




Tip: Ctrl F to search key words		QUICK LINKS		
A selection of the new listings	SAVE THE DATE – 25 April 2024 9:30am to 2pm DSPL 1 Parent Information Event: Speakers, Information & Lunch		10 Week Course. Guide to parenting children with Autism or ADHD. Morning and Evening Options	Autism in Schools’ Webinar
	PDA, ODD and ADHD – Understanding the Difference	Understanding Medication Options	ASD/ADHD Anxiety & Stress (Evening)	Animated films – advice/guidance on managing emotional needs
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
	Services for Young People	Family Lives	The Hertfordshire Local Offer	Carewaves and Newsletters - Carers In Herts
Parenting & Young People	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
Making SEND Everyone's Business - investing in our workforce (hertfordshire.gov.uk)		
Neurodiversity Support Hub	<p>For Parents, Carers and Professionals</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"> • 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.</p> <p>01727 833 963</p> <p>supporthub@add-vance.org</p> <p>Open Monday to Friday 9am to 1pm</p> <p>[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



<p>ECHP – Notice for Parents</p>	<p>The Hertfordshire SEND partnership are committed to improving the quality of EHCP's for children and young people in Hertfordshire; ensuring plans are of high quality and meaningfully capture children and young people's: views, experiences, needs and outcomes, and specify provision.</p> <p>To support with achieving this aim, there will be regular multi-agency audits of EHCP's. These multi-agency audits involve professionals from education (school representatives, specialist advisory teachers, educational psychologists and members of the statutory SEND service), health, social care, SENDIASS and the Herts Parent Carer Involvement coming together to audit the quality of a random selection of EHCP's. Professionals then work together to identify areas of good practice and areas where learning is required. These events are crucial for supporting improvements in practice across the system.</p> <p>This may therefore mean that your child's plan could be selected for audit and shared with the above professionals for auditing purposes.</p> <p>All professionals involved in multi-agency audits of EHCPs are required to comply with Data Protection legislation and confidentiality duties, which restrict the sharing of information pertaining to your child's EHCP outside of the auditing activity.</p> <p>If you wish to opt out and do not wish for your child's EHCP to be included in our quality assurance audits, please email the Quality Assurance Service at: policyandpractice@hertfordshire.gov.uk</p>
<p>Survey Identify the areas of need for Deaf Children and Young Adults in Hertfordshire</p>	<p>To help Phoenix identify the areas of need for Deaf children and Young Adults in Hertfordshire, please complete the following questionnaire, which should take no more than a few minutes. We also attach questionnaires for parents and carers and young people 16+ if you would please kindly share with those who you work with.</p> <p>Questionnaire for professionals working with Deaf and Hard of Hearing children and young people with additional SEND needs: https://forms.gle/UwrXuyDMYyURaPnW8</p> <p>Questionnaire for professionals working with d/Deaf and HOH Young Adults (16-30) and parents of d/Deaf and HOH children and young people. https://forms.gle/42YD7TmY2nnTrDza6</p> <p>To share</p> <p>Questionnaire for Young Adults aged 16 – 30: https://forms.gle/SvjdgmuSd42EAmK76</p> <p>Questionnaire for Parents of Deaf and Hard of Hearing Children and Young People: https://forms.gle/upbwpPeXi7Ex9f7P8</p> <p>Questionnaire for Parents/Carers of Deaf and Hard of Hearing Young Adults with Additional SEND needs. https://forms.gle/rC2soZYJdmdHh19N8</p>



