



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	CYPMHS Service Directory - SW (justtalkherts.org)	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
	NESSie	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network) Herts Mind Network	First Steps ED
	Just Talk Herts	The Ollie Foundation	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		Carers in Herts (CAMHS Support)	Young Minds
	Courses Coming Up Hertfordshire Mind Network (hertsmindnetwork.org)		SandBox	This May Help
Parenting & Young People	Services for Young People	Family Lives	The Hertfordshire Local Offer	Carewaves and Newsletters - Carers In Herts
	Families in Focus	Families First (hertfordshire.gov.uk)	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	
	Supporting Links	Families Feeling Safe		
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 (hertsparentcarers.org.uk) Webinars Herts Parent Carer Involvement (hertsparentcarers.org.uk) Home (hertssendiass.org.uk) 		<ul style="list-style-type: none"> Preparing for adulthood (hertfordshire.gov.uk) Help for children who aren't attending school regularly (hertfordshire.gov.uk) Caring for your health into adulthood (hertfordshire.gov.uk) Deaf and Hearing Support Service (hertfordshire.gov.uk) SEND documents and resources (hertfordshire.gov.uk) The Dyslexia-SplD Trust - Parents 	



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

SCROLL DOWN FOR NEW AND UPCOMING COURSES

Secondary School Information Day Survey	<p>https://mailchi.mp/070db245f4e8/transitionsurvey 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>CYP Healthy Weight Service The survey will ask for views on subjects such as weight management, fitness, nutrition, and overall health. The purpose of gathering this information is to give services users an opportunity to feedback as well as enable effective commissioning and service delivery that meets the needs of Hertfordshire residents.</p>	<p>The survey should take 5 -10 mins to complete, the closing date is 4th February.</p> <p>For Parents/Carers If you have had experience of our children and young people’s Healthy Weight Service (provided by BeeZee Bodies), or you have views on this topic, we want to hear from you. Your views are important and can help us understand how to provide services in the future. Our survey will ask you about things like weight management, fitness, and nutrition, and you’ll have the chance to win a £50 food voucher. https://surveys.hertfordshire.gov.uk/s/CYPHealthyWeightServiceParentCarer/</p>	<p>For children and young people If you are a young person aged 8-18 living in Hertfordshire, we want to know if you have been helped by our Healthy Weight Service and what you think about things like being a healthy weight, keeping fit and eating well. Please fill in our survey. Your ideas will help us understand how to help people in the future. You can ask a parent or carer to help you if you want to. You’ll have the chance to enter a prize draw to win a £50 sports shop voucher. https://surveys.hertfordshire.gov.uk/s/CYPHealthyWeightService/</p>



Provider	Course/Booking	Key Topics
<p>Family Lives</p>	<p>Within My Reach Within my Reach 8-week programme is 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>Tuesdays & Thursdays 27 & 29 February, 5 & 7 March, 12 & 14 March and 19 & 21 March 2024 7.00pm to 9.00pm, Via MS Teams</p> <p>Wednesdays & Saturdays 28 February & 2 March, 6 & 9 March, 13 & 16 March and 20 & 23 March 2024</p> <p>Wednesday 7-9pm & Saturdays 10am-12pm, Via MS Teams</p> <p>To book a place please click here for our online referral form Reducing Parental Conflict Parenting , or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk</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"> • Parents who are experiencing conflicts and challenges due to the neurodiversity of their child • Parents who want to improve communication and build stronger partnership in parenting and coparenting their neurodiverse child. <p>Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child</p>



WORKSHOPS, COURSES AND TRAINING

Woolgrove School	"Play and Learn"	<p>Suitable for parents and professionals</p> <p>How to support children with additional needs and young children in the Early Years to develop independent play skills to support learning.</p> <p>Wednesday, 7 February 2024 1:15pm to 2:45pm or 4pm to 5:30pm Woolgrove School, Letchworth Cost £10 per person which includes a sample pack of resources (FREE to Woolgrove Parent) Booking: training@woolgrove.herts.sch.uk</p>	
Woolgrove School	<p>Supporting Communication – suitable for parents and professionals Cost: £10 per person which includes a sample pack of resources (FREE to Woolgrove Parents) see flyer PDF Boards for areas of the classrooms as well as core boards for playgrounds and classrooms will be available on the day to order at an additional cost.</p>		<p>Wednesday, 31 January 2024 1:15pm to 2:30pm or 4pm to 5:30pm Woolgrove School, Letchworth Book place: training@woolgrove.herts.sch.uk</p>



