

DSPL7

Delivering Special
Provision Locally

EARLY YEARS

Support

 **Spring term 2026**



DSPL7

St Albans District, Harpenden and Villages
Redbourn, Wheathampstead and Kimpton

Spring 2026

This booklet outlines the courses and services that are being run by external providers during the Autumn term 2025 to support parents and families who have a child or children with school anxiety. Please visit the relevant websites to book.

Calendar Dates	1
EY's Lite Bite training	3
Early Years Service	2
Electric umbrella - Little Brollies	8
Supporting Links	10
VSEND	11
DSPL7 Coffee Morning	12
Herts Support	13
DSPL7 - contact details	14

Calendar Dates

SENCo Forum	Transition Events	LHNF Panel Dates	HfL Briefings	VSEND Drop-in
Autumn – 24th September <i>(Service updates – 1-3pm)</i> Spring – 14th January <i>(Service updates – 9.30-11.30)</i> Summer – 22nd April <i>(Service updates – 9.30-11.30)</i>	Year 6-7 Transition meetings Harpenden 8th June – 9-12 St Albans 10th June – 9-12 EY Transition morning Tuesday 9th June – 9-12	<i>There are 3 LHNF panels in the Autumn term, from 9.30-10.30am. A new funding system starts in January 2026</i> Wed 17th September (8.9.25) Mon 20th October (6.10.25) Wed 19th November (5.11.24) <i>(Closing date for applications)</i>	<i>HfL Briefings are now fully funded. SENCos can join a local face to face session or attend a general online webinar.</i> Autumn: 11th Nov 9.30-11.30 Spring: 11th March 1-3 Summer: 17th June 9.30-11.30	<i>A half termly drop in session for support with using VSEND.</i> Autumn 1 – 1st Oct (1-2.30) Autumn 2 – 26th Nov (9-10.30) Spring 1 – 10th Feb (9.30-11) Spring 2 - 23rd March (1-2.30) Summer 1 – 5th May (9.30-11)
Early Behaviour Solutions	Behaviour 'At Risk' Panel	FIF Clusters/panels	MH/early EBSA Surgery	SEND Solutions
<i>Primary staff can book a 30 min slot between 1.00-4.00pm to discuss children with emerging behaviour difficulties.</i> Wednesday 10th September Wednesday 8th October Wednesday 12th November Wednesday 7th January Wednesday 4th February Wednesday 4th March Wednesday 6th May Wednesday 3rd June Wednesday 1st July	<i>A 30 min appointment can be booked between 9.30-11.30 to discuss CYP at risk of suspension or perm. exclusion</i> Monday 13th October Monday 8th December Monday 2nd February Monday 23rd March Monday 18th May Monday 29th June	<i>See new guidance. Applications are taken first to the local cluster meetings.</i> Spring 1 clusters – 19th- 28th Jan Spring 1 panel – 11th Feb Spring 2 clusters – 2-9th March Spring 2 panel – 19th March Sum 1 clusters – 27 Apr-6th May Summer 1 panel – 19th May Sum 2 clusters – 15th- 24th June Summer 2 panel – 7th July	<i>SENCos/MH leads can book a 30 min slot between 3-4.30pm to discuss concerns</i> Tuesday 30th September Tuesday 4th November Tuesday 2nd December Tuesday 27th January Tuesday 24th February Tuesday 24th March Tuesday 28th April Tuesday 2nd June Tuesday 7th July	<i>SENCos/classteachers can book a 20 min slot with the Collett outreach teacher/DSPL7 SEND Lead to discuss SEND concerns not related to SEMH or behaviour (3-4.30pm)</i> Autumn 1 – 14th October Autumn 2 – 10th December Spring 1 – 10th February Spring 2 – 18th March Summer 1 – 12th May Summer 2 – 8th July
	Cedars PSB Panel	TA solutions sessions	Primary MH leads Network	Secondary Pastoral Network
	<i>Schools can apply to the panel for a 2 term placement for pupils with SEMH but without an EHCP</i> Thursday 20th November <i>(applications by 7.11.25)</i> Thursday 12th March 2026 <i>(applications by 27.2.26)</i> Thursday 18th June 2026 <i>(applications by 5.6.26)</i>	<i>TAs can book a 20 min online slot to discuss anything SEND related to their roles.</i> Wed 24th September (9-10am) Tue 18th November (2-3pm) Wed 14th January (12.30-1.30) Tues 3rd March (11.30-12.30) Wed 22nd April (2-3pm) Tues 23rd June (9-10am)	<i>Meetings are online and organised by public health.</i> <i>To receive an invite, email Kensedia.Taylor@hertfordshire.gov.uk</i> Wednesday 5th November <i>(1.30-3pm)</i> Tuesday 10th March <i>(1.30-3pm)</i> Thursday 11th June <i>(1.30-3pm)</i>	<i>Meetings are held at Townsend School from 4-5.15pm. A variety of guest speakers provide SEMH updates.</i> Wednesday 15th October Wednesday 11th March Wednesday 10th June
Secondary Behaviour advice				

