



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>	<a href="#">Carewaves and Newsletters - Carers In Herts</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>	



Delivering Special  
Provision Locally

Parents, Carers and Young People  
Weekly Round Up Issue: 69  
06/09/2023

DSPL 1  
(North Herts)

[nhdspl@wymondley.herts.sch.uk](mailto: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

**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	<p><b>YOUTH COUNCIL</b></p> <p>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:</p> <ul style="list-style-type: none"> <li>Representing the voices of young people within the healthcare system?</li> <li>Working in partnership with health sector professionals to improve health services for young people.</li> </ul> <p>Email: <a href="mailto:hweicbenh.cypteam@nhs.net">hweicbenh.cypteam@nhs.net</a></p> <p>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.</p>	
SURVEYS	<p><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.</p>	<p><a href="#">Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)</a></p>
CONSULTATION	<p><b>Family Centre Consultation</b> Survey closes 10 October 2023</p>	<p><a href="#">Family Centre Consultation   Hertfordshire County Council</a></p>
CONSULTATION	<p><b>Services for Young People Consultation</b> Survey closes 9 October 2023</p>	<p><a href="#">Services for Young People - Consultation about future service priorities (hertfordshire.gov.uk)</a></p>



## AUTISM / ADHD / SEND

SPACE Herts	<a href="#">Anger and Conflict Tickets, Thu 7 Sep 2023 at 10:00   Eventbrite</a>	Anger and Conflict
	<a href="#">Sleep Tight - 3 week course Tickets, Tue 26 Sep 2023 at 10:00   Eventbrite</a>	Sleep Tight – 3 week course
	<a href="#">Navigating the SEND World Course - 4 week course Tickets, Tue 26 Sep 2023 at 18:30   Eventbrite</a>	Navigating the SEND World – 4 week course
	<a href="#">Neurodiversity in Girls and Women (ADHD and Autism) - a 4 week course Tickets, Thu 7 Sep 2023 at 18:30   Eventbrite</a>	Neurodiversity in Girls and Women (ADHD/Autism)
	<a href="#">Navigating the SEND World Post 16 Tickets, Fri 8 Sep 2023 at 10:00   Eventbrite</a>	Navigating the SEND World Post 16
	<a href="#">Understanding ADHD Workshop Tickets, Mon 11 Sep 2023 at 19:00   Eventbrite</a>	Understanding ADHD
	<a href="#">Autistic Girls Workshop Tickets, Tue 12 Sep 2023 at 10:00   Eventbrite</a>	Autistic Girls Workshop
	<a href="#">No Two Brains are the Same. What is Neurodiversity? Tickets, Wed 13 Sep 2023 at 10:00   Eventbrite</a>	No Two Brains are the Same, What is Neurodiversity?
	<a href="#">First Steps - 6 Week Course Tickets, Fri 6 Oct 2023 at 10:00   Eventbrite</a>	First Steps – 6 week course
NHS Herts Community Trust	<a href="#">Supporting Your Child's Self-esteem Tickets, Fri 8 Sep 2023 at 10:00   Eventbrite</a>	Supporting Your Child's Self-Esteem
	<a href="#">Developing Your Child's Emotional Literacy Tickets, Mon 11 Sep 2023 at 10:00   Eventbrite</a>	Developing Your Child's Emotional Literacy
	<a href="#">Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Tue 12 Sep 2023 at 18:00   Eventbrite</a>	Emotional Wellbeing (for young people 11-16)
	<a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Thu 21 Sep 2023 at 18:00   Eventbrite</a>	Child General Emotional Wellbeing and Regulation Tips For Parents
	<a href="#">Adolescent Self-esteem Workshop Tickets, Wed 27 Sep 2023 at 18:00   Eventbrite</a>	Adolescent Self-Esteem
	<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



