



Tip: Ctrl F to search key words		QUICK LINKS		
<b>SEND</b>	<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	
<b>Autism, ADHD, Neurodiversity</b>	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>	<a href="#">ADHD</a> Foundation
<b>Mental Health &amp; Wellbeing</b>	<a href="#">CYPMHS Service Directory - SW (justtalkherts.org)</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
	<a href="#">NESSie</a>	<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>
	Just <a href="#">Talk</a> Herts	The <a href="#">Ollie</a> Foundation	<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		Carers in Herts ( <a href="#">CAMHS</a> Support)	<a href="#">Young</a> Minds
	<a href="#">Courses Coming Up   Hertfordshire Mind Network (hertsmindnetwork.org)</a>		<a href="#">SandBox</a>	This May <a href="#">Help</a>
<b>Parenting &amp; Young People</b>	Services for <a href="#">Young</a> People	<a href="#">Family</a> Lives	<a href="#">The Hertfordshire Local Offer</a>	<a href="#">Carewaves and Newsletters - Carers In Herts</a>
	<a href="#">Families</a> in Focus	<a href="#">Families First (hertfordshire.gov.uk)</a>	<a href="#">Capa First Response   You are not alone - Capa First Response</a> We support families and professionals impacted by child or adolescent on parent abuse. Child/adolescent on parent abuse support	
	<a href="#">Supporting</a> Links	Families Feeling <a href="#">Safe</a>		
<b>Further Signposting</b>	<ul style="list-style-type: none"> <li><a href="#">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li><a href="#">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li><a href="#">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li><a href="#">Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li><a href="#">Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li></li> </ul>		<ul style="list-style-type: none"> <li><a href="#">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li><a href="#">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li><a href="#">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li><a href="#">The Dyslexia-SplD Trust - Parents</a></li> <li><a href="#">Home (hertssendiass.org.uk)</a></li> </ul>	

## Christmas – Advice and Resources



**autism together**

# 12 Tips for an autism-friendly Christmas

Christmas can be a magical time, but if someone in your family is on the spectrum, there's extra pressure to get it right. These simple pointers may help:

- 1 Have a designated place to relax and retreat, especially if you plan to have a houseful of guests. You could even label it as a 'quiet room'.
- 2 Be clear about when friends, family or neighbours may visit. Write up a schedule and stick it on the fridge or somewhere it is easily accessible.
- 3 Use advent calendars to your advantage – a countdown can be really beneficial to make people aware of upcoming events.
- 4 Some families opt for a one-day Christmas, when decorations and lights are put up and taken down in the same day.
- 5 Alternatively, how about decorating a designated 'Christmas room' to limit the impact of changes to other rooms in the house.
- 6 Look at the world through the eyes of your loved one – what aspects of Christmas do they enjoy? There are no rules – Christmas can be whatever works for you and your family.

**www.autismtogether.co.uk**  
[autismtogetheruk](https://www.facebook.com/autismtogetheruk) [autism\\_together](https://www.instagram.com/autism_together)  
 Registered Charity No 1007878

**autism together**

# 12 Tips for an autism-friendly Christmas

- 7 Have some Christmas-free time away from the festivities – this can be helpful to reduce anxiety. A quiet stroll in the park or feeding the ducks could help, if this is what you normally do to relax.
- 8 Father Christmas can cause anxiety. Prepare your loved one by showing them pictures, or perhaps Father Christmas could drop off presents at a family member's house instead.
- 9 Find out about local events, such as autism-friendly grottos and pantomimes. Decide which events your loved one would enjoy and book in advance.
- 10 Christmas dinners can be individual, so stick to what you know will be popular. Who says it has to be roast turkey?
- 11 On Christmas Day, try and keep to a routine that suits your family. If you need to make changes, then prepare in advance, using photos or social stories to explain what is happening.
- 12 Christmas is about enjoying yourself. It's your time, too, so always ask for help from family and friends if you need it.

