




Tip: Ctrl F to search key words		QUICK LINKS		
A selection of the new listings	DSPL 1 Parent Information <a href="#">Event</a> – SAVE THE DATE 25/04/24 – details to follow	<a href="#">Springboard</a> Open Afternoon	Handling Anger in Primary Aged Children – Autism and <a href="#">ADHD</a> – FREE 6 week course	This week's workshops / support groups from Angels Support Group, ADD-vance & SPACE
	CYP Healthy <a href="#">Weight</a> Survey	<a href="#">Dyslexia</a> webinar – ideas and guidance – support learners at home	Priority <a href="#">Support</a> Register (get support in the event of a power cut)	Heads Up! <a href="#">Mentoring</a> Scheme for Young People with SEND (ages 14-18)
SEND	<a href="#">Local</a> Offer	Up on <a href="#">Downs</a>	DS <a href="#">Achieve</a>	<a href="#">Lending</a> SPACE
	North Herts <a href="#">Family</a> Centre	<a href="#">Abilities</a> in Me	Down's <a href="#">Syndrome</a> Listening Service	
Autism, ADHD, Neurodiversity	Angels <a href="#">Support</a> Group	<a href="#">ADD</a> -vance	<a href="#">SPACE</a> in Herts	<a href="#">Potential</a> Kids
	<a href="#">Ambitious</a> About Autism	Autism <a href="#">Hertfordshire</a> Transition Service for 16-20 year olds	<a href="#">SPRINGBOARD</a>	<a href="#">ADHD</a> Foundation
Mental Health & Wellbeing	<a href="#">CYPMHS Service Directory - SW</a> ( <a href="https://justtalkherts.org">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</a> ( <a href="https://withyouth.org">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</a> ( <a href="https://hertsmindnetwork.org">hertsmindnetwork.org</a> )		<a href="#">SandBox</a>	This May <a href="#">Help</a>
Parenting & Young People	Services for <a href="#">Young</a> People	<a href="#">Family</a> Lives	<a href="#">The Hertfordshire Local Offer</a>	<a href="#">Carewaves and Newsletters -</a> <a href="#">Carers In Herts</a>
	<a href="#">Families</a> in Focus	<a href="#">Families First</a> ( <a href="https://hertfordshire.gov.uk">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="https://www.hertfordshire.gov.uk">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li>• <a href="https://www.hertfordshirefamiliesfirst.org.uk">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li>• <a href="https://www.hertfordshire.gov.uk">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li>• <a href="https://www.hertsparentcarers.org.uk">Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li>• <a href="https://www.hertsparentcarers.org.uk">Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li>• <a href="https://www.hertssendiass.org.uk">Home (hertssendiass.org.uk)</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.hertfordshire.gov.uk">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li>• <a href="https://www.hertfordshire.gov.uk">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li>• <a href="https://www.hertfordshire.gov.uk">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li>• <a href="https://www.hertfordshire.gov.uk">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li>• <a href="https://www.hertfordshire.gov.uk">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li>• <a href="https://www.hertfordshire.gov.uk">The Dyslexia-SplD Trust - Parents</a></li> </ul>
<b>Neurodiversity Support Hub</b>	<p><b>For Parents, Carers and Professionals</b></p> <p>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.</p> <p><b>01727 833 963</b></p> <p><a href="mailto:supporthub@add-vance.org">supporthub@add-vance.org</a></p> <p><b>Open Monday to Friday 9am to 1pm</b></p> <p>[please note the service can't give: Updates, fast track places on waiting lists, recommend specific private assessors]</p>
<b>SEND 0-25 Advice Lines</b>		

