



Tip: <b>Ctrl F</b> to search key words		QUICK LINKS		
SEND	<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	
Autism, ADHD, Neurodiversity	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>	
Mental Health & Wellbeing	<a href="#">NESSie</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
	Just <a href="#">Talk</a> Herts	<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>
	The <a href="#">Ollie</a> Foundation	Carers in Herts ( <a href="#">CAMHS</a> Support)	<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		<a href="#">SandBox</a>	<a href="#">Young</a> Minds
				This May <a href="#">Help</a>
Parenting & Young People	Services for <a href="#">Young</a> People	<a href="#">Family</a> Lives	<a href="#">Supporting</a> Links	Families Feeling <a href="#">Safe</a>
	<a href="#">Families</a> in Focus	<a href="#">Families First</a> ( <a href="https://hertfordshire.gov.uk">hertfordshire.gov.uk</a> )	<a href="#">The Hertfordshire Local Offer</a>	
Further Signposting	<ul style="list-style-type: none"> <li><a href="https://hertfordshire.gov.uk">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li><a href="https://hertfordshirefamiliesfirst.org.uk">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li><a href="https://hertfordshire.gov.uk">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li><a href="https://hertparentcarers.org.uk">Herts Parent Carer Involvement (hertparentcarers.org.uk)</a></li> <li><a href="https://hertparentcarers.org.uk">Webinars   Herts Parent Carer Involvement (hertparentcarers.org.uk)</a></li> </ul>		<ul style="list-style-type: none"> <li><a href="https://hertfordshire.gov.uk">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li><a href="https://hertfordshire.gov.uk">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li><a href="https://hertfordshire.gov.uk">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li><a href="https://hertfordshire.gov.uk">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li><a href="https://hertfordshire.gov.uk">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li><a href="#">The Dyslexia-SpLD Trust - Parents</a></li> <li><a href="https://hertssendiass.org.uk">Home (hertssendiass.org.uk)</a></li> </ul>	

**SCROLL DOWN FOR NEW AND UPCOMING COURSES**



## Mental Health Awareness Week 15 May to 21 May

[Mental Health Awareness Week | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

NHS Hertfordshire and Mid Essex Talking Therapies: Mental Health Awareness Weds, 17 May 2023 10am to 11am. Book your place: [Registration \(gotowebinar.com\)](https://www.gotowebinar.com)

**Understanding Anxiety** 17 May 1pm to 2pm, 15 June 10am to 11am, 17 July 2023 1pm to 2pm, 29 August 11am to 12pm

[Understanding Anxiety | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

**Relaxation skills** 17 May 5:30pm to 6:30p, 8 June 1pm to 2pm, 10 July 2pm to 3pm, 8 Aug 1pm to 2pm

[Relaxation skills | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

- [Mindfulness: reconnect with your true self | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [Managing employment and emotional wellbeing | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [How to cope with stress | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [Menopause and Emotional Wellbeing | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)
- [Managing Worry | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](https://www.hpft-iapt.nhs.uk)

**Mental Health First Aid Training – 1 Day Champion Course for parents & carers of 8 to 18 year olds FREE**

What you will learn:

- An understanding of common health issues and how they can affect young people.
- Ability to spot signs of mental ill health in young people and guide them to a place of support.
- Knowledge and confidence to advocate for mental health awareness.
- Skills to support positive wellbeing.

**Session 1:** what is mental health and mental ill health, stigma and discrimination, depression and suicide.

**Session 2:** mental health conditions: anxiety, self-harm, eating disorders, psychosis, recovery, resilience.

15 June 2023, Letchworth: [Mental Health First Aid \(MHFA\)- 1 day course for Parents & Carers Tickets, Multiple Dates | Eventbrite](https://www.eventbrite.co.uk)

For further information contact: [hweicbhv.schoolsmh@nhs.net](mailto:hweicbhv.schoolsmh@nhs.net)

Provider	Course/Booking	Key Topics
<b>SURVEYS</b>	<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="https://www.smartsurvey.co.uk">Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)</a>
<b>NORTH HERTS FAMILY CENTRE</b>	<b>SEND DROP IN – held monthly</b> 1 June 2023 10am to 11:30am at Chestnut Tree Family Centre, Letchworth	SEND Drop-In <a href="https://www.mailchi.mp">What's On North Herts District (mailchi.mp)</a>