Angels Support Group	Virtual Meeting via Zoom	Face to Face Letchworth	Face to Face meeting Stevenage/ Evening Meeting via Zoom	Support Groups and workshops, Meet up and Chat  <a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a> / <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>
	12 Sept 10am to 12pm Workshop: Understanding & responding to your child's behaviour	13 Sept	14 Sept 10am to 12pm: Parent/Carer Support Group 7:30pm to 8:30pm: Parent/Carer Support Group	
	19 Sept – 10am to 12pm Parent/Carer Support Group	20 Sept Meet Up and Chat	21 Sept 10am to 12pm Stevenage Meet Up and Chat	
	26 Sept – 10am to 12pm Workshop: Emotionally Based School Avoidance	27 Sept	28 Sept 10am to 12pm Stevenage Parent/Carer Support Group	
	3 Oct – 10am to 12pm Parent/Carer Support Group	4 Oct	5 Oct – 10am to 12pm Stevenage Meet Up and Chat	
	10 Oct 10am to 12pm Q&A on Education Issues – EHCPs, Graduated Response, Panels, Appeals, Medication & Tribunals, etc	11 Oct	12 Oct 10am to 12pm Stevenage Parent/Carer Support Group	
	17 Oct 10am to 12pm Parent/Carer Support Group	18 Oct Meet Up and Chat	19 October 10am to 12pm Stevenage Meet Up and Chat	
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Mon 11 Sep 2023 at 19:00   Eventbrite</a>			Diagnosing ADHD and/or Autism
	<a href="#">Understanding ADHD and Autism in the Primary Years - FREE 6 WEEK COURSE Tickets, Tue 12 Sep 2023 at 10:00   Eventbrite</a>			Understanding ADHD and Autism – Primary Years
	<a href="#">ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 12 Sep 2023 at 13:00   Eventbrite</a>			Online Support Group – Primary Age
	<a href="#">Thinking about College? - FREE ONLINE WORKSHOP Tickets, Wed 13 Sep 2023 at 10:00   Eventbrite</a>			ADHD – thinking about college
	<a href="#">Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE FOR DADS Tickets, Wed 13 Sep 2023 at 19:00   Eventbrite</a>			Understanding ADHD – for Dads/Male Carers
	<a href="#">Thinking about University? - FREE ONLINE WORKSHOP Tickets, Thu 14 Sep 2023 at 10:00   Eventbrite</a>			Thinking about University



Family Lives	<b>Bringing Up Confident ADHD/ASD Children – 6 week group</b> If your child has ADHD/ASD or you think they might, join this group where you will receive support from other parents, gain a comprehensive understanding of ADHD/ASD and learn strategies to improve home life and at school. Tuesday 12 Sept to 17 Oct 7pm to 9pm online via MS Teams <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> 0204 522 8700/8701	Brining up confident ADHD/ASD Children
	<b>Anxiety around ADHD</b> Understand what ADHD is, why it makes sense for a child to be anxious, strategies, signposting. Tuesday 7 Nov 9:30am to 11:30am Online via MS Teams <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> 0204 522 8700/8701	Anxiety around ADHD
<a href="#">Families</a> in Focus	<b>Handling anger of children with Autism and ADHD (aged 4 to 11)</b> Monday mornings 9:30am to 11:30am 30 Oct, 6, 13, 20,, 27 Nov, 4 Dec. Places are limited, Booking essential: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Handling anger – Autism/ADHD
	<b>Handling anger of children with Autism and ADHD (aged 4 to 11)</b> Tuesday mornings 9:30am to 11:30am 31 Oct, 7, 14, 21, 28 Nov, 5 Dec Places are limited, Booking essential: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Complete guide to parenting children with SEND
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 & Cares of autistic young adults (16-25)	
Autism Uk	<a href="#">Support Groups » Autism Bedfordshire</a>	Support Group
	<a href="#">Upcoming Events » Autism Bedfordshire</a>	Upcoming Events
	<a href="https://www.autism.org.uk">Social stories and comic strip conversations (autism.org.uk)</a>	Social Stories and Comic Strip Conversations
Up on <a href="#">Downs</a>	A parent run organisation that supports families of children with Down's Syndrome.	
Down's Syndrome Association	Down's Syndrome Listening Service <a href="https://www.downs-syndrome.org.uk">Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)</a>	Down's Syndrome Listening Service
Phoenix Group for Deaf Children	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">About Us - The Phoenix Group for Deaf Children</a>	Connecting Families Event