## SCROLL DOWN FOR NEW AND UPCOMING COURSES

<b>NEW LISTING</b> DSPL 1 Parent Information Event	<p><b>SAVE THE DATE – 25 April 2024 9:30am to 2pm</b></p> <p><b>Parent Information Event – FREE event providing local information for parents/carers</b></p> <p><b>More information to follow</b></p>
<b>Secondary School Information Day Survey</b>	<p><a href="https://mailchi.mp/070db245f4e8/transitionsurvey">https://mailchi.mp/070db245f4e8/transitionsurvey</a></p> <p>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><b>CYP Healthy Weight Service</b> 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><b>For Parents/Carers</b> 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. <a href="https://surveys.hertfordshire.gov.uk/s/CYPHealthyWeightServiceParentCarer/">https://surveys.hertfordshire.gov.uk/s/CYPHealthyWeightServiceParentCarer/</a></p>	<p><b>For children and young people</b> 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. <a href="https://surveys.hertfordshire.gov.uk/s/CYPHealthyWeightService/">https://surveys.hertfordshire.gov.uk/s/CYPHealthyWeightService/</a></p>
<p><b>NEW LISTING</b></p> <p><b>Springboard Letchworth – North Hertfordshire College</b></p> <p>For Parents, Students, Professionals</p> <p><b>Please note our address for this event will be:</b> Springboard, Letchworth Town Hall, Broadway, Letchworth Garden City, Hertfordshire, SG6 3BX The nearest car park is Morrison's where you can park for free for three hours.</p>	<p>North Hertfordshire College is pleased to announce our <b>OPEN AFTERNOON</b> at <b>Springboard Letchworth</b> which will be held on Thursday 15<sup>th</sup> February from 2.30pm – 5.30pm at our prestigious premises. This is an opportunity for professionals, parents, and prospective students to meet the team and find out more about the Springboard programme.</p> <p>If you are not already aware of Springboard it is a full-time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress into mainstream college and work. The course is delivered in self-contained teaching centres in Watford and Letchworth. Springboard is for young people aged 16-24 who require additional support before progressing to a cross college vocational course or employment. Many of our students have a diagnosis or traits of autism. Many have associated emotional and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood. We do also consider 15 year olds but only if they have a EHCP. Our students study Employability, Functional Skills Maths and English from E3 to Level 2, Creative Arts (Drama) Therapy, Life Skills, Personal Development and Wellbeing, Vocational Tasters in Art, Cooking and First Aid, Enrichment, and complete 34 hours of work experience in their vocational area of interest. We support our students to transition into cross college vocational courses, supported internships or apprenticeships or employment by helping them to discover what they want to do after Springboard, arranging taster sessions and supporting them at interviews. Students need to meet our assessment criteria in order to access the provision although individual needs are always considered and decisions are made on a case by case basis and subject to funding being approved by the Local Authority.</p>	<p>To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend.</p> <p>If you would like to attend please RSVP to Mickaela Windsor <a href="mailto:mwindsor@nhc.ac.uk">mwindsor@nhc.ac.uk</a> or Rebecca Lewis <a href="mailto:rebecca.lewis@nhc.ac.uk">rebecca.lewis@nhc.ac.uk</a> or call us on 07943526089.</p> <p><b>If you are unable to attend but would like to find out more about our provision, we would be happy to meet with you on an individual basis. Please email Mickaela or Rebecca at the above emails and we can arrange for you to come in and see us. Alternatively, we can come to your setting to meet with you any groups of students and parents that you believe would benefit from Springboard.</b></p>



Provider	Course/Booking	Key Topics
<b>Family Lives</b>	<p><b>Within My Reach</b></p> <p>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</p> <p><b>Wednesdays &amp; Saturdays</b> 28 February &amp; 2 March, 6 &amp; 9 March, 13 &amp; 16 March and 20 &amp; 23 March 2024</p> <p><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><b>Within My Reach – 8 week programme, facing conflicts and struggling to find common ground raising neurodiverse child.</b></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>
<b>WORKSHOPS, COURSES AND TRAINING</b>		
<b>Woolgrove School</b>	<p><b>“Play and Learn”</b></p> <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: <a href="mailto:training@woolgrove.herts.sch.uk">training@woolgrove.herts.sch.uk</a></p>



