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	QUICK LINKS			
ornin.	<u>Local</u> Offer	Up on <u>Downs</u>	DS <u>Achieve</u>	Lending SPACE
SEND	North Herts <u>Family</u> Centre	Abilities in Me		
Autism, ADHD,	Angels <u>Support</u> Group	ADD-vance	SPACE in Herts	<u>Potential</u> Kids
Neurodiversity	Ambitious About Autism	Autism <u>Hertfordshire</u> Transition Service for 16-20 year olds	<u>SPRINGBOARD</u>	
	<u>NESSie</u>	NHS Herts <u>Community</u> Trust	Children's <u>Wellbeing</u> Practitioners Courses and Resources	NHS <u>HPFT</u> IAPT Improving Access to Psychological Therapies – online portal for mental health services
Mental Health & Wellbeing	Just <u>Talk</u> Herts	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network)	First Steps <u>ED</u>
	The Ollie Foundation	Carers in Herts (<u>CAMHS</u> Support)	<u>Togetherall</u>	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 Services for Young People	Families in Focus	Supporting Links	Families Feeling <u>Safe</u>
Further Signposting		/Carers rg.uk) n from school (hertfordshire.gov.uk) nent (hertsparentcarers.org.uk)	 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) 	

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	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	
NESSie & Angels Support Group	Supporting Children with ASC/ADHD: Autism, Sexuality and Gender Diversity 15 March 2023 7pm to 8:30pm Nessie Public Booking Platform (procfu.com)	ASC/ADHD Autism, Sexuality and Gender Diversity	
NESSie & Angels Support Group	Supporting Children with ASC/ADHD: Emotionally Based School Avoidance 21 March 2023 7pm to 8:30pm Nessie Public Booking Platform (procfu.com)	ASC/ADHD Emotionally Based School Avoidance	
NESSie & Angels Support Group	Supporting Children with ASC/ADHD: Relationships, Puberty and Staying Safe 29 March 2023 1pm to 2:30pm Nessie Public Booking Platform (procfu.com)	ASC/ADHD Relationships, Puberty and Staying Safe	
NORTH HERTS FAMILY	SEND DROP IN – held monthly		
CENTRE	What's On North Herts District (mailchi.mp)	SEND Drop-In	
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	
SPACE Herts	Sensory Signs, Signals and Solutions Workshop Tickets, Thu 16 Mar 2023 at 19:00 Eventbrite	Sensory Signs, Signals and Solutions	
SPACE Herts	Sleep Workshop Tickets, Fri 17 Mar 2023 at 10:00 Eventbrite	Sleep Workshop	
NHS Herts Community Trust	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	

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	Exam Stress Tickets, Wed 22 Mar 2023 at 18:00 Eventbrite	Exam Stress
	Sleep Workshop (Child and Adolescent) Tickets, Tue 4 Apr 2023 at 12:00 Eventbrite	Sleep Workshop
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-	School Avoidance
	recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	
Angels Support Group	9 March 10am to 12pm Meet Up and Chat (Stevenage) 16 March 10am to 12pm (Stevenage) Support Group with Lorraine Jones 21 March 10am to 12pm (online) Support Group with Lorraine Jones 23 March 10am to 12pm Meet Up and Chat (Stevenage) 30 March 10am to 12pm Support Group (Stevenage) also 7:30pm to 8:30pm www.angelssuupportgroup.org.uk	Support Groups and workshops, Meet up and Chat
	Angels Support Group and NESSie workshops Sensory Needs Online Workshop 14 March 10am to 12pm Find courses and things to do (hertfordshire.gov.uk)	Sensory Needs
	Membership (free) is required: Membership Application Form - Angels Support Group	
	Women and Girls on the Spectrum and ADHD Workshop 28 March 10am to 12pm Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group	Women and Girls
Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org Parents & Cares of autistic young adults (16-25) 21 Feb – Sensory Difference	Sensory Difference
ADD-vance <u>Eventbrite</u>	<u>Tips & Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 13 Mar 2023</u> 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
ADD-vance Eventbrite	LUNCH & LEARN - The Language of Neurodiversity Tickets, Mon 13 Mar 2023 at 12:00 Eventbrite	Language of Neurodiversity
ADD-vance <u>Eventbrite</u>	LUNCH & LEARN - Understanding PDA Tickets, Tue 14 Mar 2023 at 12:00 Eventbrite	PDA



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ADD-vance Eventbrite	LUNCH & LEARN - The Benefits of Neurodiversity in the Workplace Tickets, Wed 15 Mar 2023 at 12:00 Eventbrite	Benefits of Neurodiversity in Workplace
ADD-vance Eventbrite	LUNCH & LEARN - Supporting Students with Health & Learning Difficulties Tickets, Thu 16 Mar 2023 at 12:00 Eventbrite	Supporting Students with Health & Learning Difficulties
ADD-vance Eventbrite	LUNCH & LEARN - Neurodiversity - We don't all fit in one box Tickets, Fri 17 Mar 2023 at 12:00 Eventbrite	Neurodiversity – we don't all fit in one box
ADD-vance Eventbrite	Preparing for Adulthood (14+) FREE ONLINE WORKSHOP Tickets, Wed 15 Mar 2023 at 10:00 Eventbrite	Preparing for Adulthood (14+)
ADD-vance Eventbrite	<u>Understanding Neurodiverse Teens - FREE ONLINE WORKSHOP Tickets, Wed 15 Mar 2023</u> at 19:00 Eventbrite	Understanding Neurodiverse Teens
	How to Claim PIP and Appeal a Decision - FREE ONLINE WORKSHOP Tickets, Thu 16 Mar 2023 at 10:00 Eventbrite	How to claim PIP and Appeal a Decision
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@hertfordshir e.gov.uk.

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MENTAL HEALTH AND WELLBEING			
Provider	Course/Booking NEW LISTING	Key Topics	
lust Talk Herts	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	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	Digital Wellbeing Services	
	With VOLISH Children 9 Volume Deemle's Digital Wellheims Coming	Digital directory	
	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	Gaming App - Anxiety Help	
	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.		



	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)		
Family Lives	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) • 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) • 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		
	Bringing up confident ADHD/ASD Children (6 weeks online course) Tuesday 18 April to 23 May 7pm to 9pm Contact Louise: 0204 522 8700 or 8701 email services@familylives.org.uk	Bring up confident ADHD/ASD Children		



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<u>Families</u> Feeling Safe	A FREE Online course for Dads, Step-Dads and Male Carers • Families Feeling Safe	Mums, Dads, Step-Parents and Carers
	A FREE course for Mums, Dads, Step-Parents and Carers of children pre-birth-11yrs • Families Feeling Safe	Pre-birth to 11 years
Mixed Ability Rugby – Hertford RFC	8 March 20235:30pm 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.	For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072