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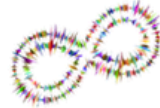
Emotional well-being and behaviour - free online Lite Bite training



Hertfordshire Autism Training



Level 3: Autism 'Lite Bites'



Wednesday 28th January 2026

- 2 topics with 2 time slots for each
- Each session lasts 30 minutes.
- Register by using the links or QR codes provided in this flyer

Sensory Circuits

The aims of the training are:

- To recognise what sensory circuits are.
- To understand when to use sensory circuits.
- To establish who would benefit from use of sensory circuits.

Wednesday 28th January 2026 09:15-09:45

Please register here:

<https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-sensory-circuits-28th-january-2026-0915am>



Wednesday 28th January 2026 10:45-11:15

Please register here:

<https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-sensory-circuits-28th-january-2026-1045am>



- ✓ Available to those employed in Hertfordshire mainstream or special schools, or any Hertfordshire Early Years setting.
- ✓ Suitable for practitioners working with children of any age, where these interventions are developmentally appropriate.

Early Years Therapeutic Approaches to behaviour (T&B)



Spring terms: Introduction course to Emotional Wellbeing and Behaviour for EY Practitioners

The aim of this short course is to give Early Years Practitioners the foundations for Emotional Wellbeing and Behaviour in the Early Years

Aims for this induction course are:

- 1. Provide you with the foundations to understand the key principles to Early Years Emotional Wellbeing and Behaviour*
- 2. To develop an understanding of Early Years stages of development and how these impact upon the Emotional Wellbeing and Behaviour that we see within our setting*
- 3. To explore our roles of Early Years Educators in supporting the development of new skills with regards to Emotional wellbeing and behaviour*

Date Wednesday 21st January 2026 at 1 - 2.30.

Location: virtual via MS Teams

Booking link: <https://events.hertfordshire.gov.uk/events/introduction-to-early-years-emotional-wellbeing-and-behaviour-january>



Spring terms Full Early Years Therapeutic Approaches to Behaviour (TAB) training

TAB is the local authority's preferred strategy to supporting emotional wellbeing and behaviour for children in the Early Years (0-5 years). The approach forms part of the authority's Emotional Wellbeing and Behaviour Strategy and is underpinned by therapeutic approaches to behaviour management.

Part 1 Virtual	Wednesday 11 th February 2025 9.30 - 12.30
Part 2 Virtual	Wednesday 25 th February 9.30 - 12.30
Part 3 Virtual	Tuesday 10 th March 9.30 - 12.30

BOOKING LINK <https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-virtual-1>

***Please note: this term's TAB training is set over 3 virtual parts. You only need to book once for all three sessions. Please be aware that you will be required to participate in all these virtual sessions
Pre-course learning. TAB builds upon the information from Attachment Aware and Trauma Informed Toolkit from Hertfordshire Virtual School. Please access the below recorded training before attending TAB sessions

[Understanding Attachment Aware & Trauma informed practice - part 1](#)

[Understanding Attachment Aware and Trauma Informed Practice - Part 2](#)



Early Years - Therapeutic Approaches to Behaviour (TAB)



Pre-course learning. TAB builds upon the information from Attachment Aware and Trauma Informed Toolkit from Hertfordshire Virtual School. Please access the below recorded training before attending TAB sessions

[Understanding Attachment Aware & Trauma informed practice - part 1](#)

[Understanding Attachment Aware and Trauma Informed Practice - Part 2](#)

Summer terms Full Early Years Therapeutic Approaches to Behaviour (TAB) training

TAB is the local authority's preferred strategy to supporting emotional wellbeing and behaviour for children in the Early Years (0-5 years). The approach forms part of the authority's Emotional Wellbeing and Behaviour Strategy and is underpinned by therapeutic approaches to behaviour management.

