



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	ADHD Foundation
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) Capa First Response You are not alone - Capa First Response 		<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
Local Offer	<p>'Introduction to the SEND Local Offer website' – webinar The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too. A friendly face from the Local Offer team will take you through what's on the website and how you can use it to find the right services and support. www.hertfordshire.gov.uk/localoffer (For professionals AND parent carers) Thursday 28 September at 8pm - Click here to join the meeting</p>	
Hertfordshire and West Essex Integrate Care Board	<p>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:</p> <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. <p>Email: hweicbenh.cypsteam@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.</p>	
SURVEYS	<p>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.</p>	<p>Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)</p>
CONSULTATION	<p>Family Centre Consultation Survey closes 10 October 2023</p>	<p>Family Centre Consultation Hertfordshire County Council</p>
CONSULTATION	<p>Services for Young People Consultation Survey closes 9 October 2023</p>	<p>Services for Young People - Consultation about future service priorities (hertfordshire.gov.uk)</p>



AUTISM / ADHD / SEND

Hertfordshire Autism	<p>Level 1 Autism Training eLearning</p> <p>This online training will take about 30 minutes to complete. It aims to develop an understanding of:</p> <ul style="list-style-type: none"> Some basic principles of autism, challenging some myths and stereotypes The strengths and areas of difference Simple reasonable adjustments and strategies for practitioners to consider. <p>To complete the training please follow the link, you will be prompted to complete a short form and be re-directed to the training: Autism elearning form (contensis.com)</p>	Level 1 Autism Training elearning
SPACE Herts	Understanding Dual Diagnosis: Autism & ADHD Tickets, Fri 22 Sep 2023 at 10:00 Eventbrite	Dual Diagnosis: Autism/ADHD
	EHCP New Application Workshop Tickets, Mon 25 Sep 2023 at 19:00 Eventbrite	EHCP – New Application Workshop
	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
	Understanding and Supporting Emotional Regulation Tickets, Thu 28 Sep 2023 at 10:00 Eventbrite	Emotional Regulation
	Autism Plus: Co-occurring Conditions and Cognitive Theories Tickets, Fri 29 Sep 2023 at 10:00 Eventbrite	Co-occurring Conditions / Cognitive theories
	First Steps - 6 Week Course Tickets, Fri 6 Oct 2023 at 10:00 Eventbrite	First Steps – 6 week course
	Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Thu 21 Sep 2023 at 18:00 Eventbrite	Child General Emotional Wellbeing and Regulation Tips For Parents
	Adolescent Self-esteem Workshop Tickets, Wed 27 Sep 2023 at 18:00 Eventbrite	Adolescent Self-Esteem
	Sleep Workshop (Child and Adolescent) Tickets, Tue 3 Oct 2023 at 18:00 Eventbrite	Sleep Workshop
	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	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 www.angelssupportgroup.org.uk / Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group
			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 Eventbrite	Applying for an EHCP - FREE ONLINE WORKSHOP Tickets, Mon 25 Sep 2023 at 10:00 Eventbrite			Applying for an EHCP
	Understanding ADHD and Autism in the Early Years - FREE ONLINE WORKSHOP Tickets, Wed 27 Sep 2023 at 10:00 Eventbrite			Understanding ADHD and Autism – Early Years
	Understanding Autism in Girls - FREE ONLINE WORKSHOP Tickets, Mon 2 Oct 2023 at 10:00 Eventbrite			Understanding Autism in Girls
	ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 3 Oct 2023 at 19:30 Eventbrite			Online Support Group
	Tips & Tools to Manage Eating Difficulties - FREE ONLINE WORKSHOP Tickets, Wed 4 Oct 2023 at 10:00 Eventbrite			Manage Eating Difficulties
	Tips & Tools for Toileting - FREE ONLINE WORKSHOP Tickets, Thu 5 Oct 2023 at 10:00 Eventbrite			Tips/Tools Toileting