Ambitious about Autism	<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.	Animated films – advice/guidance on managing emotional needs
Autism Central	<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 knowledge, understanding and provide you with skills to last. <a href="#">Essex County Council   Autism Central</a>	Peer Education Programme - support
Hertfordshire Autism	<b>Level 1 Autism Training eLearning</b> 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>	Level 1 Autism Training e-learning
SPACE Herts	<a href="#">Sleep Workshop Tickets, Mon 5 Feb 2024 at 19:00   Eventbrite</a>	Sleep Workshop
	<a href="#">Understanding and Supporting Executive Functioning Difficulties Tickets, Tue 6 Feb 2024 at 10:00   Eventbrite</a>	Understanding and Supporting Executive Functioning Difficulties
	<a href="#">No Two Brains are the Same. What is Neurodiversity? Tickets, Fri 9 Feb 2024 at 10:00   Eventbrite</a>	No Two Brains are the same – what is Neurodiversity
	<a href="#">Navigating the SEND World Post 16 Tickets, Wed 14 Feb 2024 at 10:00   Eventbrite</a>	Navigating the SEND World



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
	<ul style="list-style-type: none"> <li>6<sup>th</sup> Feb – Workshop: Emotionally Based School Avoidance</li> <li>13<sup>th</sup> Feb – Parent/Carer Support Group with Lorraine Jones</li> </ul>	<ul style="list-style-type: none"> <li>1<sup>st</sup> Feb – Meet Up and Chat</li> <li>8<sup>th</sup> Feb – Parent/Carer Support Group with Lorraine Jones</li> <li>15<sup>th</sup> Feb – Meet Up and Chat</li> </ul>	<a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a> / <a href="https://www.facebook.com/angelsupportgroup">Angels Spring Term Programme (angelssupportgroup.org.uk)</a>
	Wednesday 10am to 12pm, Letchworth Pod 31 Jan – Meet Up and Chat	Evening Meeting via Zoom 7:30pm to 8:30pm 18 <sup>th</sup> Jan – Evening Parent/Carer Support Group 8 <sup>th</sup> Feb – Evening Parent/Carer Support Group	
	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> Membership (free) is required: <a href="#">Membership Application Form - Angels Support Group</a>		
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Supporting Siblings - FREE ONLINE WORKSHOP Tickets, Mon 5 Feb 2024 at 19:00   Eventbrite</a>		Supporting siblings
ADD-vance <a href="#">Eventbrite</a>	<a href="#">ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 6 Feb 2024 at 13:30   Eventbrite</a>		Online support group – Parent/Carers of Primary aged children
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Tips &amp; Tools to Support Learning (Executive Function) FREE ONLINE WORKSHOP Tickets, Wed 7 Feb 2024 at 10:00   Eventbrite</a>		Tips/Tools to Support Learning (Executive Function)
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Tips &amp; Tools to Build Self-Esteem - FREE ONLINE WORKSHOP Tickets, Thu 8 Feb 2024 at 10:00   Eventbrite</a>		Tips/Tools to Build Self-Esteem
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Tips &amp; Tools to Support Social Skills - FREE ONLINE WORKSHOP Tickets, Mon 12 Feb 2024 at 10:00   Eventbrite</a>		Tips/Tools to Support Social Skills
<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://www.supportinglinks.co.uk">New What's On (supportinglinks.co.uk)</a>		
<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)</a> <a href="#">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 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: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a>	Talking Anger in Teens – 6 week course
<a href="#">Supporting Links</a>	<b>Talking Dads</b> <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> 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: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a>	Talking Dads – 6 week course
<a href="#">Supporting Links</a>	<b>Talking Anxiety in Families</b> <ul style="list-style-type: none"> <li>29 Jan to 11 Mar, Mondays 7:45pm to 9:15pm Course ID 621</li> </ul> 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. Booking: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a>	Talking Anxiety in Families – 6 week course



