



QUICK LINKS				
SEND	Local Offer	Up on Downs	DS Achieve	Lending SPACE
	North Herts Family Centre	Abilities in Me		
Autism, ADHD, Neurodiversity	Angels Support Group	ADD -vance	SPACE in Herts	Potential Kids
	Ambitious About Autism	Autism Hertfordshire Transition Service for 16-20 year olds	SPRINGBOARD	
Mental Health & Wellbeing	NESSie	NHS Herts Community Trust	Children's Wellbeing Practitioners Courses and Resources	NHS HPFT IAPT Improving Access to Psychological Therapies – online portal for mental health services
	Just Talk Herts	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network)	First Steps ED
	The Ollie Foundation	Carers in Herts (CAMHS Support)	Togetherall	BeeZee Bodies
	Lumi Nova Herts Mind Network Children and Young People (withyouth.org) Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties			
Parenting & Young People	Family Lives	Families in Focus	Supporting Links	Families Feeling Safe
	Services for Young People			
Further Signposting	<ul style="list-style-type: none"> Contact a SEND service (hertfordshire.gov.uk) ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk) Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk) Herts Parent Carer Involvement (hertsparentcarers.org.uk) Webinars Herts Parent Carer Involvement (hertsparentcarers.org.uk) 		<ul style="list-style-type: none"> Preparing for adulthood (hertfordshire.gov.uk) Help for children who aren't attending school regularly (hertfordshire.gov.uk) Caring for your health into adulthood (hertfordshire.gov.uk) Deaf and Hearing Support Service (hertfordshire.gov.uk) SEND documents and resources (hertfordshire.gov.uk) The Dyslexia-SpLD Trust - Parents Home (hertssendiass.org.uk) 	

SCROLL DOWN FOR NEW AND UPCOMING COURSES



AUTISM / ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
SURVEYS	Parents of children with SEND in Year 6 to complete Secondary School Transition Information (Open Day) Survey 2022 (surveymonkey.co.uk)	Transition to Secondary School Open Day Survey
HCC Survey	Consultation on Home School Transport Hertfordshire County Council	Transport Survey
NORTH HERTS FAMILY CENTRE	SEND DROP IN – held monthly What's On North Herts District (mailchi.mp)	SEND Drop-In
SPACE Herts	Understanding ADHD Workshop Tickets, Fri 3 Mar 2023 at 10:00 Eventbrite	Understanding ADHD
SPACE Herts	Children's Online Shark Art Session Tickets, Fri 3 Mar 2023 at 17:00 Eventbrite	Shark Art Session
SPACE Herts	Autistic Girls Workshop Tickets, Wed 8 Mar 2023 at 10:00 Eventbrite	Autistic Girls Workshop
SPACE Herts	Ranger Stu's Virtual Zoo Tickets, Wed 8 Mar 2023 at 17:30 Eventbrite	Virtual Zoo
SPACE Herts	ADHD in Girls and Women Tickets, Thu 9 Mar 2023 at 19:00 Eventbrite	ADHD in Girls
SPACE Herts	PDA, ODD and ADHD: Understanding the Differences Workshop Tickets, Fri 10 Mar 2023 at 10:00 Eventbrite	PDA, ODD and ADHD Understanding the differences
SPACE Herts	Starting SPACE Tickets, Fri 10 Mar 2023 at 10:00 Eventbrite	Starting SPACE
SPACE Herts	Navigating the SEND World Tickets, Tue 14 Mar 2023 at 10:00 Eventbrite	Navigating the SEND World
NHS Herts Community Trust	Developing Your Child's Emotional Literacy Tickets, Tue 7 Mar 2023 at 10:00 Eventbrite	Emotional Literacy
	Supporting Your Child's Self-esteem Tickets, Thu 9 Mar 2023 at 10:00 Eventbrite	Self-Esteem
	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 15 Mar 2023 at 18:00 Eventbrite	Emotional Wellbeing
	Exam Stress Tickets, Wed 22 Mar 2023 at 18:00 Eventbrite	Exam Stress
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance



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DSPL 1 (North
Herts)

