

HIGHLIGHTS	See website for summer holiday info: DSPL 1 Summer 2023 Activities (nhdspl.org.uk)	In person peer <u>support</u> group course – mental health	HAPpy <u>Programme</u> /Fit, Fed, Read	
Tip: Ctrl F to search key words		QUICI	K LINKS	
SEND	Local Offer	Up on <u>Downs</u>	DS <u>Achieve</u>	Lending SPACE
	North Herts <u>Family</u> Centre	<u>Abilities</u> in Me	Down's <u>Syndrome</u> Listening Service	
Autism, ADHD,	Angels <u>Support</u> Group	ADD-vance	<u>SPACE</u> in Herts	<u>Potential</u> Kids
Neurodiversity	Ambitious About Autism	Autism <u>Hertfordshire</u> Transition Service for 16-20 year olds	<u>SPRINGBOARD</u>	
	NESSie	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
	Just <u>Talk</u> Herts	k Herts Mind Hertfordshire Wi Network CYP Digital Wellbeing Hert		First Steps <u>ED</u>
Mental Health & Wellbeing	The <u>Ollie</u> Foundation	Carers in Herts (<u>CAMHS</u> Support)	<u>Togetherall</u>	<u>BeeZee</u> Bodies
	Lumi Nova Herts Mind Network Children and Young People (withyouth.org)		<u>SandBox</u>	Young Minds
	Fun, Digital Therapeutic Intervention sup anxieties	porting 7-12 yr olds to manage fears and		This May <u>Help</u>
Parenting &	Services for <u>Young</u> People	<u>Family</u> Lives	Supporting Links	Families Feeling <u>Safe</u>
Young People	Families in Focus	<u>Families First</u> (hertfordshire.gov.uk)	The Hertfordshire Local Offer	Carewaves and Newsletters - Carers In Herts
Further Signposting	 <u>Contact a SEND service (hertfordshire.gov.uk)</u> <u>ISL SEND Advice for Parents/Carers</u> (hertfordshirefamiliesfirst.org.uk) <u>Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</u> <u>Herts Parent Carer Involvement (hertsparentcarers.org.uk)</u> <u>Webinars Herts Parent Carer Involvement</u> (hertsparentcarers.org.uk) 		 Preparing for adulthood (here Help for children who aren't (hertfordshire.gov.uk) Caring for your health into an Deaf and Hearing Support Set SEND documents and resour The Dyslexia-SpLD Trust - Pa Home (hertssendiass.org.) 	attending school regularly dulthood (hertfordshire.gov.uk) ervice (hertfordshire.gov.uk) rces (hertfordshire.gov.uk) rents



Parents, Carers and Young People Weekly Round Up Issue: 67 12/07/2023

(North Herts)

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



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 Econewly established ICB Youth Council. Are you interested in: Representing the voices of young people within the healthcare system? Working in partnership with health sector professionals to improve health services for young Email: hweicbenh.cypteam@nhs.net What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many oth the population. 	people.		
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	SEND DROP IN – held monthly	SEND Drop-In What's On North Herts		
CENTRE	6 July 2023 10am to 11:30am at Chestnut Tree Family Centre, Letchworth	District (mailchi.mp)		
AUTISM / ADHD / SEND				
SPACE Herts	Anxiety and SEND Tickets, Fri 14 Jul 2023 at 10:00 Eventbrite	Anxiety and SEND		
SPACE Herts	Autism Plus: Co-occurring Conditions and Cognitive Theories Tickets, Mon 17 Jul 2023 at 10:00 Eventbrite	Autism Plus: Co-occurring Conditions & Cognitive Theories		
SPACE Herts	Sensory Signs, Signals and Solutions Workshop Tickets, Wed 19 Jul 2023 at 10:00 Eventbrite	Sensory Signs, Signals & Solutions		