NORTH HERTS FAMILY CENTRE	<p><b>SEND Drop In - Free Drop In</b> Adventure Tots LGC Church, The Icknield Centre, Icknield Way, <b>Letchworth Garden City</b> SG6 1EF Monthly from 10.00am to 11.30am 13th September / 4th October / 1st November / 6th December</p>	<p>SEND Drop-In <a href="https://www.whatsonnorthherts.co.uk/district-autumn-2023">What's On North Herts District Autumn 2023 (mailchi.mp)</a></p>
	<p><b>SEND Drop In - Free Drop In</b> Wrigglers &amp; Tiddlers Walsworth Baptist Church <b>Hitchin</b>.SG4 9SP Monthly from 9:30am-11.00am 14th September / 12th October / 9th November / 14th December</p>	
	<p><b>SEND Drop In - Free Drop In</b> First Friends <b>Royston</b> Methodist Church, Queens Street. SG8 7AU Monthly from 9:30am to 11.00am 24th November / 15th December</p>	
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	<p>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 &amp; Games, Arts &amp; Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.</p>	<p><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></p>
MENTAL HEALTH AND WELLBEING		
Young Minds	<p><a href="#">Help Your Child With ADHD   Parents Guide to Support   YoungMinds</a> <a href="#">Autism &amp; Mental Health   Signs &amp; Symptoms of Autism   YoungMinds</a> <a href="#">Transitions, Change &amp; Mental Health   Parents Guide   YoungMinds</a></p>	<p>Guide: Help your child with ADHD Guide: Autism and Mental Health Guide: Transitions and Change</p>
Challenging Behaviour Foundation	<p><a href="#">Video challenging behaviour - Challenging Behaviour Foundation</a> <a href="#">Positive Behaviour Support - Challenging Behaviour Foundation</a></p>	<p>Resource – Challenging Behaviour</p>
Recovery College online	<p><a href="#">Your mental health - Recovery College Online</a></p>	<p>Mental Health Recovery</p>
Give Us a Shout	<p><a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a></p>	<p>Free 24/7 mental health text support</p>



## MENTAL HEALTH AND WELLBEING

Provider	Course/Booking	Key Topics
<b>Mental Health First Aid Training – 1 Day Champion Course for parents &amp; carers of 8 to 18 year olds FREE</b>	<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>For further information contact: <a href="mailto:hweicbhv.schoolsmh@nhs.net">hweicbhv.schoolsmh@nhs.net</a></p>	<p><a href="#">Mental Health First Aid (MHFA) 1 day course for Parents &amp; Carers Tickets, Multiple Dates   Eventbrite</a></p> <p><a href="#">Mental Health First Aid (MHFA)-Champion Course (1 Day) Dacorum Tickets, Multiple Dates   Eventbrite</a></p>
<b>Youth Mental Health First Aid Training</b>	2 Day First Aider Course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds. FREE	<a href="#">Mental Health First Aid (MHFA) 2 Day Course- 7th and 9th November 23 Tickets, Multiple Dates   Eventbrite</a>
<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: 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>
<p>NHS Hertfordshire and Mid Essex Talking Therapies:</p> <p><b>Understanding Anxiety</b> 29 August 11am to 12pm <a href="#">Understanding Anxiety   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p> <p><b>Relaxation skills</b> , 8 Aug 1pm to 2pm <a href="#">Relaxation skills   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p>	<ul style="list-style-type: none"> <li>○ <a href="#">Mindfulness: reconnect with your true self   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">Managing employment and emotional wellbeing   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">How to cope with stress   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">Menopause and Emotional Wellbeing   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> <li>○ <a href="#">Managing Worry   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></li> </ul>	