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

Angels Support Group	2 March – 10am to 12pm Parent/Carer Support Group with Lorraine Jones (Stevenage) 2 March 7:30pm to 8:30pm Parent/Carer Support Group 7 March 10am to 12pm Parent/Carer Support Group with Lorraine Jones (online) 9 March 10am to 12pm Meet Up and Chat (Stevenage) www.angelssupportgroup.org.uk	Support Groups and workshops, Meet up and Chat
Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org 1 Feb Body Image Parents & Carers of autistic young adults (16-25) 21 Feb – Sensory Difference	16 – 25 Body Image / Sensory Difference
ADD-vance Eventbrite	Supporting the Transition to Secondary School - FREE ONLINE WORKSHOP Tickets, Mon 6 Mar 2023 at 10:00 Eventbrite	Transition to Secondary School
ADD-vance Eventbrite	Understanding Anxiety - FREE ONLINE WORKSHOP Tickets, Tue 7 Mar 2023 at 10:00 Eventbrite	Understanding Anxiety
ADD-vance Eventbrite	CHALLENGING BEHAVIOUR ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 7 Mar 2023 at 13:00 Eventbrite	Challenging Behaviour
ADD-vance Eventbrite	Tips & Tools to Support Puberty - FREE ONLINE WORKSHOP Tickets, Wed 8 Mar 2023 at 10:00 Eventbrite	Tips & Tools to Support Puberty
ADD-vance Eventbrite	Tips & Tools to Manage Anxiety - FREE ONLINE WORKSHOP Tickets, Wed 8 Mar 2023 at 19:00 Eventbrite	Tips & Tools to Manage Anxiety
ADD-vance Eventbrite	Tips & Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 13 Mar 2023 at 10:00 Eventbrite	Tips & Tools for Positive Behaviour
ADD-vance Eventbrite	SELF HARM ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 14 Mar 2023 at 13:00 Eventbrite	Self Harm Online Support Group
SfYP Services for Young People	SING Autism Project –discussion group 8 March 2023, 5:30pm FREE Focolare Centre, Welwyn Garden City For young people aged 13-17 with Asperger's syndrome or autism. Opportunity to meet others and join in discussion. Supportive discussions with youth workers and other young people who have autism. Relationships, confidence and resilience, staying safe, emotional wellbeing, healthy lifestyles, food, nutrition and cooking, managing money and budgeting.	Booking Info: Booking always needed. Contact: Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email sfyp.welwynhatfield@hertfordshire.gov.uk .



MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
JustTalkHerts	The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)	The Real Bodies Campaign
Nip In the Bud	https://youtu.be/uMdDB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
HPFT IAPT	HPFT IAPT Virtual Workshop Registration Form HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing Worry – For Adults 22 March 2023
REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	<p>Lumi Nova: 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>With YOUTH - Children & 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>CYP aged 5 to18 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. www.withyouth.org (live from 3 Oct) 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>



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PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Foundations of Numeracy	Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties) For children aged 3 upwards. This talk will focus on what is known about how number awareness develops in the early years and what you can do to help your child build firm foundations for maths.	Playskill ❤️ Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties)
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	7 March 2023 at 6:30pm to 8:30pm FREE Bowes Lyon Young People's Centre, Stevenage Join in, have some fun and make new friends. Runs on Tuesday evenings. 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.	Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk
Supporting Links	Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts (561) Registration, Tue 7 Mar 2023 at 12:30 Eventbrite	Autism/ADHD – Responding to Anger
	Talking Teens (573). An online workshop for parents & carers Tickets, Tue 14 Mar 2023 at 17:00 Eventbrite	Talking Teens
	Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30 Eventbrite	Autism/ADHD – Coping with Change
	Discussing Difficult Issues Tickets, Tue 28 Mar 2023 at 19:00 Eventbrite	Discussing Difficult Issues (£15)
	Building resilience in children and teens Family Lives	Infographic – building resilience
	Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks) <ul style="list-style-type: none"> 21 Feb to 28 Mar 7pm to 9pm services@familylives.org.uk or call us on 0204 522 8700	Confident Children – for parents/carers of children with ADHD/Autism
	Time to Talk about Pre Teens / Teens (6 weeks – face to face) <ul style="list-style-type: none"> Thursday evening 3 21 Feb to 28 Mar 9:30am to 11:30am Hatfield, Herts services@familylives.org.uk or call us on 0204 522 8700	Getting on with Pre-Teen / Teenager
Family Lives		



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Families Feeling Safe	A FREE Online course for Dads, Step-Dads and Male Carers • Families Feeling Safe	Mums, Dads, Step-Parents and Carers
Mixed Ability Rugby – Hertford RFC	A FREE course for Mums, Dads, Step-Parents and Carers of children pre-birth-11yrs • Families Feeling Safe 8 March 2023 5:30pm FREE 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.	Pre-birth to 11 years For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072