<p>DSPL 1 Parent Information Event</p>	<p>SAVE THE DATE – 25 April 2024 9:30am to 2:45pm</p> <p>Parent Information Event – FREE event providing local information for parents/carers, guest speakers & lunch.</p> <p>See website to book your place:</p> <p>All Training, Workshops & Events - Book Parent Information Event (nhdsp1.org.uk)</p> <p>We have over 20 organisations coming along and a great line up of guest speakers with topics including Autism and Girls, Resilience, Anxiety and Emotionally Based School Attendance, Digital Resources, Boxing.</p> 	
<p>NEW LISTING WEEKLY 89</p>	<p>Herts Parent Carer Involvement HPCI 'Autism in Schools' Webinar for Parent Carers 13 March 2024 10am to 12pm Speakers include: Angels, ADD-vance, Autism in Hertfordshire, Carers in Herts, HCC, Hertfordshire Local Offer, Mind Herts, NHS, Potential Kids, SPACE</p>	<p>Microsoft Virtual Events Powered by Teams</p>
<p>Secondary School Information Day Survey</p>	<p>https://mailchi.mp/070db245f4e8/transitionsurvey</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>	



Provider	Course/Booking	Key Topics
Family Lives	<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</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. • Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child
WORKSHOPS, COURSES AND TRAINING		
NEW LISTING WEEKLY 89	<p>Carers in Hertfordshire – Information Event</p> <p>Are you a parent carer of a child or young person aged 5-18 with a special educational need or disability? Come along to chat with services about how they can help you and/or the young person you care for. Representatives from Hertfordshire County Council, the NHS, local charities, support groups and more! A light lunch will be served at 1pm.</p> <p>11 March 2024 10am to 2:30pm Roe Hill Hall, Hatfield</p>	<p>For more details or to book a place Call 01992 586 969 Email contact@carersinherts.org.uk or book online: Parent Carer Information Event - Carers In Herts</p>
NEW LISTING WEEKLY 89	<p>Herts Parent Carer Involvement HPCI 'Autism in Schools' Webinar for Parent Carers 13 March 2024 10am to 12pm</p> <p>Speakers include: Angels, ADD-vance, Autism in Hertfordshire, Carers in Herts, HCC, Hertfordshire Local Offer, Mind Herts, NHS, Potential Kids, SPACE</p>	<p>Microsoft Virtual Events Powered by Teams</p>
Ambitious about Autism	<p>Quality of life at home toolkit Ambitious about Autism</p> <p>Quality of life at home toolkit – series of five animated films provides advice and guidance on managing the emotional needs of autistic children and young people.</p>	<p>Animated films – advice/guidance on managing emotional needs</p>



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	<i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>	
SPACE Herts	Understanding Autism Workshop Tickets, Thu 29 Feb 2024 at 19:00 Eventbrite	Understanding Autism
	PDA, ODD and ADHD: Understanding the Differences Workshop Tickets, Fri 1 Mar 2024 at 10:00 Eventbrite	PDA, ODD and ADHD – Understanding the Difference
	Sleep Tight - 3 week course Tickets, Tue 5 Mar 2024 at 10:00 Eventbrite	Sleep Tight – 3 week course
	Tourette's Workshop Tickets, Tue 5 Mar 2024 at 18:30 Eventbrite	Tourette's Workshop
	Anxiety and SEND Tickets, Wed 6 Mar 2024 at 10:00 Eventbrite	Anxiety and SEND
	Understanding Specific Literacy Difficulties Including Dyslexia Tickets, Thu 7 Mar 2024 at 10:00 Eventbrite	Understanding Specific Literacy Difficulties incl Dyslexia
SPACE Herts	FOR PAID ACTIVITIES AND SESSIONS SEE: SPACE HERTFORDSHIRE Events Eventbrite	
		Additional Activities