**Wishing you a very merry Christmas and happy New Year!**  
 Autism Together's children and families service offers parenting courses, social groups, activities for little ones and support groups for families. And we do so much more!  
 Read about us at [www.autismtogether.co.uk](http://www.autismtogether.co.uk)

**www.autismfamily.co.uk | T: 0151 334 7510**  
[enquiries@autismtogether.co.uk](mailto:enquiries@autismtogether.co.uk)

### [‘How to’... have an autism-friendly Christmas – Autism Together](#)

### [ABMAS 2023 » Autism Bedfordshire](#)

Autism Bedfordshire – ABMAS – useful resources, tips and support for coping with Christmas. Advice on sensory overload, deal with changes in route, or enjoy social activities.

[Tips \(autism.org.uk\)](#) - Christmas tips for autistic people and their families

### [Preparing for Christmas: autism resources](#)

Christmas with autism and other additional needs: How families cope with sensory overload at Christmas



<p><b>Neurodiversity Support Hub</b></p>	<p><b>For Parents, Carers and Professionals</b> Offer support, signposting and guidance about a whole range of things including but not limited to:</p> <ul style="list-style-type: none"> <li>• Understanding ADHD/Autism</li> <li>• Distressed Behaviours</li> <li>• Anxiety</li> <li>• School</li> </ul>	<p>The phones are answered by our team of parents and carers of neurodivergent children and young people. <b>01727 833 963</b> <a href="mailto:supporthub@add-vance.org">supporthub@add-vance.org</a> <b>Open Monday to Friday 9am to 1pm</b> [please note the service can't give: Updates, fast track places on waiting lists, recommend specific private assessors]</p>
<p><b>SEND 0-25 Advice Lines</b></p>		

**SCROLL DOWN FOR NEW AND UPCOMING COURSES**

<p><b>Secondary School Information Day Survey</b></p>	<p><a href="https://mailchi.mp/070db245f4e8/transitionsurvey">https://mailchi.mp/070db245f4e8/transitionsurvey</a> For parents/carers of Year 6 SEND children following the open days at Secondary Schools – your feedback is important – please take a moment to complete this short survey following the open days.</p>	
<p>Provider</p>	<p>Course/Booking</p>	<p>Key Topics</p>
<p><b>AUTISM / ADHD / SEND</b></p>		
<p>Ambitious about Autism</p>	<p><a href="#">Quality of life at home toolkit   Ambitious about Autism</a> Quality of life at home toolkit – series of five animated films provides advice and guidance on managing the emotional needs of autistic children and young people.</p>	
<p>Autism Central</p>	<p><a href="#">Autism Central for Parents and Carers   Autism Central</a> The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others. Listen, offer guidance and tell you about services that are available in your local area. Navigate you to services that can make a difference and empower you. Increase your</p>	



