1 year.</p>	<p><a href="https://www.head-up.org">Head Up!   Home (head-up.org)</a></p> <p><a href="#">Find out more information, access articles and resources, and sign up for the mentoring scheme</a></p> <p><i>Safeguarding policies are available on the website; mentors have DBS checks and safeguarding training.</i></p>
<p><b>BEEZEE BODIES</b></p>	<p>Helping you make healthy habits as a family – FREE healthy lifestyle courses! <a href="https://www.beezeebodies.com">Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com)</a> <a href="https://www.beezeebodies.com">For Families (beezeebodies.com)</a></p> <p><b>JOIN FREE, 12 WEEK HEALTHY LIFESTYLE PROGRAMME TO HELP YOUR FAMILY BUILD HABITS AROUND FOOD AND PHYSICAL ACTIVITY. OUR IN-PERSON GROP SESSIONS START 29 APRIL 5:30PM TO 7:30PM THE OVAL COMMUNITY CENTRE, JESSOP ROAD, STEVENAGE SG1 5RA hrt.maximusuk.co.uk or BZBinfo@maximusuk.co.uk or 01707 248 648</b></p>	<p>Healthy Lifestyle Courses</p>
<p><b>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</b></p>	<p>6:30pm to 8:30pm FREE Bowes Lyon Young People’s Centre, Stevenage</p> <p>Join in, have some fun and make new friends. <b>Runs on Tuesday evenings.</b> Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport &amp; Games, Arts &amp; Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.</p>	<p><b>Booking Essential:</b> Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: <a href="mailto:sfyp.stevenage@hertfordshire.gov.uk">sfyp.stevenage@hertfordshire.gov.uk</a></p>
<p><b>Ohana</b></p>	<p><a href="#">Ohana   Hertfordshire County Council</a></p> <p>Ohana is a free to attend support group for young parents who are in care or who are care leavers – meet other parents, support each other, hear from guest speakers. See website for Summer Events.</p> <p>Ralphine and Poppy’s Play Café – Stevenage 10am to 12pm /13 June/27 June/10 July</p> <p>2024 Ohana Online Support Session every other Friday between 10:30am to 12pm 7 June/21 June</p>	<p>Contact the Ohana Team</p> <p><a href="mailto:ohana@hertfordshire.gov.uk">ohana@hertfordshire.gov.uk</a> Fionna 07866 224876 Bev 07749 778756</p>










	BECOME. The charity for children in care and young care leavers. Offering tailored workshops to Ohana parents. 1 May – Confidence. 19 June – Time Management.	
Phase	<a href="https://www.phase-hitchin.org">Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</a>	Resources for parents and young people – wellbeing and resilience
Hope UK	<a href="https://www.home-hopeuk.org">Home - Hope UK</a>	Alcohol and drug advice for parents and young people
Capa First Response	<a href="https://www.capa-firstresponse.org">Capa First Response   You are not alone - Capa First Response</a> We support families and professionals impacted by child or adolescent on parent abuse.	Child/adolescent on parent abuse support
Hertfordshire and West Essex Integrate Care Board	<p><b>YOUTH COUNCIL</b></p> <p>Opportunity for young people aged between 12-19 yrs old or up to 25 for young people with Special Education Needs or Disabilities, to join the newly established ICB Youth Council. Are you interested in:</p> <ul style="list-style-type: none"> <li>• Representing the voices of young people within the healthcare system?</li> <li>• Working in partnership with health sector professionals to improve health services for young people.</li> </ul> <p>Email: <a href="mailto:hweicbenh.cypteam@nhs.net">hweicbenh.cypteam@nhs.net</a></p> <p>What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many other organisations to improve the health of the population.</p>	
Step2Skills	<a href="https://www.step2skills.org">Step2Skills   Hertfordshire County Council</a>	