<a href="#">Supporting Links</a>	<b>Talking Families</b> <ul style="list-style-type: none"> <li>1 Feb to 14 Mar Thursdays 8am to 9:30am Course ID 623</li> </ul> 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. Booking: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a>	Talking Families – 6 week course
<a href="#">Families in Focus</a>	<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>	Handling Anger in Primary Aged Children – Autism and ADHD – FREE 6 week course
<a href="#">Families in Focus</a>	<b>Handling anger of primary aged children with Autism or ADHD</b> Award winning courses, funded by HCC FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire This course for parents 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>Thursday mornings 9:30am to 11:30am 29 February, 7, 14, 21, 28 March</b> Email Francine & Lesley: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Handling Anger in Primary Aged Children – Autism and ADHD – FREE 6 week course
<a href="#">Families in Focus</a>	<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 9:30am to 11:30am 11, 18, 25 Jan and 1, 8, 15 Feb</b> Booking: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>	Handling Anger in Your Family – 4 to 11 – FREE 6 week course
<a href="#">Families in Focus</a>	<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	A complete guide to parenting neurodiverse children – FREE 10 week course (with diagnosis or waiting for assessment)





	<p>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.</p> <p><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</p> <p>Booking: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a></p>	
<b>Autism Hertfordshire Transition Service for 16-20 year olds</b>	<p>Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> Parents &amp; Cares of autistic young adults (16-25)</p> <p><a href="#">Support Groups » Autism Bedfordshire</a></p> <p><a href="#">Upcoming Events » Autism Bedfordshire</a></p>	<p>Support Group</p> <p>Upcoming Events</p>
<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
<b>The Add-Vantage</b>	<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
<b>Up on Downs</b>	A parent run organisation that supports families of children with Down's Syndrome.	Local Down's Syndrome Support
<b>Down's Syndrome Association</b>	<p>Down's Syndrome Listening Service</p> <p><a href="https://www.downs-syndrome.org.uk">Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)</a></p>	Down's Syndrome Listening Service
<b>Phoenix Group for Deaf Children</b>	<p><a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a></p> <p><a href="#">About Us - The Phoenix Group for Deaf Children</a></p>	Local Group for Deaf Children
<b>National Deaf Children's Society</b>	<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



<b>NEW LISTING</b> Herts Dyslexia Charity	<a href="#">Herts Dyslexia Charity   EVENTS</a> FREE Webinar – Five frequently asked questions to the BDA Helpline – This presentation will outline the five most frequently asked questions from parents who want to support their children at home. The webinar will provide ideas and guidance as to how to support learners at home with their studies. Different types of technology and software.	Dyslexia webinar – ideas and guidance – support learners at home
Woolgrove School	<b>Sign along Course</b> £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: <a href="mailto:training@woolgrove.herts.sch.uk">training@woolgrove.herts.sch.uk</a>	Sign Along Course
<b>NORTH HERTS FAMILY CENTRE</b>	<b>SEND Drop In - Free Drop In</b>  Letchworth Garden City Church, The Icknield Centre, Icknield Way, <b>Letchworth</b> , SG6 1EF Monthly from 10.00am to 11.30am 7th February / 6th March / 3rd April  Walsworth Road Baptist Church Hall, Walsworth Road, <b>Hitchin</b> , SG4 9SP Monthly from 9:30am to 11.00am 8th February / 14th March / 11th April  Royston Methodist Church, Queens Road, <b>Royston</b> , SG8 7AU Monthly from 9:30am to 11.00am 23rd February / 22nd March	SEND Drop-In  <a href="#">What's On North Herts District Spring 2024 (mailchi.mp)</a>
<b>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</b>	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>