SPACE Herts	Anxiety and SEND Workshop Tickets, Wed 6 Sep 2023 at 10:00 Eventbrite	Anxiety and SEND
SPACE Herts	Anger and Conflict Tickets, Thu 7 Sep 2023 at 10:00 Eventbrite	Anger and Conflict
	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
	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
NHS Herts Community Trust	Resilience Workshop Tickets, Tue 8 Aug 2023 at 18:00 Eventbrite	Resilience Workshop
NHS Herts Community Trust	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.angelssuupportgroup.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 18 July – Workshop: How to support your child's sensory needs.	How to support your child's sensory needs
Angels Support Group	Thursdays – 10am to 12pm The Phoenix Group, Stevenage 20 July - Parent/Carer Support Group with Lorraine Jones	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 <u>Eventbrite</u>	Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Mon 11 Sep 2023 at 19:00 Eventbrite	Diagnosing ADHD and/or Autism
ADD-vance <u>Eventbrite</u>	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 <u>Eventbrite</u>	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 <u>Rachel.hatton@autismherts.org</u> 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. 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 Wellbe Informal drop-in group is for anyone aged 12-17 w wellbeing. To come along email cyp@hertsmindne This will be starting soon on Monday's 6pm to 8pm	i ng ho would etwork.o n Letchw	d like to explore using creativity to support their	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 <u>Understanding Anxiety HPFT IAPT Services (hpft-iapt.nhs.uk)</u> Relaxation skills 10 July 2pm to 3pm, 8 Aug 1pm to 2pm <u>Relaxation skills HPFT IAPT Services (hpft-iapt.nhs.uk)</u>			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)	
	 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. Session 1: what is mental health and mental ill health, stigma and discrimination, depression and suicide.		Mental Health First Aid (MHFA) 1 day course for Parents & Carers- Stevenage Tickets, Tue 4 Jul 2023 at 09:30 Eventbrite Mental Health First Aid (MHFA)- Champion Course (1 Day) Dacorum Tickets, Multiple Dates Eventbrite	
The <u>Sandbox</u> New online Mental Health Digital Advice and Guidance	The Sandbox: New online Mental Health Digital Adv Guidance Services for 10-25s launching 1 April 2023 The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with th mental health and well-being.	ice and 3	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	 Website: 24/7 Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays Live Chat: 10am-8pm Mondays-Fridays



Services for 10-25s launching 1 April 2023	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: <u>nhs.operations@mindler.co.uk</u> .	from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs	Signing up is easy and doesn't require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)
This May Help	Home ThisMayHelp Topics include: How to shelp someone who self harms. How to moderate you and boundaries with a teenager. What to do if you the support a child who doesn't want to go to school. How talk about mental health. How to build family resilient Sources of help for parents of children with mental in	nink your child has an eating disorder. How to ow to protect my child on the internet. How to nce. Parenting a child with mental health issues.	Topics: Self-Harm Video Gaming Establish Trust and Boundaries Eating Disorder Mental Health Resilience
<u>NESSie</u>	Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers of Children who are 29 June	Gender Questioning	Gender Questioning
	In Person Peer Support Group for Parents/Care Experiencing Mental Health Issues <u>Nessie Public Booking Platform (procfu.com)</u> Funded by HCC – opportunity to meet in a smal therapist, join for 5 week course. Tuesday, 25 J	l group, learn techniques from a qualified	In Person Peer Support Group
NESSie	 NESSie is funded by HCC to support parents/carers of child health issues. The aim of this work is to help parents/care to supporting their young person, whilst offering a chance tools. FREE online and face-to-face workshops on a range young people. Parent Support Line 07932 651319 (Wednesdays 9a Private moderated Facebook support groups. support 1-1 Peer support groups: a confidential group, wher their experiences, support each other through c more information: Podio 	rs develop a positive and more confident approach to gain peer support; useful strategies and practical of mental health issues that affect children and m to 12pm or by appointment) ort advice sessions e parents will have an opportunity to share	Mental Health support for parents/carers – 1- 1, online, support groups
<u>Carers</u> in Herts	CAMHS Online Monthly Support Group for Parents an Parents/carers of young people who are accessing a H waiting to be seen can attend a <u>monthly online suppor</u> The group provides opportunities to meet other pare experiences, learn coping strategies and gain useful i The group takes place on the first Tuesday of every m	PFT CAMHS or HCT Step 2 service, or who are ort group hosted by Carers in Herts. nts/carers in similar situations, share nformation.	CAMHS Monthly Support Group via Carers in Herts <u>Carewaves and Newsletters -</u> <u>Carers In Herts</u>



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

	 "This group offers so much support and information, letting me know I'm not alone, even at the most challenging of times." Parent. 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: Call: 01992 586969 Email: <u>contact@carersinherts.org.uk</u> Go online: CAMHS Online Support Group (carersinherts.org.uk)
Herts Mind <u>Network</u>	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 <u>Real Bodies in Herts (justtalkherts.org)</u>	The Real Bodies Campaign
<u>JustTalkHerts</u>	What's Next? Let's Just Talk about the FutureWhat'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 toolsand useful information to help you look after your mental health:Manage Your Worries (Self Help Tools)Support with Future PlansVolunteering and Looking for a JobReal Hertfordshire Positive Future Stories	
Nip In the Bud	https://youtu.be/uMdDB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
NHS Hertfordshire and Mid-Essex Talking Therapies <u>HPFT</u> IAPT	Understanding Low Self-Esteem for adults 6 July 1pm to 2pm <u>Understanding Low Self-esteem HPFT IAPT Services (hpft-iapt.nhs.uk)</u>	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	Lumi Nova: Therapeutic Digital Intervention Gaming App	Digital Wellbeing Services