****Please note: this term's TAB training is set over 2 parts. Each part will need to be booked separately. We are offering**

Part 1 - virtual

Part 2 - choice between face to face OR virtual.



Summer terms TAB booking links - please book onto Part 1 and Part 2 (either face to face or virtual)

<p>Part 1 TAB VIRTUAL This is an interactive session so participation will be required</p>	<p>Thursday 4th June 9.30 - 12.30 (please log on at 9.15)</p>	<p>Booking link: https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-part-1-virtual-1</p>
<p>Part 2 TAB FACE TO FACE Robertson House <u>Six Hills Way, Stevenage, SG1 2JD</u></p>	<p>Thursday 25 June 9.30 - 3.30</p>	<p>Booking link: https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-part-2-face-to-face</p> <p>Early Years Therapeutic Approaches to Behaviour (TAB) Part 2 - virtual session 1 Hertfordshire County Council</p>
<p>OR</p> <p>Part 2 Virtual</p> <p><i>Please only book one session for Part 2. Places are limited on to Face to Face option</i></p>	<p>Thursday 25 June 9.30 - 3.30</p>	

Early Years Drop in Sessions



**Early Years Emotional Wellbeing and Behaviour Drop-In Sessions.
DSPL 7 & 8 – St Albans and Dacorum**

Virtual DROP-IN SESSIONS for Early Years settings in SPRING Term with Julie McElhinney, an Early Years Emotional Wellbeing and Behaviour Specialist:

Book time with Julie McElhinney: Thursday 29th January 2026 EWB Drop-In

Book time with Julie McElhinney: Thursday 12th February 2026 EWB Drop-In

Book time with Julie McElhinney: Thursday 26th February 2026 EWB Drop-In

Book time with Julie McElhinney: Wednesday 11th March 2026 EWB Drop-In

If you would like advice for Emotional Wellbeing and Behaviour in the Early Years, please click on the preferred date above to book a 30-minute MS Teams time slot. Once in the booking system, please access the calendar and click on the relevant date which will then give you available time slots.

**Please complete a single service request form (EY SEND and state on the form that it's the EY EWB drop-in session that you require). Parental consent is needed to discuss individual children. Send it to STADAC.ISLTEAM@hertfordshire.gov.uk
The link for the Single Service Request Form: [Hertfordshire Service Request Form](#)
- Children and young people**

Any questions, please email me directly at:

Julie.Mcelhinney@hertfordshire.gov.uk



Spring terms:

Introduction course to Emotional Wellbeing and Behaviour for EY Practitioners

The aim of this short course is to give Early Years Practitioners the foundations for Emotional Wellbeing and Behaviour in the Early Years

Aims for this induction course are:

- 1. Provide you with the foundations to understand the key principles to Early Years Emotional Wellbeing and Behaviour**
- 2. To develop an understanding of Early Years stages of development and how these impact upon the Emotional Wellbeing and Behaviour that we see within our setting**
- 3. To explore our roles of Early Years Educators in supporting the development of new skills with regards to Emotional wellbeing and behaviour**

Date Wednesday 21st January 2026 at 1 - 2.30.

Location: virtual via MS Teams

Booking link:

<https://events.hertfordshire.gov.uk/events/introduction-to-earlyyears-emotional-wellbeing-and-behaviour-january>

Early Years - Therapeutic Approaches to Behaviour (TAB)



SPRING TERM - Full Early Years Therapeutic Approaches to Behaviour (TAB) training

TAB is the local authority's preferred strategy to supporting emotional wellbeing and behaviour for children in the Early Years (0-5 years). The approach forms part of the authority's Emotional Wellbeing and Behaviour Strategy and is underpinned by therapeutic approaches to behaviour management.

Part 1 Virtual Wednesday 11th February 2026 9.30 – 12.30

Part 2 Virtual Wednesday 25th February 9.30 – 12.30

Part 3 Virtual Tuesday 10th March 9.30 – 12.30

BOOKING LINK <https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-virtual-1>

*****Please note: this term's TAB training is set over 3 virtual parts.**

You only need to book once for all three sessions.

Please be aware that you will be required to participate in all these virtual session Pre-course learning.

TAB builds upon the information from Attachment Aware and Trauma Informed Toolkit from Hertfordshire Virtual School.

Please access the below recorded training before attending TAB sessions

SUMMER TERM - Early Years Therapeutic Approaches to Behaviour (TAB) training

TAB is the local authority's preferred strategy to supporting emotional wellbeing and behaviour for children in the Early Years (0-5 years).