	knowledge, understanding and provide you with skills to last. <a href="#">Essex County Council   Autism Central</a>		
Hertfordshire Autism	<p>Level 1 Autism Training eLearning This online training will take about 30 minutes to complete. It aims to develop an understanding of: 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. To complete the training please follow the link, you will be prompted to complete a short form and be re-directed to the training: <a href="#">Autism elearning form (contensis.com)</a></p>		Level 1 Autism Training e-learning
SPACE Herts	<a href="#">PDA, ODD and ADHD: Understanding the Differences Workshop Tickets, Fri 8 Dec 2023 at 10:00   Eventbrite</a>		PDA, ODD, ADHD – understanding the differences
	<a href="#">Sleep Workshop Tickets, Fri 15 Dec 2023 at 10:00   Eventbrite</a>		Sleep Workshop
	<a href="#">EHCP New Application Workshop Tickets, Mon 8 Jan 2024 at 10:00   Eventbrite</a>		EHCP New Application Workshop
	<a href="#">Autistic Girls Workshop Tickets, Tue 9 Jan 2024 at 18:30   Eventbrite</a>		Autistic Girls Workshop
	<a href="#">Anger and Conflict Tickets, Wed 10 Jan 2024 at 10:00   Eventbrite</a>		Anger and Conflict
Angels Support Group	<p>Virtual Meeting via Zoom 10am to 12pm</p> <p>19 Dec – Parent/Carer Support Group with Lorraine Jones</p>	<p>Face to Face meeting Stevenage/ Evening Meeting via Zoom</p> <p>• 14 Dec – Parent/Support Group with Lorraine Jones</p>	Support Groups and workshops, Meet up and Chat <a href="http://www.angelsupportgroup.org.uk">www.angelsupportgroup.org.uk</a> /
	<p><a href="#">Find courses and things to do (hertfordshire.gov.uk)</a> Membership (free) is required: <a href="#">Membership Application Form - Angels Support Group</a></p>		
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Anger and Conflict Tickets, Wed 10 Jan 2024 at 10:00   Eventbrite</a>		Anger & Conflict
	<a href="#">Understanding ADHD and Autism in the Primary Years - FREE 6 WEEK COURSE Tickets, Tue 9 Jan 2024 at 19:00   Eventbrite</a>		6 week course – Understanding ADHD/Autism – Primary Years
	<a href="#">Understanding ADHD and Autism in the Early Years - FREE ONLINE 6 WK COURSE Tickets, Wed 10 Jan 2024 at 09:30   Eventbrite</a>		6 week course – Understanding ADHD/Autism – Early Years



	<a href="#">Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE FOR DADS Tickets, Wed 10 Jan 2024 at 19:00   Eventbrite</a>	6 week course – Understanding ADHD/Autism - Dads
	<a href="#">Understanding ADHD - FREE ONLINE WORKSHOP Tickets, Wed 10 Jan 2024 at 19:00   Eventbrite</a>	Understanding ADHD
<a href="#">Supporting Links</a>	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: <a href="https://supportinglinks.co.uk">New What's On (supportinglinks.co.uk)</a>	
<a href="#">Supporting Links</a>	<b>SPRING TERM</b> <b>Talking ASD/ADHD: The Teenage Years – Tuesday, 23 January 2024</b> <a href="#">Talking ASD and ADHD: The teenage years. For parents/carers in Herts (631) Registration, Tue 23 Jan 2024 at 19:30   Eventbrite</a>	ASD/ADHD The Teenage Years
<a href="#">Supporting Links</a>	<b>Talking ASD/ADHD: Tech use – Wednesday, 28 February 2024</b> <a href="#">Talking ASD and ADHD: Tech Use (630). For parents/carers in Herts. Registration, Wed 28 Feb 2024 at 19:30   Eventbrite</a>	AS/ADHD Tech use
<a href="#">Supporting Links</a>	<b>Talking ASD/ADHD: Sibling Struggles – Monday, 25 March 2024</b> <a href="#">Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (629) Registration, Mon 25 Mar 2024 at 19:30   Eventbrite</a>	ASD/ADHD – Sibling Struggles
<a href="#">Supporting Links</a>	<b>Talking Teens</b> <ul style="list-style-type: none"> <li>• 4 Jan to 8 Feb Thursdays 7:45pm to 9:15pm Online Course ID 624</li> <li>• 7 Feb to 20 Mar Wednesdays 7:45pm to 9:15pm Course ID 625</li> </ul> 6 weekly sessions for parents and carers of children aged 12-19 The Teen Brain – physical/emotional changes. Link between behaviour and communicating difficult feelings. Maintain relationship and good communication. Understanding risk taking behaviour. Negotiate/Reduce conflict. <a href="#">New What's On (supportinglinks.co.uk)</a> Booking: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a>	Talking Teens – 6 week course
<a href="#">Supporting Links</a>	<b>Talking Anger in Teens</b> <ul style="list-style-type: none"> <li>• 23 Jan to 5 Mar (no half term session) Tuesdays 7:45pm to 9:30pm Course ID 626</li> </ul> 6 weekly sessions for parents and carers of children aged 12-19	Talking Anger in Teens – 6 week course