AUTISM / ADHD / SEND		
SPACE Herts	<a href="#">Understanding Specific Literacy Difficulties Including Dyslexia. Tickets, Thu 11 May 2023 at 10:00   Eventbrite</a>	Understanding Specific Literacy Difficulties Including Dyslexia
SPACE Herts	<a href="#">Anxiety and SEND Workshop Tickets, Fri 12 May 2023 at 10:00   Eventbrite</a>	Anxiety and SEND Workshops
SPACE Herts	<a href="#">EHCP New Application Workshop Tickets, Tue 16 May 2023 at 10:00   Eventbrite</a>	EHCP New Application Workshop
SPACE Herts	<a href="#">Understanding Dual Diagnosis: Autism &amp; ADHD Tickets, Mon 22 May 2023 at 10:00   Eventbrite</a>	Understanding Dual Diagnosis: Autism & ADHD
SPACE Herts	<a href="#">Family SEND Event at Hertford Fire Station Tickets, Sat 10 Jun 2023 at 11:00   Eventbrite</a>	Family Fire Station Day - Hertford
NHS Herts Community Trust	<a href="#">Adolescent Self-esteem Workshop Tickets, Thu 25 May 2023 at 18:00   Eventbrite</a>	Self-Esteem – BOOK EARLY TO AVOID DISAPPOINTMENT
	<a href="#">Sleep Workshop (Child and Adolescent) Tickets, Tue 6 Jun 2023 at 18:00   Eventbrite</a>	Sleep Workshop - BOOK EARLY TO AVOID DISAPPOINTMENT
	<a href="#">Resilience Workshop Tickets, Thu 8 Jun 2023 at 18:00   Eventbrite</a>	Resilience
	<a href="#">School Transitions: Managing Anxiety &amp; Worries in Children &amp; Young People Tickets, Thu 15 Jun 2023 at 18:00   Eventbrite</a>	School Transitions
	<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.	School Avoidance
Hertfordshire Community NHS Trust	<a href="#">Understanding your child's sensory preferences Tickets, Thu 11 May 2023 at 10:00   Eventbrite</a>	Understanding your child's sensory preferences
	<a href="#">Understanding your child's sensory preferences Tickets, Wed 7 Jun 2023 at 11:00   Eventbrite</a>	Understanding your child's sensory preferences
	<a href="#">Understanding your child's sensory preferences Tickets, Tue 4 Jul 2023 at 10:00   Eventbrite</a>	Understanding your child's sensory preferences
	<a href="#">Supporting your child's motor skills development Tickets, Tue 27 Jun 2023 at 10:00   Eventbrite</a>	Supporting your child's motor skills development



Angels Support Group	<a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a> <a href="http://www.angelssupportgroup.org.uk">Angels Summer Term Programme (half 1) (angelssupportgroup.org.uk)</a>  Angels Support Group and NESSie <a href="#">workshops</a>	Support Groups and workshops, Meet up and Chat
Angels Support Group	<b>Tuesdays via Zoom 10am to 12pm</b> 16 May – Workshop What makes a good EHCP and Annual Review 23 May – Parent/Carer Support Group with Lorraine Jones	Support Groups and Workshops
Angels Support Group	<b>Thursdays Stevenage 10am to 12pm at Greenside School</b> 11 May – Meet Up and Chat 18 May – Parent/Carer Support Group with Lorraine Jones	Support Groups
Angels Support Group	<b>Thursday – via Zoom 7:30pm to 8:30pm</b> 11 May – Evening Parent/Carer Support Group	Support Groups
	<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>	
Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> Parents & Carers of autistic young adults (16-25)	
	<a href="#">Support Groups » Autism Bedfordshire</a>	Support Group
	<a href="#">Upcoming Events » Autism Bedfordshire</a>	Upcoming Events
ADD-vance <a href="#">Eventbrite</a>	<a href="#">INTRODUCTION &amp; WELCOME - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 09:30   Eventbrite</a>	<b>Adulthood Conference:</b> Introduction and Welcome
ADD-vance <a href="#">Eventbrite</a>	<a href="#">A WORLD OF OPPORTUNITIES - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 10:15   Eventbrite</a>	Adulthood Conference: A world of opportunities
ADD-vance <a href="#">Eventbrite</a>	<a href="#">GETTING THE BEST FROM BENEFITS - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 11:30   Eventbrite</a>	Adulthood Conference: Getting the best from benefits
ADD-vance <a href="#">Eventbrite</a>	<a href="#">ACHIEVING HEALTHY INDEPENDENCE - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 13:00   Eventbrite</a>	Adulthood Conference: Achieving Healthy Independence
ADD-vance <a href="#">Eventbrite</a>	<a href="#">TRANSITIONING TO HIGHER EDUCATION - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 14:15   Eventbrite</a>	Adulthood Conference: Transitioning to higher education
ADD-vance <a href="#">Eventbrite</a>	<a href="#">TRANSFERRING TO ADULT MH SERVICES - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 15:30   Eventbrite</a>	Adulthood Conference: Transferring to Adult MH Services