## Children and Young People

	<p>The Local Offer lets parents and young people know what special educational needs and disability services are available in Hertfordshire, and who can access them. <a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a></p> <p><a href="https://www.hertfordshire.gov.uk">Short Breaks (hertfordshire.gov.uk)</a> Short breaks offers disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with confidence their child is well supported by a trained worker. They include holiday and Saturday clubs, and activities range from canoeing and computer skills to logo. You will need to register for Short Breaks (<a href="https://www.hertfordshire.gov.uk">hertfordshire.gov.uk SBLO Application Form</a>) See if you qualify : <a href="https://www.hertfordshire.gov.uk">Short Breaks (hertfordshire.gov.uk)</a></p>
	<p>Hertfordshire Additional Needs Database Voluntary register of disabled children and young people aged 0-25. By joining you can get discounts at places around the county (and beyond) <a href="https://www.hertfordshire.gov.uk">Hertfordshire Additional Needs Database (HAND)</a></p>
	<p>Hertfordshire Family Centre Service 1 <a href="https://www.hertsfamilycentres.org">North Herts Family Centre (hertsfamilycentres.org)</a></p> 
	<p><a href="https://www.hertfordshire.gov.uk">Services for Young People</a> Youth projects for young people with learning difficulties and/or learning disabilities. Services for Young People runs projects across Hertfordshire specifically for young people with mild to moderate learning difficulties and/or learning disabilities. See website for current information.</p> <p>Services for Young People is running an exciting programme of free holiday activities during the <b>Easter 2024</b> school holidays. The activities are for young people aged 13-16, including those with special educational needs and disabilities, <b>who are eligible for benefits-related free school meals.</b></p> <p>The activities focus on healthy lifestyles. Young people will have the opportunity to take part in fun physical activities such as sports, dance and team games, get creative with arts and crafts, meet and socialise with other young people and get free healthy food every day.</p>



	<p>There will be informal healthy lifestyles workshops on healthy food choices and cooking, emotional wellbeing and resilience, healthy relationships and smoking, drug and alcohol awareness.</p> <p>The activities will take place during the Easter holidays, from Tuesday 2 to Friday 5 April 2024, with each session lasting four hours a day. These activities will be held in all areas of Hertfordshire.</p> <p>There are 20 spaces per district and the allocation of places is on a first come, first served basis. <b>Booking opens on 5 March.</b> <a href="#">Support for young people (servicesforyoungpeople.org)</a></p>
<b>Phoenix Group for Deaf Children</b>	<a href="#">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">About Us - The Phoenix Group for Deaf Children</a>
<b>Up on Downs</b>	<a href="#">Front Page - Up On Downs</a> A range of activities for all age groups. Monthly Family and friends meetings in Hitchin for parents and children, siblings and supporters
<b>Sibs</b>	<a href="#">YoungSibs - Sibs</a> For brothers and sisters of disabled children and adults Advice and support
<b>Herts Sports Disability Foundation</b>	Various Activities - Lots of locations - Small Charge <a href="#">Find an Activity - Herts Disability (hdsf.co.uk)</a>
<b>Inclusive United</b> <a href="#">Inclusive United   Inclusive Sports</a>	Inclusive United is a not for profit UK Community Interest Company (CIC) based in Hertfordshire. Main goal is to create more inclusive sport opportunities for underrepresented communities.
<b>Mixed Ability Rugby Hertford RFC</b>  <a href="#">Hertford RFC Mixed Ability Rugby</a>	Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby’s sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier. For more information contact <a href="mailto:projectrugby@saracens.net">projectrugby@saracens.net</a> or call Matt Thompson 07974 785072
<b>Junior Ability Counts Football</b>  Football – more dates coming soon – see website for details	Open to any child 7-16 years old with a disability or special education need who is able to walk. Enquires: <a href="http://www.northhertsarena.co.uk">www.northhertsarena.co.uk</a> Our Junior Ability Counts Courses for 7-16 year olds will start back up again in September, 5-6pm on Mondays (term-time only) and will be open to booking via our website closer to the time.



