



| Tip: Ctrl F to search key words |  | QUICK LINKS   |  |   |
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| A selection of the new listings | <a href="#">Families Feeling Safe</a> – 8 week course Supporting Families with Protective Behaviours (various <a href="#">options</a> )  |   | <a href="#">Meeting Places   Hertfordshire Mind Network (hertsmindnetwork.org)</a>   |   |
|                                 | Greenside School present Luke Beardon <a href="#">Talk</a>   | Understanding <a href="#">Behaviour</a> as Communication                    | Supporting <a href="#">Transition</a> to Secondary School   8 Week Course – Children <a href="#">Avoiding</a> School Peer Support Group  |   |
| 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 (justtalkherts.org)</a>  | NHS Herts <a href="#">Community</a> Trust                                   | Children’s <a href="#">Wellbeing</a> Practitioners Courses and Resources   NHS <a href="#">HPFT</a> IAPT Improving Access to Psychological Therapies – online portal for mental health services                  |   |
|                                 | <a href="#">NESSie</a>   | <a href="#">Mind</a> Hertfordshire Network CYP Digital Wellbeing            | <a href="#">WithYouth</a> (Mind Network) Herts Mind <a href="#">Network</a>   First Steps <a href="#">ED</a>   |   |
|                                 | Just <a href="#">Talk</a> Herts  | The <a href="#">Ollie</a> Foundation  | <a href="#">Togetherall</a>   <a href="#">BeeZee</a> Bodies  |   |
|                                 | <a href="#">Lumi Nova   Herts Mind Network Children and Young People (withyouth.org)</a> Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties |   | Carers in Herts ( <a href="#">CAMHS</a> Support)   | <a href="#">Young</a> Minds                                 |
|                                 | <a href="#">Courses Coming Up   Hertfordshire Mind Network (hertsmindnetwork.org)</a>  |   | <a href="#">SandBox</a>  | This May <a href="#">Help</a>                               |
|                                 | Services for <a href="#">Young</a> People  | <a href="#">Family</a> Lives  | <a href="#">The Hertfordshire Local Offer</a>  | <a href="#">Carewaves and Newsletters - Carers In Herts</a> |
| Parenting & Young People        | <a href="#">Families</a> in Focus  | <a href="#">Families First (hertfordshire.gov.uk)</a>                       | <a href="#">Capa First Response   You are not alone - Capa First Response</a><br>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>                                       |  |   |
| Further Signposting             | <ul style="list-style-type: none"> <li><a href="#">Contact a SEND service (hertfordshire.gov.uk)</a></li> </ul>  |   | <ul style="list-style-type: none"> <li><a href="#">Preparing for adulthood (hertfordshire.gov.uk)</a></li> </ul>   |   |



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| DSPL1 | <ul style="list-style-type: none"> <li>• <a href="http://ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li>• <a href="http://Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li>• <a href="http://Herts Parent Carer Involvement (hertsparentcarers.org.uk)">Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li>• <a href="http://Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)">Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li>• <a href="http://Home (hertssendiass.org.uk)">Home (hertssendiass.org.uk)</a></li> </ul> | <ul style="list-style-type: none"> <li>• <a href="http://Help for children who aren't attending school regularly (hertfordshire.gov.uk)">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li>• <a href="http://Caring for your health into adulthood (hertfordshire.gov.uk)">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li>• <a href="http://Deaf and Hearing Support Service (hertfordshire.gov.uk)">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li>• <a href="http://SEND documents and resources (hertfordshire.gov.uk)">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li>• <a href="http://The Dyslexia-SpLD Trust - Parents">The Dyslexia-SpLD Trust - Parents</a></li> </ul> |
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[Making SEND Everyone's Business - investing in our workforce \(hertfordshire.gov.uk\)](http://Making SEND Everyone's Business - investing in our workforce (hertfordshire.gov.uk))

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| SEND 0-25 Advice Lines |  <p>Early years (0 - 5)<br/>advice line<br/><b>01442 453 920</b><br/>Wednesday 9am - 12pm<br/>and<br/>Thursday 1.30pm - 4pm<br/>(term time only)</p> |  <p>Physical and neurological impairment<br/>advice line<br/><b>01442 453 920</b><br/>Mondays 1.30pm - 4pm<br/>(term time only)</p> |  <p>Specific Learning Difficulties<br/>advice line<br/><b>01442 453 920</b><br/>Thursday 9.30am - 12pm<br/>(term time only)</p> |
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| SEND 0-25 Advice Lines | <p>Specific Learning Difficulties (SpLD)<br/><b>01442 453 920</b> every Thursday (term time only) 9.30am - 12pm<br/>Neurodiversity Hub<br/><b>01727 833963</b> from Monday to Friday 9am - 1pm<br/>email: <a href="mailto:supporthub@add-vance.org">supporthub@add-vance.org</a></p> <p>Early years (0 - 5)<br/><b>01442 453 920</b> every Wednesday (term time only) 9am - 12pm<br/>and Thurs 1.30pm - 4pm</p> <p>Physical and neurological impairment team (PNI)<br/><b>01442 453 920</b> every Monday (term time only), 1.30pm - 4pm</p> <p>Education Support for Medical Absence (ESMA)<br/><b>01442 454 802</b> (school hours, term time only)<br/><a href="mailto:esmaenquiries@hertfordshire.gov.uk">esmaenquiries@hertfordshire.gov.uk</a></p> | <p>Children and young people's therapy services<br/><b>(Advice from occupational therapists, physiotherapists and speech and language therapists)</b><br/><b>01923 470680</b> – select <b>Option 3 for the therapy service</b>. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2).<br/>Or email <a href="mailto:hct.cyptherapies1@nhs.net">hct.cyptherapies1@nhs.net</a>.</p> <p>School Nursing Duty Line<br/>The HCT school nurse duty line is available every weekday and can support you with any concerns you may have about your child or children's physical and emotional wellbeing.<br/><b>Tel: 0300 123 7572</b> (Monday to Friday 9am - 5pm)</p> |
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**SCROLL DOWN FOR NEW AND UPCOMING COURSES**