ADD-vance <a href="#">Eventbrite</a>	<a href="#">NAVIGATING THE TRANSITION TO WORK - Transition to Adulthood Conference 2023 Tickets, Thu 11 May 2023 at 19:00   Eventbrite</a>	Adulthood Conference: Navigating the transition to work
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Support for Dads - FREE ONLINE WORKSHOP Tickets, Mon 15 May 2023 at 19:00   Eventbrite</a>	Support for Dads
	<a href="#">Understanding Challenging Behaviour - FREE ONLINE WORKSHOP Tickets, Tue 16 May 2023 at 10:00   Eventbrite</a>	Understanding Challenging Behaviour
	<a href="#">PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 16 May 2023 at 13:00   Eventbrite</a>	PDA Online Support Group
	<a href="#">Tips &amp; Tools to Manage Anger - FREE ONLINE WORKSHOP Tickets, Wed 17 May 2023 at 10:00   Eventbrite</a>	Tips & Tools to Manage Anger
Autism Uk	<a href="https://www.autism.org.uk">Social stories and comic strip conversations (autism.org.uk)</a>	Social Stories and Comic Strip Conversations
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
Healthwatch	<a href="#">Parents and carers voice their concerns about accessing GP Practices   Healthwatch Hertfordshire</a>	Healthwatch



Down's Syndrome Association	Down's Syndrome Listening Service <a href="https://downs-syndrome.org.uk">Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)</a>	Down's Syndrome Listening Service
SfYP Services for Young People	SING Autism Project –discussion group 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.	<b>Booking Info:</b> Booking always needed. <b>Contact:</b> Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email <a href="mailto:sfyp.welwynhatfield@hertfordshire.gov.uk">sfyp.welwynhatfield@hertfordshire.gov.uk</a> .
Phoenix Group for Deaf Children	<a href="https://hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="https://www.phoenixgroupfordeafchildren.co.uk">About Us - The Phoenix Group for Deaf Children</a>	Connecting Families Event

MENTAL HEALTH AND WELLBEING			
Provider	Course/Booking	NEW LISTING	Key Topics
<p><b>Mental Health First Aid Training – 1 Day Champion Course for parents &amp; carers of 8 to 18 year olds FREE</b></p> <p>What you will learn:</p> <ul style="list-style-type: none"> <li>• An understanding of common health issues and how they can affect young people.</li> <li>• Ability to spot signs of mental ill health in young people and guide them to a place of support.</li> <li>• Knowledge and confident to advocate for mental health awareness.</li> <li>• Skills to support positive wellbeing.</li> </ul> <p><b>Session 1:</b> what is mental health and mental ill health, stigma and discrimination, depression and suicide.</p> <p><b>Session 2:</b> mental health conditions: anxiety, self-harm, eating disorders, psychosis, recovery, resilience.</p> <p>15 June 2023, Letchworth: <a href="https://www.eventbrite.co.uk/e/mental-health-first-aid-mhfa-1-day-course-for-parents-carers-tickets-68544444444">Mental Health First Aid (MHFA)- 1 day course for Parents &amp; Carers Tickets, Multiple Dates   Eventbrite</a></p> <p>For further information contact: <a href="mailto:hweicbhv.schoolsmh@nhs.net">hweicbhv.schoolsmh@nhs.net</a></p>			
<p>The <a href="#">Sandbox</a></p> <p>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p>	<p><b>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b></p> <p>The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p> <p>The Sandbox team would like to hear from young people and professionals working with them, to find out what resources/topics would be useful, so please let them know your ideas by emailing: <a href="mailto:nhs.operations@mindler.co.uk">nhs.operations@mindler.co.uk</a>.</p>	<p>This new free NHS funded service launches on 1 April 2023 and 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="https://www.getcerebral.co.uk">Sandbox Homepage (getcerebral.co.uk)</a></p>