<p><b>Letchworth Garden City Eagles Football</b> <a href="#">Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC</a> <a href="http://letchwortheagles.org.uk">letchwortheagles.org.uk</a></p>	<p>Letchworth Garden City Eagles have teamed up with partners Herts Sports Partnership and Hertfordshire Football Association to deliver weekly sessions for players with any disabilities. The disability sessions will initially run for 12 weeks and are aimed at all differing impairments. The sessions will provide a safe fun learning environment for all players taking part. Run by a qualified coach, all sessions will take place on the Hertfordshire FA state of the art 3G pitch and offer the opportunity to participate in exciting and engaging practices. As well as developing skills within football, the program will also help improve social skills and confidence. The aim of the coaching program is to create an enjoyable and safe environment for everybody to enjoy sport. During the program, we will look to develop sporting skills, as well as social skills and confidence. 7 to 15 Years. Wednesdays 4pm to 5pm FREE Hertfordshire County Ground, Letchworth SG6 2EN <a href="http://Home.nhdspl.org.uk">Home (nhdspl.org.uk)</a> 07788 391 609</p>
<p><b>FLYERZ HOCKEY</b> <a href="http://St.AlbansHCFlyerz.stalbanshc.co.uk">St. Albans HC Flyerz</a> <a href="mailto:flyerzsahc@gmail.com">flyerzsahc@gmail.com</a></p>	<p>St Albans Flyerz is a disability hockey project which makes hockey available to ALL via inclusive sessions, supported by St Albans Hockey St Albans Hockey Club, East Drive, Oaklands College, Hatfield Road, St Albans, AL4 0JA Sessions are Free of charge, FUN, relaxed, supportive, open to all abilities from age 5 upwards, Run on Sunday mornings during the club jnr training sessions</p>
<p><b>Herts Inclusive Theatre</b></p>	<p>Stevenage Group, which takes place on Thursdays from 5.45 - 7.15pm at Lonsdale School in Stevenage. Depending on the age of participants, we also offer a Power Up programme for 16-25 year olds in East Herts locations such as Bishop's Stortford and East Ware, so I think within a half hour drive of some of those places.  <a href="https://hit-theatre.org.uk/events/power-up-16-east-ware/">https://hit-theatre.org.uk/events/power-up-16-east-ware/</a> <a href="https://hit-theatre.org.uk/events/power-up-16-east-bishopsstortford-822/">https://hit-theatre.org.uk/events/power-up-16-east-bishopsstortford-822/</a></p>
<p><b>SURVEYS</b></p>	<p><b>EMWiE: Emotional and Mental Wellbeing in Education Team</b> The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people <b>struggling to regularly attend school</b>. They are asking parents and carers to share their experiences in this survey.  <a href="#">Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)</a></p>



Autism Voice Herfordshire

Autism Voice Hertfordshire
The Specialist Advisory Team offers autism-specific training, Hertfordshire Autism Training (HAT), to schools and colleges in Hertfordshire. We are seeking to develop further, the way in which we include the views of children and young people in this, in a way that is accessible to them, to inform and further develop our autism training.

The Questions
What is your name? How old are you?
Please tell us about yourself. What are your interests?
Do you prefer people to say that you have autism or that you are autistic?
What is autism?
What is it like having autism/being autistic?
Do you tell people you have autism? Why?
What helps you in school?
What would you like teachers and school staff to know about autism?
Scan the QR code below to enter your 5 words about autism:

Privacy Notice
Production and Presentation of media for use within Hertfordshire Autism Training
Why we need your information
Hertfordshire County Council invites you and/or your child(ren) to take part in the production of 'pupill voice' media for use within the Hertfordshire Autism Training package.

corrected or deleted. There may be some circumstances in which we are unable to do this however we will provide an explanation if this is the case.
In certain circumstances you may also request data we hold about you in a format that allows it to be transferred to another organisation.
In the event that decisions are taken using automated processes you have the right to request that these decisions are reviewed by a member of staff and to challenge these decisions.

Consent
I [insert full name] confirm that I have read the above information and that I understand it.
Having done so I agree to my child [insert full name] taking part in the production of films, videos or images for the purposes of the above training.
I am aware that I can withdraw consent to taking part in contributing to the training at any point up until images or videos are shared with HCC.