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| <b>Big Listen – Ofsted</b>   | Ofsted have launched their “Big Listen” today. This is an opportunity for everyone involved with children and education to share their views – including around children with SEND. <a href="http://Ofsted Big Listen - GOV.UK (www.gov.uk)">Ofsted Big Listen - GOV.UK (www.gov.uk)</a>   |   |
| <b>Hertfordshire Community NHS Trust</b>                             | <p><b>Children &amp; Young People’s Therapies referral forms are now Online!</b><br/> <b>What is changing?</b><br/> Starting on the <b>4th March</b>, HCT will launch the updated digital referral forms. These changes have been made to help improve patient experience by providing easier access to services and streamlining the overall process.</p> <p>CYPT services includes Children’s Occupational Therapy, Physiotherapy &amp; Speech, and Language Therapy. The digital referral form route is accessible by an online link for use by appropriate referrers including Schools, Parents/Carers, Self-referrals, GP’s and Health Care Professionals.</p>  | <p>You can make a referral to these services by following the below links or visiting our website <a href="http://www.hct.nhs.uk">www.hct.nhs.uk</a></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Occupational Therapy Referral Form</p> </div> <div style="text-align: center;">  <p>Speech &amp; Language Referral Form</p> </div> <div style="text-align: center;">  <p>Physiotherapy Referral Form</p> </div> </div> |
| <b>SEND Local Offer Website</b>                                      | <p><b><u>‘Introduction to the SEND Local Offer website’ – webinar</u></b></p> <p><i>The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.</i></p> <p><i>A friendly face from the Local Offer team will take you through what’s on the website and how you can use it to find the right services and support.</i><br/> <a href="http://www.hertfordshire.gov.uk/localoffer">www.hertfordshire.gov.uk/localoffer</a></p> <p><b>Thursday 25 April, 8pm – 9pm:</b> <a href="#">Click here to join the meeting</a></p> <p><i>A quick note: The Local Offer website is different to Short Breaks (SBLO). We won’t be going into detail about SBLO.</i></p> |   |
| <b>Healthwatch Hertfordshire – Orthodontic Treatment Focus Group</b> | <p>Healthwatch Hertfordshire want to hear from all children and young people who are having, or have recently had, orthodontic treatment in Hertfordshire. If your child or young person would be happy to take part in a focus group, or 1-1 interview, please email: <a href="mailto:info@healthwatchhertfordshire.co.uk">info@healthwatchhertfordshire.co.uk</a> or phone 01707 275978. Parents or carers can also attend.</p> <p>By sharing your views, you will be helping the NHS to ensure every child and young person receives the care and treatment they need. You will also receive a <b>£10 voucher</b> as a thank you for taking part.</p>   |   |



Delivering Special  
Provision Locally

Parents, Carers and Young People  
Weekly Round Up Issue: 94  
17/04/2024

DSPL 1  
(North Herts)

[dspl1admin@wransom.herts.sch.uk](mailto:dspl1admin@wransom.herts.sch.uk)

(please email if you need the flyers or further information)

[Updates and Resources \(nhdsp1.org.uk\)](https://nhdsp1.org.uk)

Find us on Facebook and Twitter

## **BOOKING OPEN**

Overflow parking at nearby pay and display (outdoor pool and bowling green) are free for this event.

# Parent Information Event

**Thursday, 25 April 2024 from 9:15am to 2:45pm**

**DSPL 1—Delivering Special Provision Locally  
North Herts—Baldock, Hitchin, Letchworth, Royston**

Guest Speakers including talks on Autism & Girls,  
Resilience, Emotionally Based School Avoidance  
and Autism in Schools Offer PLUS over 30  
organisations providing information and support

Thursday, 25 April 2024 9:15am to 2:45pm

The Icknield Centre, Letchworth

Full details and Booking: [All Training, Workshops & Events - Parent Information Event \(nhdsp1.org.uk\)](#)





| WORKSHOPS, COURSES AND TRAINING                           |   |  |
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| <b>NEW WEEK 94: Greenside School present Luke Beardon</b> | <p><b>Luke Beardon Talk</b><br/>16 May 2024 - 6:30pm to 8:30pm at Greenside School<br/>Talk will address his deep concerns about autistic safety and well-being, and the fact that so many autistic people of all ages endure lives in which they feel unsafe. He will explore why this might be the case as well as what society needs to do to redress this imbalance.</p>  | <p>Bookings: <a href="mailto:admin@greenside.herts.sch.uk">admin@greenside.herts.sch.uk</a><br/>Open to parents/carers living in Hertfordshire (DSPL 2 Schools and parents are free). £10 for all other areas. Places are limited.</p> |
| <b>Ambitious about Autism</b>                             | <p><a href="#">Quality of life at home toolkit   Ambitious about Autism</a><br/>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  | <p><a href="#">Autism Central for Parents and Carers   Autism Central</a><br/>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.<br/>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></p> | <p>Peer Education Programme - support</p>  |
| Hertfordshire Autism                                      | <p><b>Level 1 Autism Training eLearning</b><br/>This online training will take about 30 minutes to complete. It aims to develop an understanding of:<br/>Some basic principles of autism, challenging some myths and stereotypes<br/>The strengths and areas of difference<br/>Simple reasonable adjustments and strategies for practitioners to consider.<br/>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)Autism elearning form (contensis.com)</a></p>                                      | <p>Level 1 Autism Training e-learning</p>  |



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| <b>SPACE Herts</b>                          | <i>Charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions).</i>   |  |
| <b>SPACE Herts</b>                          | <a href="#">Navigating the SEND World Course - 4 week course Tickets, Thu 18 Apr 2024 at 18:30   Eventbrite</a>  | Navigating the SEND World – 4 week course                        |
|   | <a href="#">Anxiety and SEND Tickets, Fri 19 Apr 2024 at 10:00   Eventbrite</a>  | Anxiety and SEND   |
|   | <a href="#">EHCP Annual Reviews Workshop Tickets, Mon 22 Apr 2024 at 19:00   Eventbrite</a>  | EHCP Annual Reviews  |
|   | <a href="#">Neurodiversity in Girls and Women (ADHD and Autism) - a 4 week course Tickets, Tue 23 Apr 2024 at 10:00   Eventbrite</a>   | Neurodiversity in Girls and Women (ADHD/Autism)                  |
|   | <a href="#">Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Wed 24 Apr 2024 at 10:00   Eventbrite</a>  | Understanding Behaviour as Communication                         |
|   | <a href="#">Questions and Answers with... Karen Spencer! Tickets, Wed 24 Apr 2024 at 19:00   Eventbrite</a>  | Q&A with Karen Spencer   |
|   | FOR PAID ACTIVITIES AND SESSIONS SEE: <a href="#">SPACE HERTFORDSHIRE Events   Eventbrite</a>  | Additional Activities  |
| <b>ADD-Vance</b>                            | <i>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. <b>Some HCC Funded workshops are recorded to enable you to watch at a convenient time.</b></i> |  |
| <b>ADD-vance <a href="#">Eventbrite</a></b> | <a href="#">Understanding ADHD and Autism in the Teen Years - FREE ONLINE 6 WK COURSE Tickets, Thu 18 Apr 2024 at 10:00   Eventbrite</a>   | Understanding ADHD/Autism in the Teen Years                      |
|   | <a href="#">Supporting the Transition to Primary School - FREE ONLINE WORKSHOP Tickets, Mon 22 Apr 2024 at 10:00   Eventbrite</a>  | Supporting Transition to Primary School                          |
|   | <a href="#">ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 23 Apr 2024 at 13:30   Eventbrite</a>  | Online Support Group – parents/carers of Secondary Aged Children |
|   | <a href="#">Supporting the Transition to Secondary School - FREE ONLINE WORKSHOP Tickets, Wed 24 Apr 2024 at 10:00   Eventbrite</a>  | Supporting Transition to Secondary School                        |
|   | <a href="#">Understanding ADHD - FREE ONLINE WORKSHOP Tickets, Mon 29 Apr 2024 at 19:00   Eventbrite</a>   | Understanding ADHD   |
|   | <a href="#">ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Wed 1 May 2024 at 19:30   Eventbrite</a>   | Online Support Group – parents/carers of 16-24 yr olds           |