	<p>Understanding why young people and adults get angry. Develop strategies to handle anger in yourself and others. Recognise the early signs of anger. Reduce conflict. Encourage positive behaviour.</p> <p>Booking: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a></p>	
<a href="#">Supporting Links</a>	<p><b>Talking Dads</b></p> <ul style="list-style-type: none"> <li>• 3 Jan to 7 Feb Wednesdays 7:45pm to 9:15pm Course ID 627</li> <li>• 6 Feb to 19 Mar Tuesdays 7:45pm to 9:15pm Course ID 628</li> </ul> <p>6 weekly sessions for dads/male carers of all ages. Improved listening and communication skills. A healthy dad-child relationship now and in the future. Effective strategies for dealing with anger and conflict. How to enforce boundaries. Being the Dad you want to be.</p> <p>Booking: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a></p>	Talking Dads – 6 week course
<a href="#">Supporting Links</a>	<p><b>Talking Anxiety in Families</b></p> <ul style="list-style-type: none"> <li>• 29 Jan to 11 Mar, Mondays 7:45pm to 9:15pm Course ID 621</li> </ul> <p>6 weekly sessions for parents/carers of children aged 12-19 Understand why young people and adults get anxious. Develop strategies to handle anxiety in yourself and others. Recognise the early signs of anxiety/avoid escalation. Reduce stress and tension. Encourage resilient behaviour and strengthen relationships.</p> <p>Booking: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a></p>	Talking Anxiety in Families – 6 week course
<a href="#">Supporting Links</a>	<p><b>Talking Families</b></p> <ul style="list-style-type: none"> <li>• 1 Feb to 14 Mar Thursdays 8am to 9:30am Course ID 623</li> </ul> <p>6 weekly sessions for parents and carers of children aged 0-12. Manage challenging behaviour with consistency. Encourage positive behaviour. Build your child's self-esteem. Set and maintain boundaries. Respond to tantrums and difficult feelings. Develop strong parent/child relationships now and the future.</p> <p>Booking: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a></p>	Talking Families – 6 week course
<a href="#">Families in Focus</a>	<p><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></p>	Handling anger – Autism/ADHD
	<p><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></p>	Complete guide to parenting children with SEND



<p><a href="#">Families</a> in Focus</p>	<p><b>Handling anger of primary aged children with Autism or ADHD</b> Our award winning six-week course is funded by HCC and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire Provides practical support to understand why children and adults react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family. <b>Monday evenings</b> 6:30pm to 8:30pm – 29 January, 5, 12, 26 February, 4, 11, March OR <b>Wednesday mornings</b> 9:30am to 11:30am 10, 17, 24, 31 Jan and 7, 14 Feb OR <b>Wednesday evenings</b> 6:30pm to 8:30pm 10, 17, 24, 31 Jan and 7, 14 Feb Booking: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a></p>	<p>Handling Anger in Primary Aged Children – Autism and ADHD – FREE 6 week course</p>
<p><a href="#">Families</a> in Focus</p>	<p><b>Handling anger in your family</b> Six session course funded by HCC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 yrs living in Herts. Understand more about what triggers children’s anger and parents anger. Gain more understanding of children’s common sleep issues. Learn communication techniques to increase children’s emotional regulation and decrease angry meltdowns. <b>Thursday mornings</b> 9:30am to 11:30am 11, 18, 25 Jan and 1, 8, 15 Feb Booking: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a></p>	<p>Handling Anger in Your Family – 4 to 11 – FREE 6 week course</p>
<p><a href="#">Families</a> in Focus</p>	<p><b>A complete guide to parenting neurodiverse children</b> FREE 10 week course for parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged 2 to 11 yrs. Gain a greater understanding and answer the question “Why does my child do that?” Learn a range of strategies and solutions to better manage behaviours that challenge. Understand sensory needs of children. Increase understanding of children’s common sleep issues. Learn how to support siblings living with a neurodiverse sister/brother. Communicate effectively with children to increase children’s emotional regulation. Meet other parents living in families similar and share experiences. <b>Tuesday mornings</b> 9:30am to 11:30am 9, 16, 23, 30 Jan, 6, 13, 27 Feb, 5, 12, 19 March OR <b>Tuesday evenings</b>: 6:30pm to 8:30pm 9, 16, 23, 30 Jan, 6, 13, 27 Feb, 5, 12, 19 March  Booking: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a></p>	<p>A complete guide to parenting neurodiverse children – FREE 10 week course (with diagnosis or waiting for assessment)</p>