The approach forms part of the authority's Emotional Wellbeing and Behaviour Strategy and is underpinned by therapeutic approaches to behaviour management.

*****Please note: this term's TAB training is set over 2 parts.**

Each part will need to be booked separately. We are offering

Part 1 – virtual

Part 2 – choice between face to face OR virtual.

Booking links are on the next page

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Electric Umbrella for Schools

Using music to encourage creativity, celebrate difference and spread joy!

How do we get involved?

- Find out more and create a free online account at <https://electricumbrella.org.uk/for-schools/>
- Email any queries to schools@electricumbrella.org.uk

What can we offer schools?

LOCAL OFFER

- [Performances and workshops](#) for Mainstream Primaries (including Little Brollies for EYFS) and SEND schools
- **EDI Awareness Days** for Secondary Schools
- **Free project opportunities** like ["Shine a Light"](#) - collaborating with Electric Umbrella musicians and other schools in your area.
- **Free resources and sessions** through our online accounts
- Music, connection and so much joy!

[For more information on Electric Umbrella click here](#)

[Email: schools@electricumbrella.org.uk](mailto:schools@electricumbrella.org.uk)



Early Years Education

Nurturing Little Musicians

Interactive music classes for schools and nurseries, co-led by our incredible professional and learning disabled musicians. Using Makaton signing, we develop inclusion and belonging while celebrating difference through joyful, shared music-making.

Available to visit early years settings every Friday.

What makes Little Brollies unique?

Little Brollies is for all Early Years learners and leaders. Our workshops are specially designed to introduce the youngest members of society to a culture of kindness and celebrate that there's No Such Thing as Normal.

Through uplifting, original songs, Makaton signing, and live instruments, we encourage children to sing, move, and interact with music in ways that promote joy, connection, and confidence.

Supporting Links

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Thursdays 8.00 - 9.30pm

8th Jan to 12th Feb

Online Course ID 799

Thursdays 9.45 - 11.15am

5th Feb to 19th Mar

Online Course ID 798

Thursdays 8.00 - 9.30pm

5th Feb to 19th Mar

Online Course ID 800

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Wednesdays 9.45 - 11.30am

4th Feb to 18th Mar

Online Course ID 801

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45 - 9.15pm

7th Jan to 11th Feb

Online Course: ID 806

Mondays 7.45 - 9.15pm

2nd Feb to 16th Mar

Online Course: ID 807

Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:
07512 709556 or bookings@supportinglinks.co.uk

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund
Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request

Supporting Links

Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2026



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Eventbrite Page

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-for-parentscarers-in-herts-1046969>

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Thursday 22nd January, 7.30-9.15pm

Workshop SL809 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-809-for-parentscarers-in-herts-registration-1814636258899>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 26th January, 7.30-9.15pm

Workshop SL808 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-808-for-parentscarers-in-herts-registration-1813912474039>

SIBLING STRUGGLES



- What to do when your children fight or argue.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- Develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

Tuesday 24th February, 7.30-9.15pm

Workshop SL811 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-811-for-parentscarers-in-herts-registration-1814783268609>

TECH USE



- Understand your child's use of Social Media, Gaming & the Internet
- The effect of strategies such as banning, strict time limits or using devices as a reward or consequence.
- Teach children how to manage their tech use, stay safe online and switch off.
- Improve communication and reduce conflict.

Tuesday 24th March, 9.30-11.15am

Workshop SL810 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-810-for-parentscarers-in-herts-registration-1814951070509>

Follow us on:



Newsletter: <https://supportinglinks.co.page/png1q>

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County

Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

Valuing SEND - VSEND - dates tbc



Valuing SEND in Hertfordshire

IMPOWER

Key dates for Autumn Term 2025

Did you know over 90% of Hertfordshire's mainstream schools are now trained in VSEND? Did you know paediatricians make use of the tool as part of their diagnostic pathways for young people? This tool is Hertfordshire's expected approach to the graduated response and information-sharing.

Full training for schools/settings

*Virtual training for those who have never used VSEND before
Suitable for SENCOs and SLT looking to understand VSEND*
Book by emailing vsend@hertfordshire.gov.uk

3:30pm-5:00pm on Wednesday 24th September
11:00am-12:30pm on Monday 6th October



Full training for Early Years settings

*Virtual training for PVI's and other EYs settings who have never used VSEND before
Suitable for SENCOs and managers looking to understand VSEND*
Book by emailing vsend@hertfordshire.gov.uk

3:30pm-5:00pm on Wednesday 1st October
3:00pm-4:30pm on Monday 6th October



Joint work with a SENDIAGO

Have a complex case you'd like support to work through? Feel like you could use it as a learning opportunity for your wider staff? Request a joint piece of work involving guidance from start to finish, including signposting and training for SENCOs and the teaching team.