Supporting Links	Workshops: We have a number of single session workshops for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend. See website for flyers and links: New What's On (supportinglinks.co.uk)						
	Workshop	Link to book	ID	Date	Day	Time	School Avoidance
	School Avoidance	Book here	607	19th Oct 2023	Thu	9.30-11.15am	Tech Use
	Tech Use	Book here	608	15th Nov 2023	Wed	9.30-11.15am	Teenage years
	Teenage Years	Book here	609	22nd Nov 2023	Wed	7.30-9.15pm	
	Courses:						
	Course	Location	ID	Dates	Day	Time	
	Talking Additional Needs	Online	597	12th Sep to 17th Oct	Tue	9.45-11.15am	
	Talking Additional Needs	Online	595	13th Sep to 18th Oct	Wed	8.00-9.30pm	Talking Additional Needs
	Talking Additional Needs	St Albans	596	31st Oct to 5th Dec	Tue	9.30-11.30am	Talking Anger
	Talking Anger	Online	601	1st Nov to 6th Dec	Wed	8.00-9.30pm	Talking Families
	Talking Families	Online	600	12th Sep to 17th Oct	Tue	8.00-9.30pm	
	Talking Families	Stevenage	599	30th Oct to 4th Dec	Mon	7.30-9.30pm	
	Talking Families	Online	598	2nd Nov to 7th Dec	Thu	9.45-11.15am	Talking Teens
	Talking Teens	Online	603	11th Sep to 16th Oct	Mon	7.45-9.15pm	
	Talking Teens	Online	604	13th Sep to 18th Oct	Wed	7.45-9.15pm	Talking Dads
	Talking Teens	Online	605	31st Oct to 5th Dec	Tue	7.45-9.15pm	
	Talking Dads	Online	602	13th Sep to 18th Oct	Wed	7.45-9.15pm	
	Talking Dads	Online	606	31st Oct to 5th Dec	Tue	7.45-9.15pm	



Family Lives	Bringing Up Confident ADHD/ASD Children – 6 week group 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 services@familylives.org.uk 0204 522 8700/8701	Brining up confident ADHD/ASD Children
	Anxiety around ADHD 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 services@familylives.org.uk 0204 522 8700/8701	Anxiety around ADHD
Families in Focus	Handling anger of children with Autism and ADHD (aged 4 to 11) Monday mornings 9:30am to 11:30am 30 Oct, 6, 13, 20,, 27 Nov, 4 Dec. Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Handling anger – Autism/ADHD
	Handling anger of children with Autism and ADHD (aged 4 to 11) Tuesday mornings 9:30am to 11:30am 31 Oct, 7, 14, 21, 28 Nov, 5 Dec Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Complete guide to parenting children with SEND
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)	
Autism Uk	Support Groups » Autism Bedfordshire	Support Group
	Upcoming Events » Autism Bedfordshire	Upcoming Events
ADHD	Social stories and comic strip conversations (autism.org.uk)	Social Stories and Comic Strip Conversations
	Resources Archive - ADHD Foundation : ADHD Foundation	Resources
The Add-Vantage	ADHD Women's 'Thriving with ADHD' vision board workshop Tickets, Sat 23 Sep 2023 at 10:00 Eventbrite	For Women with ADHD - Thriving
	Coffee & Connection - ADHD Womens Wellbeing Community Hub Tickets, Multiple Dates Eventbrite	For Women with ADHD – Coffee & Connection
	Recharge Retreat Day - ADHD Womens Wellbeing Community Hub Tickets Eventbrite	For Women with ADHD – Recharge Retreat Day