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| <b>Angels Support Group</b>  | <i>Angels is charity that supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis).</i>  |   |   |
| <b>Angels Support Group</b>  | <b>Virtual Meeting via Zoom</b><br><b>10am to 12pm</b> <ul style="list-style-type: none"> <li>• 23 April – <b>Workshop: How to support your child’s sensory needs</b></li> <li>• 30 April – Parent/Carer Support Group with Lorraine Jones</li> <li>• 7 May – <b>Workshop: Autism and Anxiety</b></li> <li>• 14 May – Parent/Carer Support Group with Lorraine Jones</li> <li>• 21 May – <b>Workshop Q&amp;A Education Issues</b></li> <li>• 4 June – Parent/Carer Support Group with Lorraine Jones</li> <li>• 11 June <b>Workshop: Managing Meltdowns</b></li> <li>• 18 June Parent/Carer Support Group with Lorraine Jones</li> <li>• 25 June – <b>Workshop: Executive Function Dysfunction</b></li> <li>• 2 July – Parent/Carer Support Group with Lorraine Jones</li> <li>• 9 July <b>Workshop: Surviving the Summer Holidays</b></li> <li>• 16 July – Parent/Carer Support Group with Lorraine Jones</li> </ul> | <b>Face to Face meeting Stevenage</b><br><b>10am to 12pm The Phoenix Group</b> <ul style="list-style-type: none"> <li>• 18 April – Meet Up and Chat</li> <li>• 25 April – Parent/Carer Support Group with Lorraine Jones</li> <li>• 2 May – Meet up and Chat</li> <li>• 9 May – Parent/Carer Support Group with Lorraine Jones</li> <li>• 16 May – Meet Up and Chat</li> <li>• 23 May – Parent/Carer Support Group</li> <li>• 6 June – Meet Up and Chat</li> <li>• 13 June – Parent/Carer Support Group</li> <li>• 20 June – Meet Up and Chat</li> <li>• 27 June – Parent/Carer Support Group with Lorraine Jones</li> <li>• 4 July – Meet Up and Chat</li> <li>• 11 July – Parent/Carer Support Group with Lorraine Jones</li> <li>• 18 July – Meet Up and Chat</li> </ul> |   |
|  | <b>The Pod, Northfields, Letchworth Weds</b><br><b>10am to 12pm</b> <ul style="list-style-type: none"> <li>• 24 April</li> <li>• 19 June</li> <li>• 10 July</li> </ul> Meet Up and Chat in partnership with Letchworth Family Support Team  | <b>Evening Meeting via Zoom 7:30pm to 8:30pm</b> <ul style="list-style-type: none"> <li>• 18 April – Parent/Carer Support Group</li> <li>• 13 June – Parent/Carer Support Group</li> </ul> Podcasts: <a href="#">As it is World Autism Acceptance Week, here is our latest podcast discussing getting an Autism diagnosis as an...   Instagram</a>  | Support Groups and workshops, Meet up and Chat<br><a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a> / <a href="#">Angels Summer Term Programme (angelssupportgroup.org.uk)</a> |
|  | <a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a><br>Membership (free) is required: <a href="#">Membership Application Form - Angels Support Group</a>  |   |   |
| <b>Autism Hertfordshire Transition Service for 16-20 year olds</b> | Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a><br>Parents & Cares of autistic young adults (16-25)  |   |   |
|  | <a href="#">Support Groups » Autism Bedfordshire</a>  |   | Support Group   |
|  | <a href="#">Upcoming Events » Autism Bedfordshire</a>   |   | Upcoming Events   |



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| <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                                    |
| <a href="#">Supporting Links</a> | <i>A local Social Enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children.</i>   |  |
| <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.<br>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: Sibling Struggles – Monday, 25 March 2024</b><br><a href="#">Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (629) Registration, Mon 25 Mar 2024 at 19:30   Eventbrite</a>  | ASD/ADHD – Sibling Struggles                 |
| <a href="#">Supporting Links</a> | Use the Course ID (See below) to book your place<br>Booking Essential: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a> or 07512 709556   | Booking Information                          |
|                                  | <b>Talking Teens</b><br>6 Weekly Sessions for parents/carers of children aged 12-19<br>Wednesdays 17 April to 22 May 7:45pm to 9:15pm (online) Online Course ID 657<br>Wednesdays 5 June to 10 July 7pm to 9pm (In Person: Bushey) In Person Course ID 658  | Talking Teens                                |
| <a href="#">Supporting Links</a> | <b>Talking Anger in Families</b><br>6 Weekly Sessions for parents/carers of children aged 0-12<br>Wednesdays 5 June to 10 July 9:45am to 11:30am (online) Course ID 654   | Talking Anger in Families                    |
| <a href="#">Supporting Links</a> | <b>Talking Dads/Male Carers</b><br>6 Weekly sessions for Dads/Male Carers of all ages<br>Thursdays 18 April to 23 May 7:45pm to 9:15pm (online) Course ID 659<br>Wednesdays 5 June to 10 July 7:45pm to 9:15pm (online) Course ID 660   | Talking Dads/Male Carers                     |
| <a href="#">Supporting Links</a> | <b>Talking Anxiety in Teens</b><br>6 Weekly sessions for parents/carers of 12-19 year olds<br>Tuesdays 7:45pm to 9:30pm (online) Course ID 655  | Talking Anxiety in Teens                     |
| <a href="#">Supporting Links</a> | <b>Talking Additional Needs</b> (no diagnosis needed)<br>A 6-week group for parents and carers of children with any additional need from 2-25.<br>Thursdays 18 April to 23 May 9:45am to 11:15am (online) Course ID 651<br>Tuesdays 4 June to 9 July 8pm to 9:30pm (online) Course ID 652   | Talking Additional Needs                     |