MENTAL HEALTH AND WELLBEING		
Young Minds	<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>	Guide: Help your child with ADHD Guide: Autism and Mental Health Guide: Transitions and Change
Challenging Behaviour Foundation	<a href="#">Video challenging behaviour - Challenging Behaviour Foundation</a> <a href="#">Positive Behaviour Support - Challenging Behaviour Foundation</a>	Resource – Challenging Behaviour
Recovery College online	<a href="#">Your mental health - Recovery College Online</a>	Mental Health Recovery
Give Us a Shout	<a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a>	Free 24/7 mental health text support

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking	Key Topics
<u>Anti-Bullying Resources</u>	<ul style="list-style-type: none"> <li>• 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. <a href="#">The Resource Zone (mindler.co.uk)</a></li> <li>• WithYouth are also supporting young people through their live chat with friendship issues/conflict resolution and bullying concerns from 2-10pm everyday <a href="#">Instant messaging - WithYouth</a></li> <li>• All of this information and more resources can be found on our JustTalk page <a href="#">Anti-Bullying Information (justtalkherts.org)</a></li> </ul> <a href="#">Helping Children Deal with Bullying &amp; Cyberbullying   NSPCC</a>	
<u>NESSie</u>	<p><b>Parent/Carer Chat and Connect Session – online via MS Teams</b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a>	



<a href="#">NESSie</a>	<p><b>Parent/Carer Webinar - When Children and Young People Struggle to Attend School</b></p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p><b>Thursday, 8 February 9:30am to 11am</b>  <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>	
<a href="#">NESSie</a>	<p><b>Parent/Carer Webinar – LGBTQ+/Gender Questioning</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• We will explore strategies to assist children and young people and the support available for them in the educational settings and the wider community.</li> <li>• This course has been written with members of the LGBTQ+ Community.</li> </ul> <p><b>Thursday, 7 March 9:30am to 11am</b>  <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>	
<a href="#">NESSie</a>	<p><b>Parent/Carer Webinar – Bereavement and Loss</b></p> <ul style="list-style-type: none"> <li>• Enable parents/carers to develop their confidence in supporting their children with bereavement and loss.</li> <li>• Explore strategies to support their children to discuss aspects of bereavement and loss, including divorce and separation.</li> <li>• Provide a space to look at and identify effective support and management for the whole family.</li> </ul> <p><b>Tuesday, 12 March 9:30am to 11am</b>  <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>	
<a href="#">NESSie</a>	<p><b>Parent/Carer Webinar – Self-Harming Behaviours</b></p> <ul style="list-style-type: none"> <li>• The aim of this early intervention webinar is to share helpful tools and strategies to support your child.</li> <li>• 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.</li> <li>• 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.</li> </ul> <p><b>Wednesday, 13 March 9:30am to 11am</b>  <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>	



<p><a href="#">NESSie</a></p>	<p><b>Parent/Carer Chat and Connect Session – Hertfordshire</b></p> <ul style="list-style-type: none"> <li>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.</li> </ul> <p>FREE funded by HCC</p> <p><a href="#">Nessie Public Booking Platform (procfu.com)</a></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><b>FREE online and face-to-face workshops</b> on a range of mental health issues that affect children and young people.</p> <p><b>Parent Support Line 07932 651319</b> (Wednesdays 9am to 12pm or by appointment)</p> <p>Private moderated Facebook support groups. support advice sessions</p> <p>1-1 Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: <a href="#">Podio</a></p>	<p><a href="#">Hertfordshire parents - NESSie IN ED, CIC</a></p> <p>Parent/Carer Chat Connect Session</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><a href="#">HCT Children's Wellbeing Practitioners Events   Eventbrite</a></p> <p>Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child's Emotional Literacy</p> <p><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.</p>	<p>Check for available courses, please note they book up quickly</p> <p>School Avoidance</p>
<p>The <a href="#">Sandbox</a></p> <p>Online Mental Health Digital Advice and Guidance Services for 10-25s I</p>	<p><b>The Sandbox: online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b></p> <p>The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p> <p>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"> <li>Website: 24/7</li> <li>Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays</li> <li>Live Chat: 10am-8pm Mondays-Fridays</li> </ul> <p>Signing up is easy and doesn't require a referral from a professional:</p> <p><a href="#">Sandbox Homepage (getcerebral.co.uk)</a></p>



