



HIGHLIGHTS	See website for summer holiday info: DSPL 1 Summer 2023 Activities (nhdspl.org.uk)	Autistic Girls Workshop	Sleep Tight Course	Resilience Workshop
Tip: Ctrl F to search key words		QUICK LINKS		
SEND	Local Offer	Up on Downs	DS Achieve	Lending SPACE
	North Herts Family Centre	Abilities in Me	Down's Syndrome Listening Service	
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) Herts 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		SandBox	Young Minds
				This May Help
Parenting & Young People	Services for Young People	Family Lives	Supporting Links	Families Feeling Safe
	Families in Focus	Families First (hertfordshire.gov.uk)	The Hertfordshire Local Offer	Carewaves and Newsletters - Carers In Herts
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 (hertparentcarers.org.uk) Webinars Herts Parent Carer Involvement (hertparentcarers.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) 	



**SEND 0-25
Advice Lines**

Early years (0 - 5)
advice line

014 42 453 920

Wednesday 9am - 12pm
and
Thursday 1.30pm - 4pm
(term time only)

Speech, language,
communication and autism
needs advice line:

014 42 453 920

Tuesday and Wednesday
1.30pm - 4pm
(term time only)

Physical and
neurological impairment
advice line

014 42 453 920

Mondays 1.30pm - 4pm
(term time only)

Specific Learning
Difficulties advice line

014 42 453 920

Thursday 9.30am - 12pm
(term time only)

SCROLL DOWN FOR NEW AND UPCOMING COURSES

Provider	Course/Booking	Key Topics
Hertfordshire and West Essex Integrate Care Board	YOUTH COUNCIL 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: <ul style="list-style-type: none"> Representing the voices of young people within the healthcare system? Working in partnership with health sector professionals to improve health services for young people. Email: hweicbenh.cypteam@nhs.net 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.	
SURVEYS	EMWiE: Emotional and Mental Wellbeing in Education Team The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people struggling to regularly attend school . They are asking parents and carers to share their experiences in this survey.	Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)
NORTH HERTS FAMILY CENTRE	SEND DROP IN – held monthly 6 July 2023 10am to 11:30am at Chestnut Tree Family Centre, Letchworth	SEND Drop-In What's On North Herts District (mailchi.mp)
AUTISM / ADHD / SEND		
SPACE Herts	Autistic Girls Workshop Tickets, Thu 6 Jul 2023 at 18:30 Eventbrite	Autistic Girls Workshop
SPACE Herts	Navigating the SEND World Tickets, Mon 10 Jul 2023 at 10:00 Eventbrite	Navigating the SEND World
SPACE Herts	Understanding Dyslexia Workshop Tickets, Mon 10 Jul 2023 at 18:30 Eventbrite	Understanding Dyslexia



SPACE Herts	The EHCP Process from Submission to Finalisation Tickets, Tue 11 Jul 2023 at 10:00 Eventbrite	EHCP Process
SPACE Herts	Anxiety and SEND Tickets, Fri 14 Jul 2023 at 10:00 Eventbrite	Anxiety and SEND
	Sleep Tight - 3 week course Tickets, Tue 26 Sep 2023 at 10:00 Eventbrite	Sleep Tight – 3 week course
	Navigating the SEND World Course - 4 week course Tickets, Tue 26 Sep 2023 at 18:30 Eventbrite	Navigating the SEND World – 4 week course
	First Steps - 6 Week Course Tickets, Fri 6 Oct 2023 at 10:00 Eventbrite	First Steps – 6 week course
NHS Herts Community Trust	School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 6 Jul 2023 at 18:00 Eventbrite	School Transitions
	Developing Your Child's Emotional Literacy Tickets, Tue 11 Jul 2023 at 18:00 Eventbrite	Developing your child's literacy
NHS Herts Community Trust	Supporting Your Child's Self-esteem Tickets, Wed 12 Jul 2023 at 10:00 Eventbrite	Supporting your child's self-esteem
NHS Herts Community Trust	Adolescent Self-esteem Workshop Tickets, Mon 24 Jul 2023 at 10:00 Eventbrite	Adolescent Self-Esteem
NHS Herts Community Trust	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Tue 25 Jul 2023 at 10:00 Eventbrite	Emotional Wellbeing Workshop
NHS Herts Community Trust	Sleep Workshop (Child and Adolescent) Tickets, Tue 1 Aug 2023 at 10:00 Eventbrite	Sleep Workshop (Child and Adolescent)
NHS Herts Community Trust	School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Mon 7 Aug 2023 at 10:00 Eventbrite	Managing Anxiety & Worries
	Resilience Workshop Tickets, Tue 8 Aug 2023 at 18:00 Eventbrite	Resilience Workshop
	Supporting Your Child's Self-esteem Tickets, Tue 15 Aug 2023 at 18:00 Eventbrite	Supporting your child's self-esteem
NHS Herts Community Trust	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
Angels Support Group	www.angelssupportgroup.org.uk Angels Summer Term Programme (half 2) (angelssupportgroup.org.uk) Angels Support Group and NESSie workshops	Support Groups and workshops, Meet up and Chat