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| <a href="#">Families</a> in Focus | <i>Hertfordshire based community interest company, which provides training, information and therapeutic and emotional support to parents.</i>   |   |
| <a href="#">Families</a> in Focus | Email to book: <a href="mailto:bookings@familiesinfoocus.co.uk">bookings@familiesinfoocus.co.uk</a>   |   |
|                                   | <p><b>A complete guide to parenting children with Autism &amp; ADHD and associated conditions</b><br/>FREE – 10 week course (with diagnosis or awaiting assessment) aged 2 to 11 years<br/>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.<br/><b>Tuesday Mornings</b> 9:30am to 11:30am April 16, 23, 30, May 7, 14, 21 June 4, 11, 18, 25<br/><b>Tuesday Evenings</b> 6:30pm to 8:30pm April 16, 23, 30, May 7, 14, 21 June 4, 11, 18, 25</p> | <p>10 Week Course<br/>Guide to parenting children with Autism or ADHD<br/>Morning and Evening Options</p> |
| <a href="#">Families</a> in Focus | <p><b>Handling anger of primary aged children with Autism or ADHD</b><br/>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.<br/><b>Wednesday Mornings</b> 9:30am to 11:30am April 17, 24 May 1, 8, 15, 22<br/><b>Wednesday Evenings</b> 6:30pm to 8:30pm April 17, 24 May 1, 8, 15, 22</p>   | <p>6 Week Course<br/>Handling anger of primary aged children with Autism or ADHD</p>                      |
| <a href="#">Families</a> in Focus | <p><b>Handling anger of primary aged children</b><br/>FREE 5 week course. Understand more about what triggers children’s anger<br/>Learn techniques to increase children’s emotional regulation and decrease angry meltdowns<br/>Increase understanding of how to support children who feel anxious<br/>Meet other parents and share experiences<br/>Learn techniques to manage parental stress<br/><b>Monday evenings</b> 6:30pm to 8:30pm April 15, 22, 29 May 13, 20</p>   | <p>Handling anger of primary aged children</p>  |
| <a href="#">Families</a> in Focus | <p><b>Handling anger of primary aged children with Autism or ADHD</b><br/>Award winning courses, funded by HCC FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire<br/>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.<br/><b>Thursday mornings</b> 9:30am to 11:30am 29 February, 7, 14, 21, 28 March</p>  | <p>Handling Anger in Primary Aged Children – Autism and ADHD – FREE<br/>6 week course</p>                 |



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| <b>Family Lives</b>                     | <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><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>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> | <p>Within My Reach – 8 week programme, facing conflicts and struggling to find common ground raising neurodiverse child.</p> |
| <b>The Add-Vantage</b>                  | <p><a href="#">Coffee &amp; Connection - ADHD Womens Wellbeing Community Hub Tickets, Multiple Dates   Eventbrite</a></p> <p><a href="#">Recharge Retreat Day - ADHD Womens Wellbeing Community Hub Tickets   Eventbrite</a></p>   | <p>For Women with ADHD – Coffee &amp; Connection</p> <p>For Women with ADHD – Recharge Retreat Day</p>                       |
| <b>ADHD UK</b>                          | <p><a href="#">Right to Choose - ADHD UK</a><br/>Right to Choose (NHS England)<br/>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>  |  |
| <b>Up on <a href="#">Downs</a></b>      | <p>A parent run organisation that supports families of children with Down’s Syndrome.</p>  | <p>Local Down’s Syndrome Support</p>   |
| <b>Down’s Syndrome Association</b>      | <p>Down’s Syndrome Listening Service<br/><a href="#">Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)</a></p>  | <p>Down’s Syndrome Listening Service</p>   |
| <b>Phoenix Group for Deaf Children</b>  | <p><a href="#">Find courses and things to do (hertfordshire.gov.uk)</a><br/><a href="#">About Us - The Phoenix Group for Deaf Children</a></p>   | <p>Local Group for Deaf Children</p>   |
| <b>National Deaf Children’s Society</b> | <p><a href="#">Learn British Sign Language Online   National Deaf Children's Society (ndcs.org.uk)</a></p>   | <p>FREE signing Courses for Families</p>   |



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| <p><b>Herts Dyslexia Charity</b></p>  | <p><a href="#">Herts Dyslexia Charity   EVENTS</a><br/>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.</p>   |   | <p>Dyslexia webinar – ideas and guidance – support learners at home</p>   |
| <p><b>NORTH HERTS FAMILY CENTRE</b><br/><br/>SEND Drop In - Free Drop In<br/><br/><a href="#">What's On North Herts District Summer 2024 (mailchi.mp)</a></p> | <p>SEND Drop In - Free Drop In<br/>Toddler Group: Arise and Shine<br/>Letchworth Garden City Church, The Icknield Centre, Icknield Way, <b>Letchworth</b>, SG6 1EF<br/>Monthly from 10.00am to 11.30am<br/>7th May<br/>4th June<br/>2nd July</p>   | <p>SEND Drop In - Free Drop In<br/>Toddler Group: Wrigglers &amp; Tiddlers<br/>Walsworth Road Baptist Church Hall, Walsworth Road, <b>Hitchin</b>, SG4 9SP<br/>Monthly from 9:30am to 11.00am<br/>9th May<br/>13th June<br/>11th July</p> | <p>SEND Drop In - Free Drop In<br/>Toddler Group: Friends First<br/>Royston Methodist Church, Queens Road, <b>Royston</b>, SG8 7AU<br/>Monthly from 9:15am to 11.00am<br/>26th April<br/>23rd May<br/>28th June</p>   |
| <p><b>SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties</b></p>   | <p>6:30pm to 8:30pm FREE<br/>Bowes Lyon Young People's Centre, Stevenage<br/>Join in, have some fun and make new friends. <b>Runs on Tuesday evenings.</b> Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport &amp; Games, Arts &amp; Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.</p>  |   | <p><b>Booking Essential:</b> Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: <a href="mailto:sfyp.stevenage@hertfordshire.gov.uk">sfyp.stevenage@hertfordshire.gov.uk</a></p> |
| <p><b>ECHP – Notice for Parents</b></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.<br/>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.<br/><b>This may therefore mean that your child's plan could be selected for audit and shared with the above professionals for auditing purposes.</b> 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.<br/><b>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: <a href="mailto:policyandpractice@hertfordshire.gov.uk">policyandpractice@hertfordshire.gov.uk</a></b></p> |   |   |