Looking after your mental health and wellbeing through winter	<a href="https://www.icb.nhs.uk/looking-after-your-mental-health-and-wellbeing-through-winter-hertfordshire">looking-after-your-mental-health-and-wellbeing-through-winter-hertfordshire (icb.nhs.uk)</a>	
<a href="https://www.hpft-iapt.nhs.uk/Bereavement-Living-with-Grief-and-Loss">Bereavement: Living with Grief and Loss   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Bereavement and Grief	
<a href="https://www.hpft-iapt.nhs.uk/Care-for-Carers">Care for Carers   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Care for Carers	
<a href="https://www.hpft-iapt.nhs.uk/Carers-Managing-Difficult-Emotions-and-Building-Resilience">Carers: Managing Difficult Emotions and Building Resilience   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Carers: Managing Difficult Emotions/Building Resilience	
<a href="https://www.hpft-iapt.nhs.uk/Dealing-with-Depression">Dealing with Depression   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Dealing with Depression	
<a href="https://www.hpft-iapt.nhs.uk/How-to-sleep-better">How to sleep better   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	How to sleep better	
<a href="https://www.hpft-iapt.nhs.uk/Managing-Worry">Managing Worry   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Managing worry	
<a href="https://www.hpft-iapt.nhs.uk/Understanding-Low-Self-esteem">Understanding Low Self-esteem   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Understanding low self esteem	
<a href="https://www.hpft-iapt.nhs.uk/Becoming-a-parent-or-caregiver-and-emotional-wellbeing">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	<b>Spark – A Creative Space for Young People’s Wellbeing</b> Informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along email <a href="mailto:cyp@hertsmindnetwork.org">cyp@hertsmindnetwork.org</a> This will be starting soon on Monday’s 6pm to 8pm Letchworth Wellbeing Centre. It is for those living in North Herts, there is an initial contact form to fill in on referral, a 1-1 can be arranged if interested but not sure what to expect. <a href="#">Home - WithYouth</a>	Creative Space for Young People
This May Help	<a href="#">Home   ThisMayHelp</a> Topics include: How to support your child’s mental health. How to help someone who self harms. How to moderate your child’s video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn’t want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness.	<b>Topics:</b> <ul style="list-style-type: none"> <li>○ Self-Harm</li> <li>○ Video Gaming</li> <li>○ Establish Trust and Boundaries</li> <li>○ Eating Disorder</li> <li>○ Mental Health</li> <li>○ Resilience</li> </ul>





<a href="#">Carers</a> in Herts	<p><b>CAMHS Online Monthly Support Group for Parents and Carers</b> Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a <a href="#">monthly online support group hosted by Carers in Herts</a>. The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information. The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom.</p> <ul style="list-style-type: none"> <li>"This group offers so much support and information, letting me know I'm not alone, even at the most challenging of times." Parent.</li> </ul> <p>Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen.</p>	<p>CAMHS Monthly Support Group via Carers in Herts</p> <p><a href="#">Carewaves and Newsletters - Carers In Herts</a> For more information or to book a place: Call: 01992 586969 Email: <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a> Go online: CAMHS Online Support Group (<a href="https://carersinherts.org.uk">carersinherts.org.uk</a>)</p>
Herts Mind <a href="#">Network</a>	<a href="#">Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org)</a> Course details coming soon	Coming soon : Overcoming Social Anxiety
<a href="#">Young</a> Minds	If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.	CAMHS Support via Young Minds
<a href="#">JustTalkHerts</a>	<p>The Real Bodies in Herts Campaign <a href="#">Just Talk (justtalkherts.org)</a> Resources and Webinars <a href="#">Real Bodies in Herts (justtalkherts.org)</a></p> <p>What's Next? Let's Just Talk about the Future <a href="#">What's Next? Let's Just Talk about the Future (justtalkherts.org)</a> Thinking about the future can be worrying or stressful, take a look at some practical tools and useful information to help you look after your mental health:</p> <ul style="list-style-type: none"> <li>Manage Your Worries (Self Help Tools)</li> <li>Support with Future Plans</li> <li>Volunteering and Looking for a Job</li> <li>Real Hertfordshire Positive Future Stories</li> </ul>	<p>The Real Bodies Campaign</p> <p>What's Next? Let's Just Talk about the Future.</p>
Nip in the Bud	<p><a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a> Promoting awareness of mental health disorders in children – Does my child Need help?</p>	Early Intervention
HCC Services for Young People	<a href="#">Services for Young People North Herts Wellbeing Project at Hitchin Young People's Centre   If you're aged 12-15 and struggling w...   Services for Young People Listings</a>	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time