<b>Autism Hertfordshire Transition Service for 16-20 year olds</b>	Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> Parents & Carers of autistic young adults (16-25)	
	<a href="#">Support Groups » Autism Bedfordshire</a>	Support Group
	<a href="#">Upcoming Events » Autism Bedfordshire</a>	Upcoming Events
<b>Autism UK</b>	<a href="https://www.autism.org.uk">Social stories and comic strip conversations (autism.org.uk)</a>	Social Stories and Comic Strip Conversations
<b>ADHD Foundation</b>	<a href="#">Resources Archive - ADHD Foundation : ADHD Foundation</a>	Resources
The Add-Vantage	<a href="#">Coffee &amp; Connection - ADHD Womens Wellbeing Community Hub Tickets, Multiple Dates   Eventbrite</a>	For Women with ADHD – Coffee & Connection
	<a href="#">Recharge Retreat Day - ADHD Womens Wellbeing Community Hub Tickets   Eventbrite</a>	For Women with ADHD – Recharge Retreat Day
Up on <a href="#">Downs</a>	A parent run organisation that supports families of children with Down’s Syndrome.	Local Down’s Syndrome Support
<b>Down’s Syndrome Association</b>	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
<b>Phoenix Group for Deaf Children</b>	<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>	Local Group for Deaf Children
National Deaf Children’s Society	<a href="https://www.ndcs.org.uk">Learn British Sign Language Online   National Deaf Children's Society (ndcs.org.uk)</a>	FREE signing Courses for Families
Woolgrove School	<b>Sign along Course</b> £150 per person, incl cert provided from Singalong, on completion of the course and a Phase 1 Singalong book. (Free to Woolgrove School Staff and Parents, book and cert can be purchased for £40). 7 sessions 4pm to 5:30pm Mondays starting 5 Feb to 25 Mar (no course on 20 Feb) at Woolgrove School. Suitable for professionals or parents. Booking: <a href="mailto:training@woolgrove.herts.sch.uk">training@woolgrove.herts.sch.uk</a>	Sign Along Course





<p>NORTH HERTS FAMILY CENTRE</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 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 15th December</p>	<p>SEND Drop-In <a href="#">What's On North Herts District Autumn 2023 (mailchi.mp)</a></p>
<p>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</p>	<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>
<p>MENTAL HEALTH AND WELLBEING</p>		
<p>Young Minds</p>	<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>
<p>Challenging Behaviour Foundation</p>	<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>
<p>Recovery College online</p>	<p><a href="#">Your mental health - Recovery College Online</a></p>	<p>Mental Health Recovery</p>
<p>Give Us a Shout</p>	<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
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### Anti-Bullying Resources

- Our JustTalk partners are also supporting this work, SandBox have a whole resource section on bullying to support young people, this is a great place to look at resources and signpost young people to. [The Resource Zone \(mindler.co.uk\)](http://mindler.co.uk)
- WithYouth are also supporting young people through their live chat with friendship issues/conflict resolution and bullying concerns from 2-10pm everyday [Instant messaging - WithYouth](#)
- All of this information and more resources can be found on our JustTalk page [Anti-Bullying Information \(justtalkherts.org\)](http://justtalkherts.org)