Ambitious about Autism	Quality of life at home toolkit Ambitious about Autism 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.	Animated films – advice/guidance on managing emotional needs
Autism Central	Autism Central for Parents and Carers Autism Central 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 knowledge, understanding and provide you with skills to last. Essex County Council Autism Central	Peer Education Programme - support
Hertfordshire Autism	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: Autism elearning form (contensis.com) Autism elearning form (contensis.com)	Level 1 Autism Training e-learning
SPACE Herts	Autism Plus: Co-occurring Conditions and Cognitive Theories Tickets, Mon 29 Jan 2024 at 10:00 Eventbrite	Autism Plus: Co-occurring Conditions & Cognitive Theories
	Access Arrangements Workshop Tickets, Mon 29 Jan 2024 at 18:30 Eventbrite	Access Arrangements
	Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Wed 31 Jan 2024 at 10:00 Eventbrite	Understanding Behaviour as Communication
	Sleep Workshop Tickets, Mon 5 Feb 2024 at 19:00 Eventbrite	Sleep Workshop
	Understanding and Supporting Executive Functioning Difficulties Tickets, Tue 6 Feb 2024 at 10:00 Eventbrite	Understanding and Supporting Executive Functioning Difficulties



Angels Support Group	Virtual Meeting via Zoom 10am to 12pm	Face to Face meeting Stevenage 10am to 12pm The Phoenix Group	Support Groups and workshops, Meet up and Chat www.angelsupportgroup.org.uk / Angels Spring Term Programme (angelspringtermprogramme.org.uk)
	<ul style="list-style-type: none"> • 30th Jan – Parent/Carer Support Group with Lorraine Jones • 6th Feb – Workshop: Emotionally Based School Avoidance • 13th Feb – Parent/Carer Support Group with Lorraine Jones 	<ul style="list-style-type: none"> • 25th Jan – Parent/Carer Support Group with Lorraine Jones • 1st Feb – Meet Up and Chat • 8th Feb – Parent/Carer Support Group with Lorraine Jones • 15th Feb – Meet Up and Chat 	
	Wednesday 10am to 12pm, Letchworth Pod 31 Jan – Meet Up and Chat	Evening Meeting via Zoom 7:30pm to 8:30pm 18 th Jan – Evening Parent/Carer Support Group 8 th Feb – Evening Parent/Carer Support Group	
	Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group		
ADD-vance Eventbrite	Tips & Tools to Manage Anger - FREE ONLINE WORKSHOP Tickets, Thu 25 Jan 2024 at 10:00 Eventbrite		Tips & Tools to Manage Anger
ADD-vance Eventbrite	Understanding Sensory Differences - FREE ONLINE WORKSHOP Tickets, Mon 29 Jan 2024 at 19:00 Eventbrite		Understanding Sensory Differences
ADD-vance Eventbrite	PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 30 Jan 2024 at 13:30 Eventbrite		PDA online support group
ADD-vance Eventbrite	Tips & Tools to Manage Sensory Differences - FREE ONLINE WORKSHOP Tickets, Wed 31 Jan 2024 at 10:00 Eventbrite		Tips/Tools to manage sensory differences
ADD-vance Eventbrite	Supporting Siblings - FREE ONLINE WORKSHOP Tickets, Mon 5 Feb 2024 at 19:00 Eventbrite		Supporting siblings
ADD-vance Eventbrite	ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 6 Feb 2024 at 13:30 Eventbrite		Online support group – Parent/Carers of Primary aged children
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)		