Angels Support Group	Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).		
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 (angelsupportgroup.org.uk)
	<ul style="list-style-type: none">• 5 Mar – Parent/Carer Support Group with Lorraine Jones• 12 Mar – Workshop – Specialist Advisory Support Service – Masking in schools: things to help• 19 Mar – Parent/Carer Support Group with Lorraine Jones• 26 Mar – Workshop: What makes a good EHCP	<ul style="list-style-type: none">• 29 Feb – Parent/Carer Support Group with Lorraine Jones• 7 Mar – Meet Up and Chat• 14 Mar – Parent/Carer Support Group with Lorraine Jones• 21 Mar – Meet Up and Chat• 28 Mar – Parent/Carer Support Group with Lorraine Jones	
	Wednesday 10am to 12pm, Letchworth Pod <ul style="list-style-type: none">• 20 Mar – Meet Up and Chat	Evening Meeting via Zoom 7:30pm to 8:30pm <ul style="list-style-type: none">• 7 Mar – Evening Parent/Carer Support Group• 28 Mar – 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	A registered charity with a team of over 20 dedicated trainers, coaches, admin staff and volunteers – supporting families of children with ADHD and/or Autism. <i>Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</i>		
ADD-vance Eventbrite	SLEEP ONLINE SUPPORT GROUP for Parents/Carers Tickets, Fri 1 Mar 2024 at 13:30 Eventbrite		Sleep Support Group
ADD-vance Eventbrite	Tips & Tools to Encourage Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 4 Mar 2024 at 10:00 Eventbrite		Tips/Tools Encourage Positive Behaviour
ADD-vance Eventbrite	Understanding ADHD - FREE ONLINE WORKSHOP Tickets, Tue 5 Mar 2024 at 10:00 Eventbrite		Understanding ADHD
ADD-vance Eventbrite	PDA ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 5 Mar 2024 at 13:30 Eventbrite		PDA Online Support Group
ADD-vance Eventbrite	Understanding Medication Options - FREE ONLINE WORKSHOP Tickets, Wed 6 Mar 2024 at 10:00 Eventbrite		Understanding Medication Options
ADD-vance Eventbrite	Identifying ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Wed 6 Mar 2024 at 19:00 Eventbrite		Identifying ADHD and/or Autism



Supporting Links	<i>A local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children.</i>	
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 Workshop: School Avoidance Talking ASD & ADHD: School Avoidance(644) For parents/carers in Herts. Registration, Tue 26 Mar 2024 at 09:30 Eventbrite	School Avoidance
Supporting Links	Talking ASD & ADHD Workshop: Responding to Anger Talking ASD & ADHD: Responding to Anger (639) For parents/carers in Herts. Registration, Mon 4 Mar 2024 at 09:30 Eventbrite	Responding to Anger
Supporting Links	Talking ASD & ADHD Workshop: Anxiety & Stress - evening Talking ASD & ADHD: Anxiety & Stress (640) For parents/carers in Herts. Registration, Wed 6 Mar 2024 at 19:30 Eventbrite	Anxiety & Stress (Evening)
Supporting Links	Talking ASD & ADHD Workshop: Stress & Anxiety Talking ASD & ADHD: Stress & Anxiety (641) For parents/carers in Herts. Registration, Tue 12 Mar 2024 at 09:30 Eventbrite	Stress & Anxiety
Supporting Links	Talking ASD & ADHD Workshop: Coping with Change Talking ASD & ADHD: Coping with Change(643) For parents/carers in Herts. Registration, Mon 18 Mar 2024 at 09:30 Eventbrite	Coping with Change
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