Angels Support Group	Tuesdays via Zoom 10am to 12pm 11 July – Parent/Carer Support Group with Lorraine Jones 18 July – Workshop: How to support your child's sensory needs.	Support group Understanding and Supporting ADHD How to support your child's sensory needs
Angels Support Group	Wednesday 10am to 12pm The Pod, Northfields Letchworth 12 July - Meet up and Chat in partnership with Letchworth Family Support Team	Meet up and chat
Angels Support Group	Thursdays – 10am to 12pm The Phoenix Group, Stevenage 13 July – Meet Up and Chat 20 July - Parent/Carer Support Group with Lorraine Jones	Parent/Carer Support
Angels Support Group	Thursdays via Zoom 7:30pm to 8:30pm 6 July - Evening Parent/Carer Support Group	Evening Parent/Carer Support
Angels Support Group	Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group	
ADD-vance Eventbrite	Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Mon 11 Sep 2023 at 19:00 Eventbrite	Diagnosing ADHD and/or Autism
ADD-vance Eventbrite	Understanding ADHD and Autism in the Primary Years - FREE 6 WEEK COURSE Tickets, Tue 12 Sep 2023 at 10:00 Eventbrite	Understanding ADHD and Autism – Primary Years
ADD-vance Eventbrite	ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 12 Sep 2023 at 13:00 Eventbrite	Online Support Group – Primary Age
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)	
	Support Groups » Autism Bedfordshire	Support Group
	Upcoming Events » Autism Bedfordshire	Upcoming Events
Autism Uk	Social stories and comic strip conversations (autism.org.uk)	Social Stories and Comic Strip Conversations
Challenging Behaviour Foundation	Video challenging behaviour - Challenging Behaviour Foundation Positive Behaviour Support - Challenging Behaviour Foundation	Resource – Challenging Behaviour
Recovery College online	Your mental health - Recovery College Online	Mental Health Recovery



Give Us a Shout	Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)	Free 24/7 mental health text support
Healthwatch	Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire	Healthwatch
Down's Syndrome Association	Down's Syndrome Listening Service Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)	Down's Syndrome Listening Service
Phoenix Group for Deaf Children	Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children	Connecting Families Event

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking	Key Topics
WithYouth Young People's Digital Wellbeing Services	Road to Year 7 Group 4pm to 5pm every Monday Starting 24 July 2023 for six weeks – Open to all year 6's. <ul style="list-style-type: none"> Create the toolkit needed to overcome any worries around starting secondary school. Helping to build confidence around starting secondary school. Exploring topics of change, anxiety, making new friendships, bullying and online safety. For information and to register interest email: withyouth@hertsmindnetwork.org	Transition to Secondary School
Mind Hertfordshire Network CYP	Spark – A Creative Space for Young People's Wellbeing 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 cyp@hertsmindnetwork.org 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. Home - WithYouth	Creative Space for Young People
NHS Hertfordshire and Mid Essex Talking Therapies: Understanding Anxiety 17 July 2023 1pm to 2pm, 29 August 11am to 12pm Understanding Anxiety HPFT IAPT Services (hpft-iapt.nhs.uk) Relaxation skills 10 July 2pm to 3pm, 8 Aug 1pm to 2pm Relaxation skills HPFT IAPT Services (hpft-iapt.nhs.uk)		<ul style="list-style-type: none"> Mindfulness: reconnect with your true self HPFT IAPT Services (hpft-iapt.nhs.uk) Managing employment and emotional wellbeing HPFT IAPT Services (hpft-iapt.nhs.uk) How to cope with stress HPFT IAPT Services (hpft-iapt.nhs.uk) Menopause and Emotional Wellbeing HPFT IAPT Services (hpft-iapt.nhs.uk) Managing Worry HPFT IAPT Services (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: <ul style="list-style-type: none"> 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 confident to advocate for mental health awareness. Skills to support positive wellbeing. 	Mental Health First Aid (MHFA) 1 day course for Parents & Carers- Stevenage Tickets, Tue 4 Jul 2023 at 09:30 Eventbrite



	<p>Session 1: what is mental health and mental ill health, stigma and discrimination, depression and suicide.</p> <p>Session 2: mental health conditions: anxiety, self-harm, eating disorders, psychosis, recovery, resilience.</p> <p>For further information contact: hweicbhv.schoolsmh@nhs.net</p>	<p>Mental Health First Aid (MHFA)- Champion Course (1 Day) Dacorum Tickets, Multiple Dates Eventbrite</p>
<p>The Sandbox</p> <p>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p>	<p>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</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: nhs.operations@mindler.co.uk.</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"> • Website: 24/7 • Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays • Live Chat: 10am-8pm Mondays-Fridays <p>Signing up is easy and doesn't require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)</p>
<p>This May Help</p>	<p>Home ThisMayHelp 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.</p>	<p>Topics:</p> <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience
<p>NESSie</p>	<p>Nessie Public Booking Platform (procfu.com)</p> <p>Supporting Parents/Carers of Children who are Gender Questioning</p> <p>29 June</p>	<p>Gender Questioning</p>
<p>NESSie</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.</p> <p>FREE online and face-to-face workshops on a range of mental health issues that affect children and young people.</p> <p>Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment)</p> <p>Private moderated Facebook support groups. support advice sessions</p> <p>1-1 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: Podio</p>	<p>Mental Health support for parents/carers – 1-1, online, support groups</p>