| MENTAL HEALTH AND WELLBEING   |  |   |
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| <p><b>Lumi Nova</b></p>   | <p><a href="https://www.youtube.com/watch?v=...">Introducing Lumi Nova: A therapeutic mobile game for children’s worries and anxiety (youtube.com)</a></p> <p><b>Key points:</b></p> <ul style="list-style-type: none"> <li>• What are fears and worries?</li> <li>• How can Lumi Nova help?</li> <li>• Who is Lumi Nova for?</li> <li>• Is Lumi Nova clinically approved?</li> <li>• How does it work?</li> <li>• What are the benefits?</li> <li>• How can parents/practitioners support Lumi Nova use?</li> </ul>   |   |
| <p><b>The <a href="#">Sandbox</a></b></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:<br/><a href="https://www.getcerebral.co.uk">Sandbox Homepage (getcerebral.co.uk)</a></p> |
| <p><b><a href="#">NESSie</a></b></p>  | <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>  |   |
| <p><b><a href="#">NESSie</a></b></p>  | <p><b>Parent/Carer Chat and Connect Session – online via MS Teams</b></p> <ul style="list-style-type: none"> <li>• This monthly <b>Parent/Carer Chat</b>, 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> <p><a href="https://www.procfu.com">Nessie Public Booking Platform V2.0 (procfu.com)</a></p> |   |
| <p><b><a href="#">NESSie</a></b></p>  | <p><b>Parent/Carer Webinar – Anxiety</b></p> <p><b>Thursday, 18 April 2024 9:30am to 11:30am</b></p> <p>Share helpful tools and strategies to support your child to develop confidence and resilience in order to manage anxiety. Provide information for families about managing, signposting and supporting with appropriate interventions. It will also offer parents and carers a chance to ask open questions in a warm and supportive environment.</p>   | <p>Anxiety</p> <p><a href="https://www.procfu.com">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>   |



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| <a href="#">NESSie</a> | <p><b>Online Peer Support Group for Parents/Carers of Children Avoiding School – 8 Week Course</b><br/> <b>Tuesday, 23 April 2024, 9:30am to Tuesday, 18 June 2024 11am</b><br/>                 Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer. In this closed, confidential group, parents/carers will have the opportunity to discuss their current situation and find support from others going through the same thing. Guidance is available from qualified therapists that will help you communicate better with your child and what they are feeling, as well as providing some useful coping strategies.</p> | <p>8 Week Course – Children Avoiding School Peer Support Group<br/> <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p> |
| <a href="#">NESSie</a> | <p><b>Parent/Carer Webinar – When Children and Young People Struggle to Attend School</b><br/> <b>Thursday, 2 May 2024 9:30am to 11:30am</b><br/>                 The aim of this early 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/carer and it is easy to feel lost and along. This webinar will provide information for families about managing, signposting and supporting with appropriate interventions. It will also offer parents and carers a chance to ask open questions in a warm and supportive environment.</p>      | <p>CYP Who Struggle to Attend School<br/> <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>                           |
| <a href="#">NESSie</a> | <p><b>Supporting Children/Young People who are LGBTQ+ or Gender Questioning</b><br/> <b>Thursday, 16 May 2024 9:30am to 11:30am</b><br/>                 Develop an understanding of the spectrum of gender identity support for trans, gender questioning and non-binary children and young people. We will explore strategies to assist children and young people, and the support available for them in educational settings and the wider community.</p>  | <p>LGBTQ+ or Gender Questioning<br/> <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>                                |
| <a href="#">NESSie</a> | <p><b>Supporting Children/Young People with Bullying</b><br/> <b>Thursday, 6 June 2024 9:30am to 11am</b><br/>                 Share helpful tools and strategies to support your child to develop confidence and resilience in order to manage dealing with bullying. Information for families about managing, signposting and supporting with appropriate interventions. Offer parents and carers a chance to ask open questions in a warm and supportive environment.</p>  | <p>Bullying<br/> <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>  |
| <a href="#">NESSie</a> | <p><b>Supporting Children/Young People with Anxiety</b><br/> <b>Thursday, 6 June 2024 9:30am to 11:30am</b><br/>                 Share helpful tools and strategies to support your child to develop confidence and resilience in order to manager their anxiety. Provide information for families about managing , signposting and supporting with appropriate interventions.</p>  | <p>Anxiety<br/> <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>   |
| <a href="#">NESSie</a> | <p><b>Supporting Children/Young People who Struggle to Attend School</b><br/> <b>Thursday, 17 June 2024 9:30am to 11:30am</b><br/>                 Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carer and it is easy to feel lost and alone. Provide information for families about managing, signposting and supporting with appropriate interventions.</p>   | <p>CYP who Struggle to Attend School<br/> <a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>                           |



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| <p><a href="#">NESSie</a></p> | <p><b>Supporting Children/Young People who are LGBTQ+ or Gender Questioning</b><br/><b>Thursday, 20 June 2024 9:30am to 11:30am</b><br/>For parents/carers who may be supporting children and young people in the LGBTQ+ community who may be trans or gender questioning. Develop understanding of the spectrum of gender identity support for trans, gender questioning and non-binary children and young people. Explore strategies to assist children and young people, and the support available for them in educational settings and wider community.</p>   | <p>LGBTQ+ Gender Questioning<br/><a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>     |
| <p><a href="#">NESSie</a></p> | <p><b>Supporting Children/Young People with Bereavement and Loss</b><br/><b>Tuesday, 25 June 2024 9:30am to 11:30am</b><br/>Enable parents/carers to develop their confidence in supporting their children with bereavement and loss. Explore strategies to support their child/ren to discuss aspects of bereavement and loss, including divorce and separation. Provide a space to look and identify effective support and management for the whole family.</p>   | <p>Bereavement and Loss<br/><a href="#">Nessie Public Booking Platform V2.0 (procfu.com)</a></p>          |
| <p><a href="#">NESSie</a></p> | <p><b>Supporting a Child/Young Person with Self-Harming Behaviours</b><br/><b>Wednesday, 3 July 2024 9:30am to 11:30am</b><br/>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 a 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 and carers a chance to ask open questions in a warm and supportive environment.</p>   | <p>Self-Harming Behaviours<br/><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><br/>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. FREE funded by HCC. <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.<br/><b>Parent Support Line 07932 651319</b> (Wednesdays 9am to 12pm or by appointment)<br/>Private moderated Facebook support groups. support advice sessions<br/>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> |