Mind Hertfordshire Network CYP	<b>Spark – A Creative Space for Young People’s Wellbeing</b> 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 <a href="mailto:cyp@hertsmindnetwork.org">cyp@hertsmindnetwork.org</a> 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. <a href="#">Home - WithYouth</a>	Creative Space for Young People
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.	<b>Topics:</b> <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>	<b>Supporting Parents/Carers with Children with Self-Harming Behaviours</b> Tuesday, 26 September 9:30am to 11am <a href="#">Nessie Public Booking Platform (procfu.com)</a>	Self-Harming Behaviours
	<b>Supporting Parents/Carers of Children with Anxiety</b> Wednesday, 11 October 6:30pm to 8pm <a href="#">Nessie Public Booking Platform (procfu.com)</a>	Children with Anxiety
	<b>Online Peer Support Group – for parents/carers of children struggling to attend school</b> 8 week course. Wednesdays, 9:30am to 11am, 6 Sept to 1 Nov 2023 Via MS Teams (a link will be sent the morning of the training) To Book: <a href="#">Nessie Public Booking Platform (procfu.com)</a> The opportunity to discuss your current situation and find support from others going through the same thing. Guidance is available from qualified therapists. Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer. In this closed, confidential group, parents/carers will have the opportunity to discuss their current situation and find support from other going through the same thing. Wednesdays weekly online peer support group for parents/carers of children avoiding school	Peer Support – children avoiding school
	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. support advice sessions 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: <a href="#">Podio</a>	Mental Health support for parents/carers – 1-1, online, support groups





<a href="#">Carers</a> 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.</p>	<p>CAMHS Monthly Support Group via Carers in Herts</p> <p><a href="#">Carewaves and Newsletters - Carers In Herts</a></p> <p>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> CAMHS Online Support Group (<a href="https://carersinherts.org.uk">carersinherts.org.uk</a>)</p>
Herts Mind <a href="#">Network</a>	<a href="#">Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org)</a> Course details coming soon	Coming soon : Overcoming Social Anxiety
<a href="#">Young</a> 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
<a href="#">JustTalkHerts</a>	<p>The Real Bodies in Herts Campaign <a href="#">Just Talk (justtalkherts.org)</a> Resources and Webinars <a href="#">Real Bodies in Herts (justtalkherts.org)</a></p> <p>What's Next? Let's Just Talk about the Future <a href="#">What's Next? Let's Just Talk about the Future (justtalkherts.org)</a> 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:</p> <ul style="list-style-type: none"> <li>Manage Your Worries (Self Help Tools)</li> <li>Support with Future Plans</li> <li>Volunteering and Looking for a Job</li> <li>Real Hertfordshire Positive Future Stories</li> </ul>	<p>The Real Bodies Campaign</p> <p>What's Next? Let's Just Talk about the Future.</p>
Nip In the Bud	<p><a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a> Promoting awareness of mental health disorders in children – Does my child Need help?</p>	Early Intervention
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



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	Digital Wellbeing Services
	<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	Digital directory Gaming App - Anxiety Help
	<b>CYP aged 5 to 18</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="http://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.	
	<b>Feeling Well:</b> Supporting you to understand and manage low mood. Online course. 24 Oct to 14 Nov (4x Tuesdays 6pm to 7:30pm). Bookings: <a href="#">Living Well – Mind in Mid Herts</a>	Feeling Well
Mind in Mid Herts	<b>Being Assertive:</b> gaining an understanding of assertive communication and behaviour. Online workshop 25 October 2pm to 4pm . Bookings: <a href="#">Living Well – Mind in Mid Herts</a>	Being Assertive
	<b>Developing Self Compassion:</b> Supporting you to combat self-criticism and develop self-compassion. Online Course 6 Nov to 13 Nov (2x Mondays 2pm to 4:30pm) Bookings: <a href="#">Living Well – Mind in Mid Herts</a>	Developing Self Compassion
	<b>Sleeping Well:</b> exploring strategies to help you to improve sleep. Online workshop 9 Nov 5pm to 8pm. Bookings: <a href="#">Living Well – Mind in Mid Herts</a>	Sleeping Well
	<b>Staying Calm:</b> developing strategies to effectively express difficult emotions. Online course 21 Nov to 28 Nov (2x 2pm to 4pm) Bookings: <a href="#">Living Well – Mind in Mid Herts</a>	Staying Calm
	<b>Building Courage:</b> develop strategies to help you tackle anxiety. Online course. 7 Dec to 14 Dec (2x 5pm to 7:30pm) Bookings: <a href="#">Living Well – Mind in Mid Herts</a>	Building Courage
	<b>Learning to Relax:</b> equipping you with the skills to manage stress effectively. Online workshop 11 Dec 1pm to 4pm Bookings: <a href="#">Living Well – Mind in Mid Herts</a>	Learning to Relax