Families in Focus	Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.	
Families in Focus	<p>A complete guide to parenting children with Autism & ADHD and associated conditions FREE – 10 week course (with diagnosis or awaiting assessment) aged 2 to 11 years 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. Understanding sensory needs of children. Increase understanding of children’s common sleep issues. Support siblings. Meet other parents living in families similar and share experiences. Learn techniques to manage stress, conflict. Tuesday Mornings 9:30am to 11:30am April 16, 23, 30, May 7, 14, 21 June 4, 11, 18, 25 Email to book: bookings@familiesinfocus.co.uk Tuesday Evenings 6:30pm to 8:30pm April 16, 23, 30, May 7, 14, 21 June 4, 11, 18, 25</p>	<p>10 Week Course Guide to parenting children with Autism or ADHD Morning and Evening Options</p>
Families in Focus	<p>Handling anger of primary aged children with Autism or ADHD FREE – 6 week course This course for parents provides practical, evidence based support to understand why children with Autism or ADHD react with anger and provides proven techniques to increase emotional and sensory regulation in your family. Wednesday Mornings 9:30am to 11:30am April 17, 24 May 1, 8, 15, 22 Email to book: bookings@familiesinfocus.co.uk Wednesday Evenings 6:30pm to 8:30pm April 17, 24 May 1, 8, 15, 22</p>	<p>6 Week Course Handling anger of primary aged children with Autism or ADHD</p>
Families in Focus	<p>Handling anger of primary aged children FREE 5 week course Understand more about what triggers children’s anger Learn techniques to increase children’s emotional regulation and decrease angry meltdowns Increase understanding of how to support children who feel anxious Meet other parents and share experiences Learn techniques to manage parental stress Monday evenings 6:30pm to 8:30pm April 15, 22, 29 May 13, 20 Email to book: bookings@familiesinfocus.co.uk</p>	<p>Handling anger of primary aged children</p>
Families in Focus	<p>Handling anger of primary aged children with Autism or ADHD 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. Thursday mornings 9:30am to 11:30am 29 February, 7, 14, 21, 28 March Email Francine & Lesley: bookings@familiesinfocus.co.uk</p>	<p>Handling Anger in Primary Aged Children – Autism and ADHD – FREE 6 week course</p>



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
ADHD UK	<p>Right to Choose - ADHD UK Right to Choose (NHS England) If you are based in England under the NHS you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team. This important right means that, for instance, should you decide the waiting time for your ADHD assessment is too long, then you can choose alternative providers. The provider must supply the service to the NHS somewhere in England. See website for full details.</p>	



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
Herts Dyslexia Charity	Herts Dyslexia Charity EVENTS 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
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 6th March / 3rd April Walsworth Road Baptist Church Hall, Walsworth Road, Hitchin , SG4 9SP Monthly from 9:30am to 11.00am 14th March / 11th April Royston Methodist Church, Queens Road, Royston , SG8 7AU Monthly from 9:30am to 11.00am 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

Provider	Course/Booking		Key Topics
JUST TALK Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)	FIVE WAYS TO WELLBEING Research from around the world tells us there are 5 things we should do more to boost our wellbeing and mood If you are in Primary School: Herts CC - Five Ways to Wellbeing for Children (Web version) (justtalkherts.org) If you are in Secondary School: Herts CC - Five Ways to Wellbeing for Young People (Web version) (justtalkherts.org) Interactive Five Ways to wellbeing Journal : FIVE WAYS TO WELLBEING JOURNAL FOR CHILDREN & YOUNG PEOPLE (justtalkherts.org) JustTalk Journal : My Just Talk Journal (justtalkherts.org)		How to sleep well for teenagers : How to sleep well for teenagers Evelina London Includes: Body Image, Exam Stress, Diabetes, Immunisation Health For Teens Everything you wanted to know about health Thrive and Survive guide for young people starting university: Thrive and Survive Guide September 2023 (justtalkherts.org)
Mental Health First Aid Training	<ul style="list-style-type: none"> • 1 Day Champion Course for Parents and Carers of 8 to 18 year olds FREE 	<ul style="list-style-type: none"> • An understanding of common mental health issues and how they can affect young people. • Ability to spot signs of mental ill health in young people and guide them to a place of support • Knowledge and confidence to advocate for mental health awareness • Skills to support positive wellbeing 	<ul style="list-style-type: none"> • Mental Health First Aid (MHFA) 1 day course for Parents & Carers Tickets, Thu 7 Mar 2024 at 09:30 Eventbrite • Mental Health First Aid (MHFA) 1 day course for Parents & Carers Tickets, Thu 7 Mar 2024 at 09:30 Eventbrite