Supporting Links	Talking ASD/ADHD: Tech use – Wednesday, 28 February 2024 Talking ASD and ADHD: Tech Use (630). For parents/carers in Herts. Registration, Wed 28 Feb 2024 at 19:30 Eventbrite	AS/ADHD Tech use
Supporting Links	Talking ASD/ADHD: Sibling Struggles – Monday, 25 March 2024 Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (629) Registration, Mon 25 Mar 2024 at 19:30 Eventbrite	ASD/ADHD – Sibling Struggles
Supporting Links	Talking Teens <ul style="list-style-type: none"> 4 Jan to 8 Feb Thursdays 7:45pm to 9:15pm Online Course ID 624 7 Feb to 20 Mar Wednesdays 7:45pm to 9:15pm Course ID 625 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. New What's On (supportinglinks.co.uk) Booking: bookings@supportinglinks.co.uk	Talking Teens – 6 week course
Supporting Links	Talking Anger in Teens <ul style="list-style-type: none"> 23 Jan to 5 Mar (no half term session) Tuesdays 7:45pm to 9:30pm Course ID 626 6 weekly sessions for parents and carers of children aged 12-19 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. Booking: bookings@supportinglinks.co.uk	Talking Anger in Teens – 6 week course
Supporting Links	Talking Dads <ul style="list-style-type: none"> 3 Jan to 7 Feb Wednesdays 7:45pm to 9:15pm Course ID 627 6 Feb to 19 Mar Tuesdays 7:45pm to 9:15pm Course ID 628 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. Booking: bookings@supportinglinks.co.uk	Talking Dads – 6 week course
Supporting Links	Talking Anxiety in Families <ul style="list-style-type: none"> 29 Jan to 11 Mar, Mondays 7:45pm to 9:15pm Course ID 621 6 weekly sessions for parents/carers of children aged 12-19	Talking Anxiety in Families – 6 week course



	<p>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: bookings@supportinglinks.co.uk</p>	
Supporting Links	<p>Talking Families</p> <ul style="list-style-type: none"> 1 Feb to 14 Mar Thursdays 8am to 9:30am Course ID 623 <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: bookings@supportinglinks.co.uk</p>	Talking Families – 6 week course
Families in Focus	<p>Handling anger of primary aged children with Autism or ADHD</p> <p>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</p> <p>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.</p> <p>Monday evenings 6:30pm to 8:30pm – 29 January, 5, 12, 26 February, 4, 11, March OR Wednesday mornings 9:30am to 11:30am 10, 17, 24, 31 Jan and 7, 14 Feb OR Wednesday evenings 6:30pm to 8:30pm 10, 17, 24, 31 Jan and 7, 14 Feb</p> <p>Booking: bookings@familiesinfocus.co.uk</p>	Handling Anger in Primary Aged Children – Autism and ADHD – FREE 6 week course



Families in Focus	<p>Handling anger in your family 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. Thursday mornings 9:30am to 11:30am 11, 18, 25 Jan and 1, 8, 15 Feb Booking: bookings@familiesinfocus.co.uk</p>	Handling Anger in Your Family – 4 to 11 – FREE 6 week course
Families in Focus	<p>A complete guide to parenting neurodiverse children 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. Tuesday mornings 9:30am to 11:30am 9, 16, 23, 30 Jan, 6, 13, 27 Feb, 5, 12, 19 March OR Tuesday evenings: 6:30pm to 8:30pm 9, 16, 23, 30 Jan, 6, 13, 27 Feb, 5, 12, 19 March Booking: bookings@familiesinfocus.co.uk</p>	A complete guide to parenting neurodiverse children – FREE 10 week course (with diagnosis or waiting for assessment)
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)	
	<p>Support Groups » Autism Bedfordshire</p> <p>Upcoming Events » Autism Bedfordshire</p>	<p>Support Group</p> <p>Upcoming Events</p>
Autism UK	Social stories and comic strip conversations (autism.org.uk)	Social Stories and Comic Strip Conversations
ADHD Foundation	Resources Archive - ADHD Foundation : ADHD Foundation	Resources
The Add-Vantage	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.	Local Down’s Syndrome Support