| MENTAL HEALTH AND WELLBEING       |  |   |
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| Young Minds                       | <a href="#">Help Your Child With ADHD   Parents Guide to Support   YoungMinds</a><br><a href="#">Autism &amp; Mental Health   Signs &amp; Symptoms of Autism   YoungMinds</a><br><a href="#">Transitions, Change &amp; Mental Health   Parents Guide   YoungMinds</a>  | Guide: Help your child with ADHD<br>Guide: Autism and Mental Health<br>Guide: Transitions and Change  |
| Challenging Behaviour Foundation  | <a href="#">Video challenging behaviour - Challenging Behaviour Foundation</a><br><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  |
| Herts Mind Network                | <a href="#">Meeting Places   Hertfordshire Mind Network (hertsmindnetwork.org)</a><br><b>Get in touch</b><br>Our Meeting Places are open access, meaning there is no need to have an initial appointment. You can also attend while waiting for one of our other services or after exiting one of our one-to-one services.<br>If you would like to attend this group, please email us at: <a href="mailto:meetingplaces@hertsmindnetwork.org">meetingplaces@hertsmindnetwork.org</a><br>We will provide you with a session link and joining details for the online groups. You will need a link for each session that you attend. Please note, we will only be able to send joining instructions and links to you during office hours.<br>If you are not currently a client all you need to do is complete a short Online Referral form. You can also use the Download Referral button to download a copy of the Referral Form to complete and email to us at <a href="mailto:meetingplaces@hertsmindnetwork.org">meetingplaces@hertsmindnetwork.org</a> | <b>Our Meeting Places are a safe and welcoming social drop-in where you can feel supported.</b><br><br>Attending these groups is a good way to share experiences, build social networks and meet people in a non-judgemental setting. |
| Hertfordshire Community NHS Trust | <a href="#">Children and young people's sensory service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a><br>Due to additional investment into Hertfordshire’s Children and Young People’s Integrated Therapy Service (CYPT), we have an exciting new three - tiered sensory service to support neurodivergent children and young people (CYP).   | Children and Young People’s Sensory Service   |



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| <b>DSPL 2 Coffee Morning</b>   | <p><b>DSPL 1 parents and carers are welcome to join our neighbouring DSPL.</b><br/>         DSPL 2 Coffee Morning – meet other parents and get involved in events.<br/>         The Oak Suite, Peartree Spring Primary School. Hydean Way, Stevenage SG2 9GG. Book: <a href="#">DSPL2 Events - 6 Upcoming Activities and Tickets   Eventbrite</a></p> <p>Future dates: 10 May &amp; 28 June 9:30am to 11am</p>  |   |
| <p><b>JUST TALK</b></p> <p><a href="#">Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)</a></p> | <p><b>FIVE WAYS TO WELLBEING</b> Research from around the world tells us there are 5 things we should do more to boost our wellbeing and mood<br/> <b>If you are in Primary School:</b><br/> <a href="#">Herts CC - Five Ways to Wellbeing for Children (Web version) (justtalkherts.org)</a><br/> <b>If you are in Secondary School:</b><br/> <a href="#">Herts CC - Five Ways to Wellbeing for Young People (Web version) (justtalkherts.org)</a><br/> <b>Interactive Five Ways to wellbeing Journal :</b> <a href="#">FIVE WAYS TO WELLBEING JOURNAL FOR CHILDREN &amp; YOUNG PEOPLE (justtalkherts.org)</a><br/> <b>JustTalk Journal :</b> <a href="#">My Just Talk Journal (justtalkherts.org)</a></p>   | <p><b>How to sleep well for teenagers :</b> <a href="#">How to sleep well for teenagers   Evelina London</a><br/>         Includes: Body Image, Exam Stress, Diabetes, Immunisation <a href="#">Health For Teens   Everything you wanted to know about health</a></p> <p><b>Thrive and Survive guide for young people starting university:</b><br/> <a href="#">Thrive and Survive Guide September 2023 (justtalkherts.org)</a></p> |
| <p><b><u>Anti-Bullying Resources</u></b></p>   | <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> <p><a href="#">Helping Children Deal with Bullying &amp; Cyberbullying   NSPCC</a></p> |   |





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| <p>Children's Wellbeing Practitioners</p> <p><i>Places are booked quickly</i></p>  | <p><a href="#">HCT Children's Wellbeing Practitioners Events   Eventbrite</a><br/>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><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>             | School Avoidance  |
|  | <p><a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Thu 18 Apr 2024 at 18:00   Eventbrite</a></p>  | Child General Emotional Wellbeing and Regulation Tips         |
|  | <p><a href="#">Exam Stress Tickets, Tue 23 Apr 2024 at 18:00   Eventbrite</a></p>  | Exam Stress   |
|  | <p><a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Thu 2 May 2024 at 10:00   Eventbrite</a></p>   | Child General Emotional Wellbeing and Regulation Tips         |
|  | <p><a href="#">Developing Your Child's Emotional Literacy Tickets, Tue 7 May 2024 at 18:00   Eventbrite</a></p>  | Developing Your Child's Emotional Literacy                    |
|  | <p><a href="#">Exam Stress Tickets, Wed 15 May 2024 at 18:00   Eventbrite</a></p>  | Exam Stress   |
|  | <p><a href="#">Adolescent Self-esteem Workshop Tickets, Thu 16 May 2024 at 18:00   Eventbrite</a></p>  | Adolescent Self-Esteem  |
|  | <p><a href="#">Resilience Workshop Tickets, Tue 21 May 2024 at 10:00   Eventbrite</a></p>  | Resilience Workshop   |
|  | <p><a href="#">Sleep Workshop (Child and Adolescent) Tickets, Wed 5 Jun 2024 at 18:00   Eventbrite</a></p>   | Sleep Workshop  |
| <p><a href="#">Bereavement: Living with Grief and Loss   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p>                     |  | Bereavement and Grief   |
| <p><a href="#">Care for Carers   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p>   |  | Care for Carers   |
| <p><a href="#">Carers: Managing Difficult Emotions and Building Resilience   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p> |  | Carers: Managing Difficult Emotions/Building Resilience       |
| <p><a href="#">Dealing with Depression   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p>                                     |  | Dealing with Depression                                       |
| <p><a href="#">How to sleep better   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p>   |  | How to sleep better   |
| <p><a href="#">Managing Worry   HPFT IAPT Services (hpft-iapt.nhs.uk)</a></p>  |  | Managing worry  |