Up on Downs	A parent run organisation that supports families of children with Down's Syndrome.	
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
NORTH HERTS FAMILY CENTRE	SEND Drop In - Free Drop In Wrigglers & Tiddlers Walsworth Baptist Church Hitchin.SG4 9SP Monthly from 9:30am-11.00am 12th October / 9th November / 14th December SEND Drop In - Free Drop In First Friends Royston Methodist Church, Queens Street. SG8 7AU Monthly from 9:30am to 11.00am 24th November / 15th December	SEND Drop-In What's On North Herts District Autumn 2023 (mailchi.mp)
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
MENTAL HEALTH AND WELLBEING		
Young Minds	Help Your Child With ADHD Parents Guide to Support YoungMinds Autism & Mental Health Signs & Symptoms of Autism YoungMinds Transitions, Change & Mental Health Parents Guide YoungMinds	Guide: Help your child with ADHD Guide: Autism and Mental Health Guide: Transitions and Change
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



MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking	Key Topics
Mental Health First Aid Training – 1 Day Champion Course for parents & carers of 8 to 18 year olds FREE	<p>What you will learn:</p> <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. <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) 1 day course for Parents & Carers Tickets, Multiple Dates Eventbrite</p> <p>Mental Health First Aid (MHFA)-Champion Course (1 Day) Dacorum Tickets, Multiple Dates Eventbrite</p>
Youth Mental Health First Aid Training	2 Day First Aider Course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds. FREE	Mental Health First Aid (MHFA) 2 Day Course- 7th and 9th November 23 Tickets, Multiple Dates Eventbrite
<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: 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>
Bereavement: Living with Grief and Loss HPFT IAPT Services (hpft-iapt.nhs.uk)		Bereavement and Grief
Care for Carers HPFT IAPT Services (hpft-iapt.nhs.uk)		Care for Carers
Carers: Managing Difficult Emotions and Building Resilience HPFT IAPT Services (hpft-iapt.nhs.uk)		Carers: Managing Difficult Emotions/Building Resilience
Dealing with Depression HPFT IAPT Services (hpft-iapt.nhs.uk)		Dealing with Depression



Delivering Special
Provision Locally

Parents, Carers and Young People
Weekly Round Up Issue: 71
20/09/2023

DSPL 1
(North Herts)

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

How to sleep better HPFT IAPT Services (hpft-iapt.nhs.uk)	How to sleep better
Managing Worry HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing worry
Understanding Low Self-esteem HPFT IAPT Services (hpft-iapt.nhs.uk)	Understanding low self esteem
Becoming a parent or caregiver and emotional wellbeing HPFT IAPT Services (hpft-iapt.nhs.uk)	Becoming a parent or caregiver



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
This May Help	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.	Topics: <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience
NESSie	Supporting Parents/Carers with Children with Self-Harming Behaviours Tuesday, 26 September 9:30am to 11am Nessie Public Booking Platform (procfu.com)	Self-Harming Behaviours
	Supporting Parents/Carers of Children with Anxiety Wednesday, 11 October 6:30pm to 8pm Nessie Public Booking Platform (procfu.com)	Children with Anxiety
	Parent/Carer Chat and Connect Session – Hertfordshire This monthly, regular online drops in offers an informal space to share and connect with other parents/carers who have similar experience supporting their child’s mental health. These sessions are facilitated by Specialist Family Support Worker who can offer advice and support. Each month we will cover a different topic – see social media for updates. 14 November / 12 December 6:30pm to 8pm via MS Teams – FREE funded by HCC Nessie Public Booking Platform (procfu.com)	Hertfordshire parents - NESSie IN ED, CIC Parent/Carer Chat Connect Session
	Online Peer Support Group – for parents/carers of children struggling to attend school 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: Nessie Public Booking Platform (procfu.com) 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.	Mental Health support for parents/carers – 1-1, online, support groups



	<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>	
Carers in Herts	<p>CAMHS Online Monthly Support Group for Parents and Carers</p> <p>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.</p> <p>The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information.</p> <p>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	<p>Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon</p>	<p>Coming soon : Overcoming Social Anxiety</p>
Young Minds	<p>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.</p>	<p>CAMHS Support via Young Minds</p>
JustTalkHerts	<p>The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)</p>	<p>The Real Bodies Campaign</p>
	<p>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:</p> <ul style="list-style-type: none"> Manage Your Worries (Self Help Tools) Support with Future Plans 	<p>What's Next? Let's Just Talk about the Future.</p>