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	Local Group for Deaf Children
National Deaf Children's Society	Learn British Sign Language Online National Deaf Children's Society (ndcs.org.uk)	FREE signing Courses for Families
Woolgrove School	Sign along Course £150 per person, incl cert provided from Singalong, on completion of the course and a Phase 1 Signalong 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: training@woolgrove.herts.sch.uk	Sign Along Course
NORTH HERTS FAMILY CENTRE	SEND Drop In - Free Drop In Letchworth Garden City Church, The Icknield Centre, Icknield Way, Letchworth , SG6 1EF Monthly from 10.00am to 11.30am 7th February / 6th March / 3rd April Walsworth Road Baptist Church Hall, Walsworth Road, Hitchin , SG4 9SP Monthly from 9:30am to 11.00am 8th February / 14th March / 11th April Royston Methodist Church, Queens Road, Royston , SG8 7AU Monthly from 9:30am to 11.00am 26th January / 23rd February / 22nd March	SEND Drop-In What's On North Herts District Spring 2024 (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
Anti-Bullying Resources	<ul style="list-style-type: none"> • 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) • 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) Helping Children Deal with Bullying & Cyberbullying NSPCC	
NESSie	<p>Parent/Carer Chat and Connect Session – online via MS Teams</p> <ul style="list-style-type: none"> • This monthly, regular online drop in offers an informal space to share and connect with other parent/carers who have similar experiences supporting the child’s mental health. These sessions are facilitated by Specialist Family Support Workers who can offer advice and support. Different topic each month. Nessie Public Booking Platform V2.0 (procfu.com)	



<p>NESSie</p>	<p>Parent/Carer Webinar - When Children and Young People Struggle to Attend School</p> <ul style="list-style-type: none"> The aim of this intervention webinar is to share helpful tools and strategies to support your child. Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carers and it is easy to feel lost and alone. This webinar will provide information for families about managing, signposting and supporting with appropriate interventions. It will also offer parents and carers a chance to ask open questions in a warm and supportive environment. <p>Thursday, 8 February 9:30am to 11am Nessie Public Booking Platform V2.0 (procfu.com)</p>	
<p>NESSie</p>	<p>Parent/Carer Webinar – LGBTQ+/Gender Questioning</p> <ul style="list-style-type: none"> This webinar is designed for parents and carers who may be supporting children and young people in the LGBTQ+ community who may be trans or gender questioning. This session will provide an opportunity to develop an understanding of the spectrum of gender identity support for trans, gender questioning and non-binary children and young people. We will explore strategies to assist children and young people and the support available for them in the educational settings and the wider community. This course has been written with members of the LGBTQ+ Community. <p>Thursday, 7 March 9:30am to 11am Nessie Public Booking Platform V2.0 (procfu.com)</p>	
<p>NESSie</p>	<p>Parent/Carer Webinar – Bereavement and Loss</p> <ul style="list-style-type: none"> Enable parents/carers to develop their confidence in supporting their children with bereavement and loss. Explore strategies to support their children to discuss aspects of bereavement and loss, including divorce and separation. Provide a space to look at and identify effective support and management for the whole family. <p>Tuesday, 12 March 9:30am to 11am Nessie Public Booking Platform V2.0 (procfu.com)</p>	
<p>NESSie</p>	<p>Parent/Carer Webinar – Self-Harming Behaviours</p> <ul style="list-style-type: none"> The aim of this early intervention webinar is to share helpful tools and strategies to support your child. Children and young people sometimes use self-injurious behaviours as coping mechanism. This can be very distressing for them and their parents/carers when they don't have strategies to support them and keep them safe. This webinar will provide current information for families about managing, signposting and supporting with appropriate interventions. It will offer parents/carers a chance to ask open questions in a warm and supportive environment. <p>Wednesday, 13 March 9:30am to 11am</p>	



	Nessie Public Booking Platform V2.0 (procfu.com)		
NESSie	<p>Parent/Carer Chat and Connect Session – Hertfordshire</p> <ul style="list-style-type: none"> 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. <p>12 December 6:30pm to 8pm via MS Teams – FREE funded by HCC</p> <p>Nessie Public Booking Platform (procfu.com)</p>	<p>Hertfordshire parents - NESSie IN ED, CIC</p> <p>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.</p> <p>FREE online and face-to-face workshops on a range of mental health issues that affect children and young people.</p> <p>Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups. support advice sessions</p> <p>1-1 Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio</p>	<p>Mental Health support for parents/carers – 1-1, online, support groups</p>	
<p>Children’s Wellbeing Practitioners</p> <p><i>Places are sold out quickly</i></p>	<p>HCT Children's Wellbeing Practitioners Events Eventbrite</p> <p>Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child’s Emotional Literacy</p>	<p>Check for available courses, please note they book up quickly</p>	
	<p>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.</p>	<p>School Avoidance</p>	
<p>The Sandbox</p> <p>Online Mental Health Digital Advice and Guidance Services for 10-25s I</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>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</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>	