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking	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> <a href="#">Kid's Yoga Class - SEND Yogis</a></b>	
BEEZEE BODIES	Helping you make healthy habits as a family – FREE healthy lifestyle courses! <a href="#">Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com)</a> <a href="#">For Families (beezeebodies.com)</a>	Healthy Lifestyle Courses
<a href="#">Supporting Links</a>	<a href="#">PowerPoint Presentation (supportinglinks.co.uk)</a> <a href="#">New What's On (supportinglinks.co.uk)</a>	
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>Less Shouting, More Cooperation – 6 week group</b> Do you feel you are constantly nagging/shouting, tired of losing your cool, want a calmer house. Learn how you can change the way you communicate with your child, respond better and feel more in control. Thursday, 5 Oct to 16 Nov 7pm to 9pm online via MS Teams <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> 0204 522 8700/8701	Less Shouting, More Cooperation
	<b>Dads Together</b> (face to face 6 week group) Are you a Dad who feels you are constantly nagging/shouting, tired of losing your cool, want a calmer house. Learn how you can change the way you communicate with your child, respond better and feel more in control. Tuesday, 7 Nov to 12 Dec 7:30pm to 9:30pm	Dads Together



Family Lives	Canary Club, Fishponds Road, Hitchin SG5 1NU <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> 0204 522 8700/8701	
	<b>Sorting out Arguments in the Family</b> – 6 week group Feel everything ends in an argument, constantly trying to keep the peace. Help improve communication, reduce the reactions, create a culture of teamwork in your family. Wednesday, 8 Nov to 13 Dec 9:30am to 11:30am Online via MS Teams <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> 0204 522 8700/8701	Sorting out arguments in the family
	<b>Reducing Conflict workshop</b> Explores different types of conflict, provides support in understanding causes and impact, gives practical steps and strategies. Thursday 7 Dec 9:30am to 11:30am Online via MS Teams <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> 0204 522 8700/8701	Reducing Conflict Workshop
	<a href="#">Let's Play   Family Lives</a>	Online Let's Play Free course
	<a href="#">parenting classes online -   Family Lives</a>	Parenting Together Free Course
Families in Focus	<b>Handling anger in your family (aged 4 to 11)</b> Thursday morning 9:30am to 11:30am 14, 21, 28 Sept and 5, 12, 19 Oct Places are limited, Booking essential: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Handling anger – Autism/ADHD
	<b>Handling anger in your family (aged 4 to 11)</b> Tuesday evenings 6:30pm to 8:30pm 31 Oct, 7, 14, 21, 28 Nov, 5 Dec Places are limited, Booking essential: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Complete guide to parenting children with SEND
	<b>Handling anger in your family</b> 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
	<b>Families in Focus CIC</b> - community: <a href="https://www.facebook.com/groups/184975381651870/">https://www.facebook.com/groups/184975381651870/</a> Practitioners do join our Practitioner Facebook community: <a href="https://www.facebook.com/groups/596362130530293/">https://www.facebook.com/groups/596362130530293/</a> Web: <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a> Email: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a> 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	<a href="#">Ohana   Hertfordshire County Council</a> 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	<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
Healthwatch	<a href="#">Parents and carers voice their concerns about accessing GP Practices   Healthwatch Hertfordshire</a>	Healthwatch