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	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 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. <u>www.withyouth.org</u> (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.	
BEEZEE BODIES	Helping you make healthy habits as a family – FREE healthy lifestyle courses! Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com) For Families (beezeebodies.com)	Healthy Lifestyle Courses

Provider	Course/Booking	Key Topics
нсс	Parenting When Separated Programme	Separation/Divorce – Parenting
	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)	
Yoga Class for children	with The class will consist of gentle yoga poses, breathing practices and time for relaxation	
SEN	and mindfulness. Rach is a qualified Special yoga practitioner. <u>Find courses and things to</u>	
	do (hertfordshire.gov.uk) Kid's Yoga Class - SEND Yogis	
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: <u>sfyp.stevenage@hertfordshire.gov</u> <u>.uk</u>
<u>Family</u> 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
<u>Families</u> 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: <u>bookings@familiesinfocus.co.uk</u>	Handling anger – Autism/ADHD
<u>Families</u> 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: <u>bookings@familiesinfocus.co.uk</u>	Handling anger – Autism/ADHD
<u>Families</u> 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: <u>bookings@familiesinfocus.co.uk</u>	Complete guide to parenting children with SEND
<u>Families</u> 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: <u>bookings@familiesinfocus.co.uk</u>	Complete guide to parenting children with SEND
<u>Families</u> in Focus	 Handing 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



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	Families in Focus CIC -	supporting & enabling parent carers
	community: https://www.facebook.com/groups/184975381651870/	to remain emotionally healthy
	Practitioners do join our Practitioner Facebook	Parents do join our supportive
Families in Focus	community: https://www.facebook.com/groups/596362130530293/	facebook
	Web: www.familiesinfocus.co.uk Email: bookings@familiesinfocus.co.uk	
	Office hours: Monday to Thursday 8.30am to 4.30pm Term time	
	Ohana Hertfordshire County Council	
	Ohana is a free to attend support group for young parents who are in care or who are care	
Ohana	leavers – meet other parents, support each other, hear form guest speakers.	
	See website for Summer Events.	
	Phase Hitchin - Passionate about helping young people (phase-hitchin.org)	Resources for parents and young
Phase		people – wellbeing and resilience
	Home - Hope UK	Alcohol and drug advice for parents
Hope UK		and young people
	HAPpy camps are back this summer!	HAPpy Activity Camps - Herts Sports
	Hertfordshire County Council is once again launching its free summer activity camps for children and	Partnership (sportinherts.org.uk)
	young people in Hertfordshire.	
	Fully funded holiday activity camps return for the summer holidays, providing eligible children and	
	young people with the chance to meet friends, learn new skills and enjoy nutritious food.	
	The HAPpy programme, funded by Hertfordshire County Council and the Department of Education	
HAPpy Programme	(DfE) via the government's Holiday Activity and Food programme, and coordinated by Herts Sports	
	Partnership and the Hertfordshire Community Foundation, is running approximately 180 activity camps with over 40,000 free places from 24 July – 31 August 2023 (not bank holiday).	
	At the sessions, which vary in duration from four to seven hours long, eligible children and young	
	people can enjoy free food, free sports and free craft activities this summer. They will also receive	
	advice on nutrition and cooking skills to enhance their health and wellbeing.	
	davice of natificinaria cooking skins to enhance their nearth and wensenig.	
	If your child is eligible and you have not received your code ask your school office for it.	
	The Fit Fed and Read programme is running again in 9 local primary school from Monday	Playwaze - View Event
	31st July until Thursday 24th August 2023 for children aged 8-11. They are able to accept 7-year-olds	
	referred from your team, as long as they are in Year 3. Please see location links below and attached.	
Fit, Fed, Read		
. , , , , , , , , , , , , , , , , , , ,	When booking, the parent or guardian will need to enter a booking code on the online booking form	
	to access the FREE holiday activities.	
	Eligible children will receive this Unique Booking Code directly from their school. If they haven't yet received a booking code, they should ask the child's school office.	