Looking after your mental health and wellbeing through winter	looking-after-your-mental-health-and-wellbeing-through-winter-hertfordshire (icb.nhs.uk)	
	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
	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
Carers in Herts	CAMHS Online Monthly Support Group for Parents and Carers Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a monthly online support group hosted by Carers in Herts . The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information.	CAMHS Monthly Support Group via Carers in Herts Carewaves and Newsletters - Carers In Herts



	<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>For more information or to book a place: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk)</p>
Herts Mind Network	Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon	Coming soon : Overcoming Social Anxiety
Young Minds	If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.	CAMHS Support via Young Minds
JustTalkHerts	<p>The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)</p>	The Real Bodies Campaign
	<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 • Volunteering and Looking for a Job • Real Hertfordshire Positive Future Stories 	What's Next? Let's Just Talk about the Future.
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</p>	Digital Wellbeing Services Digital directory



	<p>Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October CYP aged 5 to18 will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. www.withyouth.org (live from 3 Oct) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.</p>	Gaming App - Anxiety Help
Mind in Mid Herts	<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

<p>Family Lives</p>	<p>Parenting SEN Children when Separated 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>Thursdays 11, 18 & 25 January and 1, 8 & 15 February 2024, 7.00pm – 9.00pm, MS Teams Mondays, 29 January, 5, 12 & 26 February and 4 & 11 March 2024, 7.00pm – 9.00pm MS Teams</p> <p>To book a place please click here for our online referral form Reducing Parental Conflict Parenting, or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk</p>	<p>6 week programme – Parenting SEN Children with Separated</p> <p>Who can attend:</p> <ul style="list-style-type: none"> • Separated parents raising children with SEND. • Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently. • Parents wanting to create a positive and supportive environment for their child's development.
<p>Family Lives</p>	<p>Within My Reach 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>Tuesdays & Thursdays 27 & 29 February, 5 & 7 March, 12 & 14 March and 19 & 21 March 2024 7.00pm to 9.00pm, Via MS Teams Wednesdays & Saturdays 28 February & 2 March, 6 & 9 March, 13 & 16 March and 20 & 23 March 2024 Wednesday 7-9pm & Saturdays 10am-12pm, Via MS Teams</p> <p>To book a place please click here for our online referral form Reducing Parental Conflict Parenting, or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk</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"> • Parents who are experiencing conflicts and challenges due to the neurodiversity of their child • Parents who want to improve communication and build stronger partnership in parenting and coparenting their neurodiverse child. <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. 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. 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
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
	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
	parenting classes online - Family Lives	Parenting Together Free Course



	<p>Families in Focus CIC - community: https://www.facebook.com/groups/184975381651870/ Practitioners do join our Practitioner Facebook community: https://www.facebook.com/groups/596362130530293/ Web: www.familiesinfofocus.co.uk Email: bookings@familiesinfofocus.co.uk Office hours: Monday to Thursday 8.30am to 4.30pm Term time</p>	<p>supporting & enabling parent carers to remain emotionally healthy</p> <p>Parents do join our supportive Facebook</p>
Ohana	<p>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.</p>	
Phase	<p>Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</p>	Resources for parents and young people – wellbeing and resilience
Hope UK	<p>Home - Hope UK</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>	Healthwatch
Capa First Response	<p>Capa First Response You are not alone - Capa First Response 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>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.cypteam@nhs.net What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many other organisations to improve the health of the population.</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>
Secondary School Information Day Survey	<p>https://mailchi.mp/070db245f4e8/transitionsurvey 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>	