Carers in Herts	<p>CAMHS Online Monthly Support Group for Parents and Carers 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 monthly online support group hosted by Carers in Herts. 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"> "This group offers so much support and information, letting me know I'm not alone, even at the most challenging of times." Parent. <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.</p>	<p>CAMHS Monthly Support Group via Carers in Herts</p> <p>Carewaves and Newsletters - Carers In Herts</p> <p>For more information or to book a place: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk)</p>
Herts Mind Network	Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon	Coming soon : Overcoming Social Anxiety
Young 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
JustTalkHerts	The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)	The Real Bodies Campaign
JustTalkHerts	What's Next? Let's Just Talk about the Future What's Next? Let's Just Talk about the Future (justtalkherts.org) 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: Manage Your Worries (Self Help Tools) Support with Future Plans Volunteering and Looking for a Job Real Hertfordshire Positive Future Stories	
Nip In the Bud	https://youtu.be/uMdB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
NHS Hertfordshire and Mid-Essex Talking Therapies HPFT IAPT	Understanding Low Self-Esteem for adults 6 July 1pm to 2pm Understanding Low Self-esteem HPFT IAPT Services (hpft-iapt.nhs.uk)	Understanding Low Self-Esteem for adults



HCC Services for Young People	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	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time
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 to 18 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>
BEEZEE BODIES	<p>Helping you make healthy habits as a family – FREE healthy lifestyle courses!</p> <p>Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com) For Families (beezeebodies.com)</p>	Healthy Lifestyle Courses

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking	Key Topics
HCC	<p>Parenting When Separated Programme 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 Parenting When Separated Referral Form (hertfordshire.gov.uk)</p>	Separation/Divorce – Parenting
Yoga Class for children with SEN	<p>The class will consist of gentle yoga poses, breathing practices and time for relaxation and mindfulness. Rach is a qualified Special yoga practitioner. Find courses and things to do (hertfordshire.gov.uk) Kid's Yoga Class - SEND Yogis</p>	



Supporting Links	Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30 Eventbrite	Teenage Years – ADHD and Autism
Supporting Links	PowerPoint Presentation (supportinglinks.co.uk) New What's On (supportinglinks.co.uk)	
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. 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
Family Lives	Building resilience in children and teens Family Lives	Infographic – building resilience
Family Lives	Let's Play Family Lives	Online Let's Play Free course
Family Lives	parenting classes online - Family Lives	Parenting Together Free Course
Families in Focus	Handling anger of children with Autism and ADHD Tuesday evenings 6:30pm to 8:30pm 12, 19, 26 Sept and 3, 10, 17 Oct Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Handling anger – Autism/ADHD
Families in Focus	Handling anger of children with Autism and ADHD Tuesday mornings 9:30am to 11:30am 12, 19, 26 Sept and 3, 10, 17 Oct Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Handling anger – Autism/ADHD
Families in Focus	A complete guide to parenting children with SEND Wednesday mornings 9:30am to 11:30am 13, 20, 27 Sept and 4, 11, 18 Oct Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Complete guide to parenting children with SEND
Families in Focus	A complete guide to parenting children with SEND Wednesday evenings 6:30pm to 8:30pm 13, 20, 27 Sept and 4, 11, 18 Oct Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Complete guide to parenting children with SEND



Families in Focus	Handling anger in your family 6 week evidence based course for those parenting neurotypical children aged 2 to 11. Feedback: <i>"It was great to meet other mums and dads who were experiencing similar challenges and learn all together"</i> Thursday mornings 9:30am to 11:30am 14, 21, 28 Sept and 5, 12, 19 Oct	Handling anger in your family
Families in Focus	Families in Focus CIC - community: https://www.facebook.com/groups/184975381651870/ Practitioners do join our Practitioner Facebook community: https://www.facebook.com/groups/596362130530293/ Web: www.familiesinfocus.co.uk Email: bookings@familiesinfocus.co.uk Office hours: Monday to Thursday 8.30am to 4.30pm Term time	supporting & enabling parent carers to remain emotionally healthy Parents do join our supportive facebook
Ohana	Ohana Hertfordshire County Council 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.	
Phase	Phase Hitchin - Passionate about helping young people (phase-hitchin.org)	Resources for parents and young people – wellbeing and resilience
Hope UK	Home - Hope UK	Alcohol and drug advice for parents and young people