Mind Hertfordshire Network CYP Digital Wellbeing	<b>Lumi Nova:</b> Therapeutic Digital Intervention Gaming App 7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis	Digital Wellbeing Services
	<b>With YOUTH</b> - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October	Digital directory
	<b>CYP aged 5 to 18</b> will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. <a href="https://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.	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></p> <p>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>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></p> <p>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
<b>NEW LISTING</b> <b>Priority Support Register</b> (get support in the event of a power cut)	Sign up to the Priority Support Register to get support in the event of a power cut (all ages). If you have a child under 5, or someone in your household with a serious health issue or impairment, you might be eligible for free priority support from the UK Power Networks – which means, in the event of a power cut, you would get a 24 hour support telephone number and other personalised assistance, which could include support such as hot meals. If this applies to you make sure you register your details.	<a href="#">Sign up to Priority Services Register   UK Power Networks</a>  Go online or call free on 0800 169 9970 to register your details.
<b>NEW LISTING</b> <b>Heads Up! Mentoring Scheme for Young People with SEND (ages 14-18)</b>	Head Up! Is accepting mentee signups for their 2024 mentoring programme! Head Up! Is an organisation run by a group of university students who have a variety of disabilities, physical & mental health conditions, learning difficulties and neurodiversity. They want to share their advice and experiences of dealing with these in school, university & in their social lives in the hope that other young people will feel supported, encouraged and able to keep going: to overcome extra challenges and to chase big ambitions.  Their free mentoring scheme supports 14-18 year-olds who self-identify as disabled (or anyone who has a physical /mental health condition, SpLD, or neurodivergence). Mentees are paired with a student or recent graduate with a similar condition or studying a particular subject. They meet online for an hour per month for at least 1 year.  <a href="#">Find out more information, access articles and resources, and sign up for the mentoring scheme</a>  <i>Safeguarding policies are available on the website; mentors have DBS checks and safeguarding training.</i>	<a href="#">Head Up!   Home (head-up.org)</a>
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>	



<b>BEEZEE BODIES</b>	Helping you make healthy habits as a family – FREE healthy lifestyle courses! <a href="https://www.beezeebodies.com">Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com)</a> <a href="https://www.beezeebodies.com">For Families (beezeebodies.com)</a>	Healthy Lifestyle Courses
<b>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</b>	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>
<b><a href="#">Family Lives</a></b>	<a href="#">Building resilience in children and teens   Family Lives</a>	Infographic – building resilience
	<a href="#">Let's Play   Family Lives</a>	Online Let's Play Free course
<b>Families in Focus CIC</b>	<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	supporting & enabling parent carers to remain emotionally healthy  Parents do join our supportive Facebook
<b>Ohana</b>	<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.	
<b>Phase</b>	<a href="#">Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</a>	Resources for parents and young people – wellbeing and resilience
<b>Hope UK</b>	<a href="#">Home - Hope UK</a>	Alcohol and drug advice for parents and young people
<b>Healthwatch</b>	Parents and carers voice their concerns about accessing GP Practices   Healthwatch Hertfordshire	<b>Healthwatch</b>
<b>Capa First Response</b>	<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
<b>Hertfordshire and West Essex Integrate Care Board</b>	<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: <ul style="list-style-type: none"> <li>Representing the voices of young people within the healthcare system?</li> </ul>	