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| <a href="#">Understanding Low Self-esteem   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>                          |  | Understanding low self esteem   |
| <a href="#">Becoming a parent or caregiver and emotional wellbeing   HPFT IAPT Services (hpft-iapt.nhs.uk)</a> |  | Becoming a parent or caregiver  |
| Mind Hertfordshire Network CYP   | <p><b>Spark – A Creative Space for Young People’s Wellbeing</b><br/>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><br/>This will be starting soon on Monday’s 6pm to 8pm Letchworth Wellbeing Centre. It is for those living in North Herts, there is an initial contact form to fill in on referral, a 1-1 can be arranged if interested but not sure what to expect. <a href="#">Home - WithYouth</a></p>   | Creative Space for Young People   |
| This May Help  | <p><a href="#">Home   ThisMayHelp</a> Topics include: How to support your child’s mental health. How to help someone who self harms. How to moderate your child’s video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn’t want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness.</p>   | <p><b>Topics:</b></p> <ul style="list-style-type: none"> <li>○ Self-Harm</li> <li>○ Video Gaming</li> <li>○ Establish Trust and Boundaries</li> <li>○ Eating Disorder</li> <li>○ Mental Health</li> <li>○ Resilience</li> </ul>   |
| <a href="#">Carers</a> in Herts  | <p><b>CAMHS Online Monthly Support Group for Parents and Carers</b><br/>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>.<br/>The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information.<br/>The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom.</p> <ul style="list-style-type: none"> <li>• <i>“This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent.</i></li> </ul> <p>Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen.</p> | <p>CAMHS Monthly Support Group via Carers in Herts</p> <p><a href="#">Carewaves and Newsletters - Carers In Herts</a><br/>For more information or to book a place:<br/><b>Call:</b> 01992 586969<br/><b>Email:</b> <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a><br/><b>Go online:</b> CAMHS Online Support Group (<a href="http://carersinherts.org.uk">carersinherts.org.uk</a>)</p> |
| Herts Mind <a href="#">Network</a>   | <p><b><a href="#">Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon</a></b></p>   | Coming soon : Overcoming Social Anxiety   |
| <a href="#">Young</a> Minds  | <p>If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.</p>   | CAMHS Support via Young Minds   |



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| <a href="#">JustTalkHerts</a>                    | The Real Bodies in Herts Campaign<br><a href="#">Just Talk (justtalkherts.org)</a><br>Resources and Webinars<br><a href="#">Real Bodies in Herts (justtalkherts.org)</a>   | The Real Bodies Campaign   |
|  | What's Next? Let's Just Talk about the Future<br><a href="#">What's Next? Let's Just Talk about the Future (justtalkherts.org)</a><br>Thinking about the future can be worrying or stressful, take a look at some practical tools and useful information to help you look after your mental health: <ul style="list-style-type: none"> <li>• Manage Your Worries (Self Help Tools)</li> <li>• Support with Future Plans</li> <li>• Volunteering and Looking for a Job</li> <li>• Real Hertfordshire Positive Future Stories</li> </ul>   | What's Next? Let's Just Talk about the Future.                                       |
| Nip In the Bud                                   | <a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a><br>Promoting awareness of mental health disorders in children – Does my child Need help?   | Early Intervention   |
| HCC Services for Young People                    | <a href="#">Services for Young People North Herts Wellbeing Project at Hitchin Young People's Centre   If you're aged 12-15 and struggling w...   Services for Young People Listings</a>   | 12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time      |
| Mind Hertfordshire Network CYP Digital Wellbeing | <b>Lumi Nova:</b> Therapeutic Digital Intervention Gaming App<br>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<br><b>With YOUTH</b> - Children & Young People's Digital Wellbeing Service<br>Launching this autumn, to help young people manage their worries.<br>New digital early help service from Monday, 3 October<br><b>CYP aged 5 to18</b> will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. <a href="http://www.withyouth.org">www.withyouth.org</a> (live from 3 Oct)<br>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<br><br>Digital directory<br><br>Gaming App - Anxiety Help |
| Mind in Mid Herts                                | <a href="#">Stevenage – Mind in Mid Herts</a><br>Wellbeing Support Groups: Men's Group / LGBTQ+ Group, Drop-In, Arts & Crafts, Women's Group   | See website for full details   |
|  | <a href="#">North Herts – Mind in Mid Herts</a><br>Outreach Support / Hitchin – Walk & Talk Group / Baldock – Wellbeing Group<br>Royston – Arts & Crafts + Wellbeing Group   | Learning to Relax  |



## PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD

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| <p><b>Hertfordshire Constabulary: Pegasus Card Scheme</b></p>              | <p><a href="#">Pegasus card scheme   Hertfordshire Constabulary (herts.police.uk)</a></p> <p>Our Pegasus scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details.</p> <p><b>Who can register?</b></p> <ul style="list-style-type: none"> <li>• Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation.</li> <li>• Anyone who lives in the local area. Please make sure that you contact <a href="#">your local police force</a>.</li> </ul> <p>Please note registration is free.</p> <p><b>How it works</b></p> <ul style="list-style-type: none"> <li>• You'll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we'll access your details right away, which will save you time.</li> <li>• You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they'll know you may need extra help and support.</li> <li>• You can change or update your details at any time.</li> <li>• If you agree, we'll share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities.</li> </ul> |  |
| <p><b>Family Lives</b></p>   | <p><i>Family Lives provides targeted early intervention and crisis support to families. If you need to talk, we're here to listen.</i></p>  |  |
| <p><b>NEW WEEK 94</b><br/><b><a href="#">Families Feeling Safe</a></b></p> | <p><a href="#">FREE Online course for Mums, Dads, Step-Parents and Carers Summer-2024.pdf (familiesfeelingsafe.co.uk)</a></p> <p>Strategies and new ideas to help improve family life – 8 Week term time course can help:</p> <ul style="list-style-type: none"> <li>• Understanding what may be influencing your child's behaviour.</li> <li>• Understand how Feelings, Thoughts and Behaviour link together.</li> <li>• Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry.</li> <li>• Improve communication to build better relationships.</li> <li>• Build on your own and your child's strengths.</li> <li>• Learn strategies to help you and your family feeling safe.</li> </ul>  | <p>Tuesday Evenings (Mums/Dads/Carers) 7 May to 2 July 7pm to 9pm (Code L5/eve)</p> <p>Tuesday Daytime (Mums/Dads/Carers) 4 June to 9 July 9:30am to 11:30am (L5/am)</p> <p>Thursday Evening (Dads/Male Carers) 9 May to 7 July 7pm to 9pm (L4/eve)</p> <p><a href="#">Parent-Registration-form-2023-2024-2.pdf (familiesfeelingsafe.co.uk)</a></p> <p>For eligibility and to book your fully funded place please contact: <a href="mailto:enquiries@familiesfeelingsafe.co.uk">enquiries@familiesfeelingsafe.co.uk</a> / 07850 518216</p> |