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

<a href="#">NESSie</a>	<p><b>Parent/Carer Chat and Connect Session – Hertfordshire</b> 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. 12 December 6:30pm to 8pm via MS Teams – FREE funded by HCC <a href="#">Nessie Public Booking Platform (procfu.com)</a></p>	<p><a href="#">Hertfordshire parents - NESSie IN ED, CIC</a> Parent/Carer Chat Connect Session</p>
	<p>NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools. <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></p>	<p>Mental Health support for parents/carers – 1-1, online, support groups</p>
	<p>Parent/Carer Webinar – Anxiety Thursday, 18 January 2024 9:30am to 11am <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>	<p>Parent/Carer - Anxiety</p>



<b>Children’s Wellbeing Practitioners</b>  <i>Places are sold out quickly</i>	<a href="#">Resilience Workshop Tickets, Mon 18 Dec 2023 at 18:00   Eventbrite</a>		Resilience Workshop
	<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
<b>The <a href="#">Sandbox</a></b>  <b>Online Mental Health Digital Advice and Guidance Services for 10-25s I</b>	<b>The Sandbox: online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b>  The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.	This new free NHS funded service 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	<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> 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>
	<a href="#">Bereavement: Living with Grief and Loss   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		Bereavement and Grief
<a href="#">Care for Carers   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		Care for Carers	
<a href="#">Carers: Managing Difficult Emotions and Building Resilience   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		Carers: Managing Difficult Emotions/Building Resilience	
<a href="#">Dealing with Depression   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		Dealing with Depression	
<a href="#">How to sleep better   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		How to sleep better	
<a href="#">Managing Worry   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		Managing worry	
<a href="#">Understanding Low Self-esteem   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		Understanding low self esteem	
<a href="#">Becoming a parent or caregiver and emotional wellbeing   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>		Becoming a parent or caregiver	



Mind Hertfordshire Network CYP	<p><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></p>	Creative Space for Young People
This May Help	<p><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.</p>	<p><b>Topics:</b></p> <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="#">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 <b>waiting to be seen</b> 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>• <i>“This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent.</i></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> 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="http://carersinherts.org.uk">carersinherts.org.uk</a>)</p>
Herts Mind <a href="#">Network</a>	<p><a href="#">Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course</a> details coming soon</p>	Coming soon : Overcoming Social Anxiety
<a href="#">Young</a> 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>	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>	The Real Bodies Campaign
	<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></p>	What’s Next? Let’s Just Talk about the Future.



	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: <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>	
Nip In the Bud	<a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a> Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
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 <b>With YOUTH</b> - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October <b>CYP aged 5 to18</b> will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. <a href="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.	Digital Wellbeing Services  Digital directory  Gaming App - Anxiety Help
Mind in Mid Herts	<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