Children and Young People

	<p>The Local Offer lets parents and young people know what special educational needs and disability services are available in Hertfordshire, and who can access them. Find courses and things to do (hertfordshire.gov.uk)</p> <p>Short Breaks (hertfordshire.gov.uk) Short breaks offers disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with confidence their child is well supported by a trained worker. They include holiday and Saturday clubs, and activities range from canoeing and computer skills to logo. You will need to register for Short Breaks (hertfordshire.gov.uk SBLO Application Form) See if you qualify : Short Breaks (hertfordshire.gov.uk)</p>
	<p>Hertfordshire Additional Needs Database Voluntary register of disabled children and young people aged 0-25. By joining you can get discounts at places around the county (and beyond) Hertfordshire Additional Needs Database (HAND)</p>
	<p>Hertfordshire Family Centre Service 1 North Herts Family Centre (hertsfamilycentres.org)</p> 
	<p>Services for Young People Youth projects for young people with learning difficulties and/or learning disabilities. Services for Young People runs projects across Hertfordshire specifically for young people with mild to moderate learning difficulties and/or learning disabilities. See website for current information.</p>
<p>Phoenix Group for Deaf Children</p>	<p>Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children</p>
<p>Up on Downs</p>	<p>Front Page - Up On Downs A range of activities for all age groups. Monthly Family and friends meetings in Hitchin for parents and children, siblings and supporters</p>
<p>Sibs</p>	<p>YoungSibs - Sibs For brothers and sisters of disabled children and adults Advice and support</p>
<p>Herts Sports Disability Foundation</p>	<p>Various Activities - Lots of locations - Small Charge Find an Activity - Herts Disability (hdsf.co.uk)</p>



<p>Mixed Ability Rugby Hertford RFC</p> <p>Hertford RFC Mixed Ability Rugby</p>	<p>Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby’s sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier.</p> <p>For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072</p>
<p>Junior Ability Counts Football</p> <p>Football – more dates coming soon – see website for details</p>	<p>Open to any child 7-16 years old with a disability or special education need who is able to walk.</p> <p>Mondays 5 to 6pm, 6 week course £18 5 June to 10 July</p> <p>Book online: www.northhertsarena.co.uk</p> <p>Our Junior Ability Counts Courses for 7-16 year olds will start back up again in September, 5-6pm on Mondays (term-time only) and will be open to booking via our website closer to the time.</p>
<p>Letchworth Garden City Eagles Football</p> <p>Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC (letchwortheagles.org.uk)</p>	<p>Letchworth Garden City Eagles have teamed up with partners Herts Sports Partnership and Hertfordshire Football Association to deliver weekly sessions for players with any disabilities. The disability sessions will initially run for 12 weeks and are aimed at all differing impairments. The sessions will provide a safe fun learning environment for all players taking part. Run by a qualified coach, all sessions will take place on the Hertfordshire FA state of the art 3G pitch and offer the opportunity to participate in exciting and engaging practices. As well as developing skills within football, the program will also help improve social skills and confidence. The aim of the coaching program is to create an enjoyable and safe environment for everybody to enjoy sport. During the program, we will look to develop sporting skills, as well as social skills and confidence. 7 to 15 Years. Wednesdays 4pm to 5pm FREE Hertfordshire County Ground, Letchworth SG6 2EN Home (nhdspl.org.uk) 07788 391 609</p>
<p>FLYERZ HOCKEY</p> <p>St. Albans HC Flyerz (stalbanshc.co.uk) flyerzsahc@gmail.com</p>	<p>St Albans Flyerz is a disability hockey project which makes hockey available to ALL via inclusive sessions, supported by St Albans Hockey</p> <p>St Albans Hockey Club, East Drive, Oaklands College, Hatfield Road, St Albans, AL4 0JA</p> <p>Sessions are Free of charge, FUN, relaxed, supportive, open to all abilities from age 5 upwards, Run on Sunday mornings during the club jnr training sessions</p>
<p>Herts Inclusive Theatre</p>	<p>Stevenage Group, which takes place on Thursdays from 5.45 - 7.15pm at Lonsdale School in Stevenage. Depending on the age of participants, we also offer a Power Up programme for 16-25 year olds in East Herts locations such as Bishop's Stortford and East Ware, so I think within a half hour drive of some of those places.</p> <p>https://hit-theatre.org.uk/events/power-up-16-east-ware/ https://hit-theatre.org.uk/events/power-up-16-east-bishopsstortford-822/</p>