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.	Topics: <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="#">NESSie</a>	<a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Parents/Carers with Children Gender Questioning 16 May 2023 – 10am to 11:30am	Gender Questioning
<a href="#">NESSie</a>	<a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Children with Bereavement and Loss 24 May 2023 – 1pm to 2:30pm	Bereavement
<a href="#">NESSie</a>	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 1-1 support advice sessions 1-2 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>	Mental Health support for parents/carers – 1-1, online, support groups



Carers in Herts	<p><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.</p> <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> <p>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. 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> <a href="https://www.camhs.org.uk/online-support-group">CAMHS Online Support Group (carersinherts.org.uk)</a></p>	CAMHS Monthly Support Group via Carers in Herts
Herts Mind <a href="#">Network</a>	<p><a href="#">Overcoming Anxiety and Fear (online) – Hertfordshire Mind Network (hertsmindnetwork.org)</a> 3 May to 24 May from 10:30am to 12:30pm £10</p>	Overcoming Anxiety and Fear
Herts Mind <a href="#">Network</a>	<p><a href="#">Understanding Anger and Other Emotions – Hertfordshire Mind Network (hertsmindnetwork.org)</a> 1 June to 29 June from 10:30am to 12:30pm £10</p>	Understanding Anger and Other Emotions
Herts Mind <a href="#">Network</a>	<p><a href="#">Mental Health and Work – Hertfordshire Mind Network (hertsmindnetwork.org)</a> Taking place online every Wednesday for 4 weeks 3 May to 24 May 5pm to 7:30pm £10</p>	Mental Health and Work
Herts Mind <a href="#">Network</a>	<p><a href="#">Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org)</a> Course details coming soon</p>	Coming soon : Overcoming Social Anxiety





<a href="#">Young Minds</a>	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
JustTalkHerts	The Real Bodies in Herts Campaign <a href="https://www.justtalkherts.org">Just Talk (justtalkherts.org)</a> Resources and Webinars <a href="https://www.justtalkherts.org">Real Bodies in Herts (justtalkherts.org)</a>	The Real Bodies Campaign
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
HPFT IAPT	<a href="https://www.hpft-iapt.nhs.uk">HPFT IAPT Virtual Workshop Registration Form   HPFT IAPT Services (hpft-iapt.nhs.uk)</a> <a href="https://www.hpft-iapt.nhs.uk">Homepage   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Managing Worry – For Adults 27 April 2023
-REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	<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  <b>With Youth</b> - 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  <b>CYP aged 5 to18</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="https://www.withyouth.org">www.withyouth.org</a> (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.	Digital Wellbeing Services  Digital directory  Gaming App - Anxiety Help
HCC Services for Young People	<a href="#">Services for Young People North Herts Wellbeing Project at Hitchin Young People's Centre   If you're aged 12-15 and struggling w...   Services for Young People Listings</a>	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time
BEEZEE BODIES	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>	Healthy Lifestyle Courses