<p><b>Family Lives</b></p>	<p><b>Parenting SEN Children when Separated</b> Parenting SEN Children when separated' 6-week programme is specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.</p> <p><b>Mondays</b>, 4, 11 &amp; 18 December 2023 and 8, 15 &amp; 22 January 2024 - 7.00pm – 9.00pm, MS Teams <b>Thursdays</b> 11, 18 &amp; 25 January and 1, 8 &amp; 15 February 2024, 7.00pm – 9.00pm, MS Teams <b>Mondays</b>, 29 January, 5, 12 &amp; 26 February and 4 &amp; 11 March 2024, 7.00pm – 9.00pm MS Teams</p> <p>To book a place please click here for our online referral form <a href="#">Reducing Parental Conflict Parenting</a>, or for further information please call 0204 522 8700 / 0204 522 8699 or email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></p>	<p>6 week programme – Parenting SEN Children with Separated</p> <p>Who can attend:</p> <ul style="list-style-type: none"> <li>• Separated parents raising children with SEND.</li> <li>• Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.</li> <li>• Parents wanting to create a positive and supportive environment for their child's development.</li> </ul>
<p><b>Family Lives</b></p>	<p><b>Within My Reach</b> Within my Reach 8-week programme is for specifically designed for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment</p> <p>Two courses will be delivered MS Teams over 8 sessions on the following dates :</p> <p><b>Tuesdays &amp; Thursdays</b> 27 &amp; 29 February, 5 &amp; 7 March, 12 &amp; 14 March and 19 &amp; 21 March 2024 7.00pm to 9.00pm, Via MS Teams <b>Wednesdays &amp; Saturdays</b> 28 February &amp; 2 March, 6 &amp; 9 March, 13 &amp; 16 March and 20 &amp; 23 March 2024 <b>Wednesday</b> 7-9pm &amp; Saturdays 10am-12pm, Via MS Teams</p> <p>To book a place please click here for our online referral form <a href="#">Reducing Parental Conflict Parenting</a>, or for further information please call 0204 522 8700 / 0204 522 8699 or email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a></p>	<p>Within My Reach – 8 week programme, facing conflicts and struggling to find common ground raising neurodiverse child.</p> <p>Who can attend:</p> <ul style="list-style-type: none"> <li>• Parents who are experiencing conflicts and challenges due to the neurodiversity of their child</li> <li>• Parents who want to improve communication and build stronger partnership in parenting and coparenting their neurodiverse child.</li> </ul> <p>Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child</p>



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. <a href="#">Adaptive Clothes</a> <a href="#">Incontinence Swim Sensory SEN   Fledglings</a>	Additional needs products & equipment
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. <a href="#">Parenting When Separated Referral Form (hertfordshire.gov.uk)</a>	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. <a href="#">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">Kid's Yoga Class - SEND Yogis</a>	
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
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>
Family Lives	<a href="#">Building resilience in children and teens   Family Lives</a>	Infographic – building resilience
	<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



	<p><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> <u>Web:</u> <a href="http://www.familiesinfofocus.co.uk">www.familiesinfofocus.co.uk</a> <u>Email:</u> <a href="mailto:bookings@familiesinfofocus.co.uk">bookings@familiesinfofocus.co.uk</a> Office hours: Monday to Thursday 8.30am to 4.30pm Term time</p>	<p>supporting &amp; enabling parent carers to remain emotionally healthy</p> <p>Parents do join our supportive Facebook</p>
Ohana	<p><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.</p>	
Phase	<p><a href="https://www.phase-hitchin.org">Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</a></p>	Resources for parents and young people – wellbeing and resilience
Hope UK	<p><a href="#">Home - Hope UK</a></p>	Alcohol and drug advice for parents and young people
Healthwatch	<p>Parents and carers voice their concerns about accessing GP Practices   Healthwatch Hertfordshire</p>	<b>Healthwatch</b>
Capa First Response	<p><a href="#">Capa First Response   You are not alone - Capa First Response</a> We support families and professionals impacted by child or adolescent on parent abuse.</p>	Child/adolescent on parent abuse support
Hertfordshire and West Essex Integrate Care Board	<p><b>YOUTH COUNCIL</b> 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.cypsteam@nhs.net">hweicbenh.cypsteam@nhs.net</a> 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>
Secondary School Information Day Survey	<p><a href="https://mailchi.mp/070db245f4e8/transitionsurvey">https://mailchi.mp/070db245f4e8/transitionsurvey</a> <b>For parents/carers of Year 6 SEND children following the open days at Secondary Schools – your feedback is important – please take a moment to complete this short survey following the open days.</b></p>	

*Disclaimer: DSPL 1 provides this information in good faith, it is provided for information only, it does not imply that we support/endorse them. We aim to provide accurate and up to date information but cannot be held responsible for any damage or loss caused by any inaccuracy. We are not responsible for the privacy practices, recommended that you read the privacy policy of any site you visit, particularly if you are asked to give personal data.*