Mental Health First Aid Training	<ul style="list-style-type: none"> • 2 Day First Aider Course – suitable for everyone who teaches, works, lives or cares for 8 to 18 year olds FULLY FUNDED 	<ul style="list-style-type: none"> • An in depth understanding of young people’s mental health and factors that affect wellbeing. • Practical skills to spot the triggers and signs of mental health issues • Confidence to reassure and support a young person in distress. • Enhanced interpersonal skills such as non-judgemental listening • 	<ul style="list-style-type: none"> • Mental Health First Aid (MHFA) 2 Day Course- 14th & 19th March 2024 Tickets, Multiple Dates Eventbrite
<u>Anti-Bullying Resources</u>	<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) <p>Helping Children Deal with Bullying & Cyberbullying NSPCC</p>		
NESSie	<p><i>Support the positive mental health of children and young people 0-25 years. 1-1 and group therapies for children and young people and webinars and support to parents and carers.</i></p>		
NESSie	<p>Parent/Carer Chat and Connect Session – online via MS Teams</p> <ul style="list-style-type: none"> • This monthly Parent/Carer Chat, 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. <p>Nessie Public Booking Platform V2.0 (procfu.com)</p>		
NESSie	<p>Parent/Carer Webinar – LGBTQ+/Gender Questioning</p> <ul style="list-style-type: none"> • This webinar is designed for parents and cares 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 identify 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</p> <p>Nessie Public Booking Platform V2.0 (procfu.com)</p>		



NESSie	<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>	
NESSie	<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 Nessie Public Booking Platform V2.0 (procfu.com)</p>	
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>FREE funded by HCC 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>		Check for available courses, please note they book up quickly
	<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>		School Avoidance
	<p>Developing Your Child's Emotional Literacy Tickets, Thu 21 Mar 2024 at 18:00 Eventbrite</p>		Developing Your Child's Emotional Literacy
	<p>Adolescent Self-esteem Workshop Tickets, Thu 21 Mar 2024 at 18:00 Eventbrite</p>		Adolescent Self-Esteem
	<p>Resilience Workshop Tickets, Wed 27 Mar 2024 at 18:00 Eventbrite</p>		Resilience Workshop
<p>The Sandbox</p> <p>Online Mental Health Digital Advice and Guidance Services for 10-25s </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>
<p>Looking after your mental health and wellbeing through winter</p>	<p>looking-after-your-mental-health-and-wellbeing-through-winter-hertfordshire (icb.nhs.uk)</p>		
<p>Bereavement: Living with Grief and Loss HPFT IAPT Services (hpft-iapt.nhs.uk)</p>			Bereavement and Grief
<p>Care for Carers HPFT IAPT Services (hpft-iapt.nhs.uk)</p>			Care for Carers
<p>Carers: Managing Difficult Emotions and Building Resilience HPFT IAPT Services (hpft-iapt.nhs.uk)</p>			Carers: Managing Difficult Emotions/Building Resilience
<p>Dealing with Depression HPFT IAPT Services (hpft-iapt.nhs.uk)</p>			Dealing with Depression
<p>How to sleep better HPFT IAPT Services (hpft-iapt.nhs.uk)</p>			How to sleep better
<p>Managing Worry HPFT IAPT Services (hpft-iapt.nhs.uk)</p>			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	<p>Spark – A Creative Space for Young People’s Wellbeing</p> <p>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</p> <p>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</p>	Creative Space for Young People
This May Help	<p>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.</p>	<p>Topics:</p> <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience
Carers in Herts	<p>CAMHS Online Monthly Support Group for Parents and Carers</p> <p>Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a monthly online support group hosted by Carers in Herts.</p> <p>The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information.</p> <p>The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom.</p> <ul style="list-style-type: none"> • “This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent. <p>Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen.</p>	<p>CAMHS Monthly Support Group via Carers in Herts</p> <p>Carewaves and Newsletters - Carers In Herts</p> <p>For more information or to book a place: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk)</p>
Herts Mind Network	<p>Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon</p>	Coming soon : Overcoming Social Anxiety
Young Minds	<p>If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.</p>	CAMHS Support via Young Minds
JustTalkHerts	<p>The Real Bodies in Herts Campaign Just Talk (justtalkherts.org)</p>	The Real Bodies Campaign