	<ul style="list-style-type: none"> Volunteering and Looking for a Job Real 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
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)</p> <p>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>
Mind in Mid Herts	<p>Feeling Well: Supporting you to understand and manage low mood. Online course. 24 Oct to 14 Nov (4x Tuesdays 6pm to 7:30pm). Bookings: Living Well – Mind in Mid Herts</p>	Feeling Well
	<p>Being Assertive: gaining an understanding of assertive communication and behaviour. Online workshop 25 October 2pm to 4pm . Bookings: Living Well – Mind in Mid Herts</p>	Being Assertive
	<p>Developing Self Compassion: Supporting you to combat self-criticism and develop self-compassion. Online Course 6 Nov to 13 Nov (2x Mondays 2pm to 4:30pm) Bookings: Living Well – Mind in Mid Herts</p>	Developing Self Compassion
	<p>Sleeping Well: exploring strategies to help you to improve sleep. Online workshop 9 Nov 5pm to 8pm. Bookings: Living Well – Mind in Mid Herts</p>	Sleeping Well
	<p>Staying Calm: developing strategies to effectively express difficult emotions. Online course 21 Nov to 28 Nov (2x 2pm to 4pm) Bookings: Living Well – Mind in Mid Herts</p>	Staying Calm
	<p>Building Courage: develop strategies to help you tackle anxiety. Online course. 7 Dec to 14 Dec (2x 5pm to 7:30pm) Bookings: Living Well – Mind in Mid Herts</p>	Building Courage
	<p>Learning to Relax: equipping you with the skills to manage stress effectively. Online workshop 11 Dec 1pm to 4pm Bookings: Living Well – Mind in Mid Herts</p>	Learning to Relax



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking	Key Topics
Fledglings	Fledglings is a non-profit shop that helps children with additional needs by supplying products & equipment that help with everyday challenges. You'll find all sorts of things including sensory toys, incontinence swimwear and adaptive clothing. Adaptive Clothes Incontinence Swim Sensory SEN Fledglings	Additional needs products & equipment
HCC	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)	Separation/Divorce – Parenting
Yoga Class for children with SEN	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	
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
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
	Less Shouting, More Cooperation – 6 week group 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 services@familylives.org.uk 0204 522 8700/8701	Less Shouting, More Cooperation
	Dads Together (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 Canary Club, Fishponds Road, Hitchin SG5 1NU services@familylives.org.uk 0204 522 8700/8701	Dads Together
	Sorting out Arguments in the Family – 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 services@familylives.org.uk 0204 522 8700/8701	Sorting out arguments in the family
	Reducing Conflict workshop 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 services@familylives.org.uk 0204 522 8700/8701	Reducing Conflict Workshop
	Let's Play Family Lives	Online Let's Play Free course
Families in Focus	parenting classes online - Family Lives	Parenting Together Free Course
	Handling anger in your family (aged 4 to 11) Thursday morning 9:30am to 11:30am 14,21,28 Sept and 5,12, 19 Oct Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Handling anger – Autism/ADHD
	Handling anger in your family (aged 4 to 11) Tuesday evenings 6:30pm to 8:30pm 31 Oct, 7, 14, 21, 28 Nov, 5 Dec Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Complete guide to parenting children with SEND



	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 CIC - community: https://www.facebook.com/groups/184975381651870/ Practitioners do join our Practitioner Facebook community: https://www.facebook.com/groups/596362130530293/ <u>Web:</u> www.familiesinfocus.co.uk <u>Email:</u> 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
Healthwatch	Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire	Healthwatch
Capa First Response	Capa First Response You are not alone - Capa First Response We support families and professionals impacted by child or adolescent on parent abuse.	Child/adolescent on parent abuse support