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| <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>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>  |   |
| <b>Fledglings</b>  | <p>Fledglings is a non-profit shop that helps children with additional needs by supplying products &amp; 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><br/><a href="#">Incontinence Swim Sensory SEN   Fledglings</a></p>  | Additional needs products & equipment   |
| <b>HCC</b>   | <p><b>Parenting When Separated Programme</b></p> <p>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></p>   | Separation/Divorce – Parenting  |
| <b>Priority Support Register (get support in the event of a power cut)</b> | <p>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.</p>  | <p><a href="#">Sign up to Priority Services Register   UK Power Networks</a></p> <p>Go online or call free on 0800 169 9970 to register your details.</p>   |
| <b>Heads Up! Mentoring Scheme for Young People with SEND (ages 14-18)</b>  | <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 &amp; mental health conditions, learning difficulties and neurodiversity. They want to share their advice and experiences of dealing with these in school, university &amp; 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><a href="#">Head Up!   Home (head-up.org)</a></p> <p><a href="#">Find out more information, access articles and resources, and sign up for the mentoring scheme</a></p> <p><i>Safeguarding policies are available on the website; mentors have DBS checks and safeguarding training.</i></p> |



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| <b>BEEZEE BODIES</b>   | Helping you make healthy habits as a family – FREE healthy lifestyle courses!<br><a href="http://AwardWinningWeightLossandBehaviourChangeprogrammes(beezeebodies.com)"><u>Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com)</u></a><br><a href="http://ForFamilies(beezeebodies.com)"><u>For Families (beezeebodies.com)</u></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<br>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>NEW WEEK 94</b><br>Ohana  | <a href="http://Ohana HertfordshireCountyCouncil"><u>Ohana   Hertfordshire County Council</u></a><br>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.<br>See website for Summer Events.<br><br>Ralphine and Poppy’s Play Café – Stevenage<br>10am to 12pm 9 May/23 May/13 June/27 June/10 July<br><br>2024 Ohana Online Support Session every other Friday between 10:30am to 12pm 26 April/10 May/24 May/7 June/21 June<br><br>BECOME. The charity for children in care and young care leavers. Offering tailored workshops to Ohana parents. 1 May – Confidence. 19 June – Time Management.           | Contact the Ohana Team<br><br><a href="mailto:ohana@hertfordshire.gov.uk">ohana@hertfordshire.gov.uk</a> Fionna<br>07866 224876 Bev 07749 778756   |
| <b>Phase</b>   | <a href="http://PhaseHitchin-Passionateabouthelpingyoungpeople(phase-hitchin.org)"><u>Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</u></a>  | Resources for parents and young people – wellbeing and resilience  |
| <b>Hope UK</b>   | <a href="http://Home-HopeUK"><u>Home - Hope UK</u></a>   | Alcohol and drug advice for parents and young people   |
| <b>Capa First Response</b>   | <a href="http://CapaFirstResponse Youarenotalone-CapaFirstResponse"><u>Capa First Response   You are not alone - Capa First Response</u></a><br>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><br>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:<br><ul style="list-style-type: none"> <li>Representing the voices of young people within the healthcare system?</li> <li>Working in partnership with health sector professionals to improve health services for young people.</li> </ul> Email: <a href="mailto:hweicbenh.cypteam@nhs.net">hweicbenh.cypteam@nhs.net</a><br>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. |  |



## Children and Young People

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|    | <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<br/>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<br/>1<br/><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>Services for Young People is running an exciting programme of free holiday activities during the <b>Easter 2024</b> school holidays. The activities are for young people aged 13-16, including those with special educational needs and disabilities, <b>who are eligible for benefits-related free school meals</b>.</p> <p>The activities focus on healthy lifestyles. Young people will have the opportunity to take part in fun physical activities such as sports, dance and team games, get creative with arts and crafts, meet and socialise with other young people and get free healthy food every day.</p> |



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|   | <p>There will be informal healthy lifestyles workshops on healthy food choices and cooking, emotional wellbeing and resilience, healthy relationships and smoking, drug and alcohol awareness.</p> <p>The activities will take place during the Easter holidays, from Tuesday 2 to Friday 5 April 2024, with each session lasting four hours a day. These activities will be held in all areas of Hertfordshire.</p> <p>There are 20 spaces per district and the allocation of places is on a first come, first served basis. <b>Booking opens on 5 March.</b> <a href="#">Support for young people (servicesforyoungpeople.org)</a></p> |
| <b>Phoenix Group for Deaf Children</b>  | <p><a href="#">Find courses and things to do (hertfordshire.gov.uk)</a><br/><a href="#">About Us - The Phoenix Group for Deaf Children</a></p>   |
| <b>Up on Downs</b>  | <p><a href="#">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>   |
| <b>Sibs</b>   | <p><a href="#">YoungSibs - Sibs</a> For brothers and sisters of disabled children and adults<br/>Advice and support</p>  |
| <b>Herts Sports Disability Foundation</b>   | <p>Various Activities - Lots of locations - Small Charge<br/><a href="#">Find an Activity - Herts Disability (hdsf.co.uk)</a></p>  |
| <b>NEW WEEK 94<br/>Inclusive United</b><br><a href="#">Inclusive United   Inclusive Sports</a>      | <p>Inclusive United is a not for profit UK Community Interest Company (CIC) based in Hertfordshire. Main goal is to create more inclusive sport opportunities for underrepresented communities.</p>  |
| <b>Mixed Ability Rugby<br/>Hertford RFC</b><br><br><a href="#">Hertford RFC Mixed Ability Rugby</a> | <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.<br/>For more information contact <a href="mailto:projectrugby@saracens.net">projectrugby@saracens.net</a> or call Matt Thompson 07974 785072</p>  |
| <b>Junior Ability Counts<br/>Football</b>   | <p>Open to any child 7-16 years old with a disability or special education need who is able to walk.<br/>Mondays 5 to 6pm, 6 week course £18<br/>5 June to 10 July<br/>Book online: <a href="http://www.northhertsarena.co.uk">www.northhertsarena.co.uk</a></p>   |





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| <p>Football – more dates coming soon – see website for details</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><br/><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="http://nhdspl.org.uk">Home (nhdspl.org.uk)</a> 07788 391 609</p> |
| <p><b>FLYERZ HOCKEY</b><br/><a href="http://stalbanshc.co.uk">St. Albans HC Flyerz (stalbanshc.co.uk)</a><br/><a href="mailto:flyerzsahc@gmail.com">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<br/>St Albans Hockey Club, East Drive, Oaklands College, Hatfield Road, St Albans, AL4 0JA<br/>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.<br/><br/><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><br/><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>  |
| <p><b>SURVEYS</b></p>   | <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.<br/><br/><a href="#">Parent and Carer Feedback regarding their Young Person’s School Avoidance (smartsurvey.co.uk)</a></p>  |