	Resources and Webinars Real Bodies in Herts (justtalkherts.org)	
	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: <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	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 With YOUTH - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October CYP aged 5 to 18 will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. www.withyouth.org (live from 3 Oct) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.	Digital Wellbeing Services Digital directory Gaming App - Anxiety Help
Mind in Mid Herts	Stevenage – Mind in Mid Herts Wellbeing Support Groups: Men's Group / LGBTQ+ Group, Drop-In, Arts & Crafts, Women's Group	See website for full details
	North Herts – Mind in Mid Herts Outreach Support / Hitchin – Walk & Talk Group / Baldock – Wellbeing Group Royston – Arts & Crafts + Wellbeing Group	Learning to Relax



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Family Lives	<i>Family Lives provides targeted early intervention and crisis support to families. If you need to talk, we're here to listen.</i>	
Family Lives	<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>
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	<p>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)</p>	Separation/Divorce – Parenting







Priority Support Register (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.	Sign up to Priority Services Register UK Power Networks Go online or call free on 0800 169 9970 to register your details.
Heads Up! Mentoring Scheme for Young People with SEND (ages 14-18)	<p>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.</p> <p>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.</p> <p>Find out more information, access articles and resources, and sign up for the mentoring scheme</p> <p><i>Safeguarding policies are available on the website; mentors have DBS checks and safeguarding training.</i></p>	Head Up! Home (head-up.org)
BEEZEE BODIES	<p>Helping you make healthy habits as a family – FREE healthy lifestyle courses!</p> <p>Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com)</p> <p>For Families (beezeebodies.com)</p>	Healthy Lifestyle Courses
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	<p>6:30pm to 8:30pm FREE Bowes Lyon Young People's Centre, Stevenage</p> <p>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.</p>	Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk
Ohana	<p>Ohana Hertfordshire County Council</p> <p>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.</p> <p>See website for Summer Events.</p>	



Phase	Phase Hitchin - Passionate about helping young people (phase-hitchin.org)	Resources for parents and young people – wellbeing and resilience
Hope UK	Home - Hope UK	Alcohol and drug advice for parents and young people
Healthwatch	Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire	Healthwatch
Capa First Response	Capa First Response You are not alone - Capa First Response We support families and professionals impacted by child or adolescent on parent abuse.	Child/adolescent on parent abuse support
Hertfordshire and West Essex Integrate Care Board	<p>YOUTH COUNCIL Opportunity for young people aged between 12-19 yrs old or up to 25 for young people with Special Education Needs or Disabilities, to join the newly established ICB Youth Council. Are you interested in:</p> <ul style="list-style-type: none"> Representing the voices of young people within the healthcare system? Working in partnership with health sector professionals to improve health services for young people. <p>Email: hweicbenh.cypsteam@nhs.net What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many other organisations to improve the health of the population.</p>	
SURVEYS	<p>EMWiE: Emotional and Mental Wellbeing in Education Team The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people struggling to regularly attend school. They are asking parents and carers to share their experiences in this survey.</p>	<p>Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)</p>
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</p> <p>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</p> <p>1</p> <p>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)</p> <p>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</p> <p>Advice and support</p>
<p>Herts Sports Disability Foundation</p>	<p>Various Activities - Lots of locations - Small Charge</p> <p>Find an Activity - Herts Disability (hdsf.co.uk)</p>



Mixed Ability Rugby Hertford RFC Hertford RFC Mixed Ability Rugby	<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>
Junior Ability Counts Football <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: 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>
Letchworth Garden City Eagles Football Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC (letchwortheagles.org.uk)	<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>
FLYERZ HOCKEY St. Albans HC Flyerz (stalbanshc.co.uk) flyerzsahc@gmail.com	<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>
Herts Inclusive Theatre	<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>