	<ul style="list-style-type: none"><li>Working in partnership with health sector professionals to improve health services for young people.</li></ul> <p>Email: <a href="mailto:hweicbenh.cypteam@nhs.net">hweicbenh.cypteam@nhs.net</a></p> <p>What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many other organisations to improve the health of the population.</p>
SURVEYS	<p><b>EMWIE: Emotional and Mental Wellbeing in Education Team</b> The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people <b>struggling to regularly attend school</b>. They are asking parents and carers to share their experiences in this survey.</p> <p><a href="#">Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)</a></p>
Secondary School Information Day Survey	<p><a href="https://mailchi.mp/070db245f4e8/transitionsurvey">https://mailchi.mp/070db245f4e8/transitionsurvey</a></p> <p><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>





## 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. <a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a></p> <p><a href="https://www.hertfordshire.gov.uk">Short Breaks (hertfordshire.gov.uk)</a> 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 (<a href="https://www.hertfordshire.gov.uk">hertfordshire.gov.uk SBLO Application Form</a>) See if you qualify : <a href="https://www.hertfordshire.gov.uk">Short Breaks (hertfordshire.gov.uk)</a></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) <a href="https://www.hertfordshire.gov.uk">Hertfordshire Additional Needs Database (HAND)</a></p>
	<p> Hertfordshire Family Centre Service 1 <a href="https://www.hertsfamilycentres.org">North Herts Family Centre (hertsfamilycentres.org)</a></p>
	<p><a href="https://www.hertfordshire.gov.uk">Services for Young People</a> 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><b>Phoenix Group for Deaf Children</b></p>	<p><a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="https://www.phoenixgroupfordeafchildren.org">About Us - The Phoenix Group for Deaf Children</a></p>
<p><b>Up on Downs</b></p>	<p><a href="https://www.upondowns.org">Front Page - Up On Downs</a> A range of activities for all age groups. Monthly Family and friends meetings in Hitchin for parents and children, siblings and supporters</p>
<p><b>Sibs</b></p>	<p><a href="https://www.youngsibs.org">YoungSibs - Sibs</a> For brothers and sisters of disabled children and adults Advice and support</p>
<p><b>Herts Sports Disability Foundation</b></p>	<p>Various Activities - Lots of locations - Small Charge <a href="https://www.hdsf.co.uk">Find an Activity - Herts Disability (hdsf.co.uk)</a></p>



<p><b>Mixed Ability Rugby Hertford RFC</b></p> <p><a href="#">Hertford RFC Mixed Ability Rugby</a></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 <a href="mailto:projectrugby@saracens.net">projectrugby@saracens.net</a> or call Matt Thompson 07974 785072</p>
<p><b>Junior Ability Counts Football</b></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</p> <p>5 June to 10 July</p> <p>Book online: <a href="http://www.northhertsarena.co.uk">www.northhertsarena.co.uk</a></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><b>Letchworth Garden City Eagles Football</b></p> <p><a href="#">Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC (letchwortheagles.org.uk)</a></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 <a href="https://www.nhdspl.org.uk">Home (nhdspl.org.uk)</a> 07788 391 609</p>
<p><b>FLYERZ HOCKEY</b></p> <p><a href="#">St. Albans HC Flyerz (stalbanshc.co.uk) flyerzsahc@gmail.com</a></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><b>Herts Inclusive Theatre</b></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><a href="https://hit-theatre.org.uk/events/power-up-16-east-ware/">https://hit-theatre.org.uk/events/power-up-16-east-ware/</a> <a href="https://hit-theatre.org.uk/events/power-up-16-east-bishopsstortford-822/">https://hit-theatre.org.uk/events/power-up-16-east-bishopsstortford-822/</a></p>