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD																																																																		
Provider	Course/Booking <b>NEW LISTING</b>				Key Topics																																																													
HCC	<b>Parenting When Separated Programme</b> 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. Face to face: 13 June at The Shephall Centre <a href="#">Parenting When Separated Referral Form (hertfordshire.gov.uk)</a>				Separation/Divorce - Parenting																																																													
Yoga Class for children with SEN	<b>The class will consist of gentle yoga poses, breathing practices and time for relaxation and mindfulness. Rach is a qualified Special yoga practitioner. <a href="#">Find courses and things to do (hertfordshire.gov.uk)</a> Kid's Yoga Class - SEND Yogis</b>																																																																	
<a href="#">Supporting</a> Links	<a href="#">Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (585) Registration, Mon 22 May 2023 at 09:30   Eventbrite</a>				Sibling Struggles – ADHD and Autism																																																													
<a href="#">Supporting</a> Links	<a href="#">Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30   Eventbrite</a>				Teenage Years – ADHD and Autism																																																													
<a href="#">Supporting</a> Links	<a href="#">PowerPoint Presentation (supportinglinks.co.uk)</a> <a href="#">New What's On (supportinglinks.co.uk)</a> <table><tr><td>Additional Needs</td><td>Online</td><td>576</td><td>18th Apr to 23rd May</td><td>Tue</td><td>8.00-9.30pm</td></tr><tr><td>Talking Additional Needs</td><td>Online</td><td>575</td><td>5th Jun to 11st Jul</td><td>Tue</td><td>9.45-11.15am</td></tr><tr><td>Talking Families</td><td>Online</td><td>577</td><td>20th Apr to 25th May</td><td>Thu</td><td>9.45-11.15am</td></tr><tr><td>Talking Families</td><td>Online</td><td>579</td><td>20th Apr to 25th May</td><td>Thu</td><td>8.00-9.30pm</td></tr><tr><td>Talking Families</td><td>Online</td><td>580</td><td>6th Jun to 11th Jul</td><td>Tue</td><td>8.00-9.30pm</td></tr><tr><td>Talking Families</td><td>Online</td><td>578</td><td>7th Jun to 12th Jul</td><td>Wes</td><td>9.45-11.15am</td></tr><tr><td>Talking Teens</td><td>Online</td><td>581</td><td>19th Apr to 24th May</td><td>Wed</td><td>7.45-9.15pm</td></tr><tr><td>Talking Teens</td><td>WGC Face2Face</td><td>582</td><td>7th Jun to 12th Jul</td><td>Wed</td><td>7.00-9.00pm</td></tr><tr><td>Talking Dads</td><td>Online</td><td>583</td><td>18th Apr to 23rd May</td><td>Tue</td><td>7.45-9.15pm</td></tr><tr><td>Talking Dads</td><td>Online</td><td>584</td><td>7th Jun to 12th Jul</td><td>Wed</td><td>7.45-9.15pm</td></tr></table>						Additional Needs	Online	576	18th Apr to 23rd May	Tue	8.00-9.30pm	Talking Additional Needs	Online	575	5th Jun to 11st Jul	Tue	9.45-11.15am	Talking Families	Online	577	20th Apr to 25th May	Thu	9.45-11.15am	Talking Families	Online	579	20th Apr to 25th May	Thu	8.00-9.30pm	Talking Families	Online	580	6th Jun to 11th Jul	Tue	8.00-9.30pm	Talking Families	Online	578	7th Jun to 12th Jul	Wes	9.45-11.15am	Talking Teens	Online	581	19th Apr to 24th May	Wed	7.45-9.15pm	Talking Teens	WGC Face2Face	582	7th Jun to 12th Jul	Wed	7.00-9.00pm	Talking Dads	Online	583	18th Apr to 23rd May	Tue	7.45-9.15pm	Talking Dads	Online	584	7th Jun to 12th Jul	Wed	7.45-9.15pm
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SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	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>
<a href="#">Family Lives</a>	<a href="#">Building resilience in children and teens   Family Lives</a>	Infographic – building resilience
	<b>Bringing up confident ADHD/ASD Children</b> (6 week online course) Tuesday 18 April to 23 May 7pm to 9pm Contact Louise: 0204 522 8700 or 8701 email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a>	Bring up confident ADHD/ASD Children
<a href="#">Family Lives</a>	<a href="#">Let's Play   Family Lives</a>	Online Let's Play Free course
<a href="#">Family Lives</a>	<a href="#">parenting classes online -   Family Lives</a>	Parenting Together Free Course
	<a href="#">Less shouting, more cooperation   Family Lives</a> 7 June to 12 July via MS Teams – see website for full details and booking <a href="#">Sorting out arguments in your family   Family Lives</a> 18 May to 29 June via MS Teams – see website for full details and booking	Less shouting, More cooperation  Sorting out arguments in your family
<a href="#">Family Lives</a>	<a href="#">Getting on with your pre teen or teenager   Family Lives</a> 8 June to 13 July	Getting on with your Pre-Teen
Phase	<a href="https://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="#">Home - Hope UK</a>	Alcohol and drug advice for parents and young people
Mixed Ability Rugby – Hertford RFC	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
Potential Kids	<a href="https://hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">Welcome to Potential Kids - Potential Kids</a>	Minecraft Session, Hatfield 6:30pm