Request by emailing katy.alexander@hertfordshire.gov.uk

Note: this joint work is subject to SENDIAGO capacity

Rescheduled Early Years Training

Wed 05/11/2025 15:30 - 17:00

Join the meeting now
Meeting ID: 397 574 520 022 0
Passcode: NJ2Nx73G



Watch this space for:

- Setting readiness training and workshops
- Moderation sessions
- Focused work



Call/email Ask SALI or email vsend@hertfordshire.gov.uk for any queries

SEND 25/26 Coffee Mornings

DSPL7 & Vista St Albans+ host coffee mornings where School and SEND Family Workers are available to support parents / carers of children with SEND regardless of a diagnosis. This is an informal and safe place for parents / carers to share information and chat. The DSPL7 SEND Lead and other professionals may also be available for discussions. There is no need to book to attend this drop in session.

Dates:

Mornings on 8th October, 25th November, 28th January, 17th March, 13th May & 30th June

Time:

9:15 - 11:30am

Venue:

The Hub, Fleetville Junior School, 228 Hatfield Road, St Albans, AL1 4LW. The Hub is to the right hand side of the school building at the bottom of the car park. **There is no parking available onsite, but 3 hours free parking is available nearby in Morrisons supermarket.**

Appointments

Running alongside our coffee mornings, there is also the opportunity to reserve a 20-30 minute appointment to speak to the following professionals between 9:30am - 12:00pm.

To book an appointment:

Please email
admin@dspl7.org.uk

Dates	Professionals attending
Wednesday 8 th October	Thelma Mugovera - Ask Sali (EHCP advice)
Tuesday 25 th November	Harri Nicholas - EBSA
Wednesday 28 th January	Laura Tarrant - ASD & PDA
Tuesday 17 th March	Jess Pickle - First Steps, eating disorders, ARFID
Wednesday 13 th May	Tanya Suri - Speech and language
Tuesday 30 th June	Elaine Bridle- ADHD

Vista contact details: EMAIL: info@vistasupportservices.org.uk

WEBSITE: vistasupportservices.org.uk **TEL:** 01727 519128

DSPL7 contact details: 01727 519229 admin@dspl7.org.uk

www.dspl7.org.uk

Herts Support Services:

Other Hertfordshire-Specific Support Services:

- **Childline** – if you're under 19, you can call **0800 1111** to talk to the helpline between 7:30am and 3:30am every day. The number will not appear on your phone bill.
- **Sandbox** – NHS-funded service to support children and young people in South Staffordshire and Hertfordshire with their mental health and well-being.
- **Papyrus** – Tel: **0800 0684141** Text: **0778 6209697** Email: **pat@papyrus-uk.org**, 10am-10pm weekdays, 2pm-10pm weekends and bank holidays.
- **Samaritans** – Call **116 123** to talk or email: **jo@samaritans.org** for a reply within 24 hours.
- **Just Talk** – multi-agency campaign, steered by young people.
- **Hertfordshire Local Offer** – The Local Offer lets parents and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them.
- **Herts Mind Network** – Their aim is to make sure that no-one has to face a mental health problem alone.
- **First Step ED skills** – offers free online workshops for Hertfordshire parents, carers & older siblings, who are supporting a young person with their body image, disordered eating and/or eating disorders.
- **With Youth** – provides online support to children and young people experiencing mental ill health and/or emotional distress. Available for any Hertfordshire resident aged 5-18, as well as parents, carers and professionals.
- **Angels Support Group** – For Parents/carers with children with ADHD and/or on the Autistic spectrum
- **ADD-Vance** – A Hertfordshire-based charity that supports families affected by ADHD, Autism or a related condition and the professionals who support them.
- **Space** – supports families of children and young people who are autistic, or have ADHD or other neurodiverse conditions.



Delivering Special Provision Locally

Who are we?

DSPL7 supports parents and carers, staff in early years settings, schools and further education colleges by ensuring there is a range of provision and support services within the St Albans and Harpenden area for children and young people with additional needs.

Contact Us



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