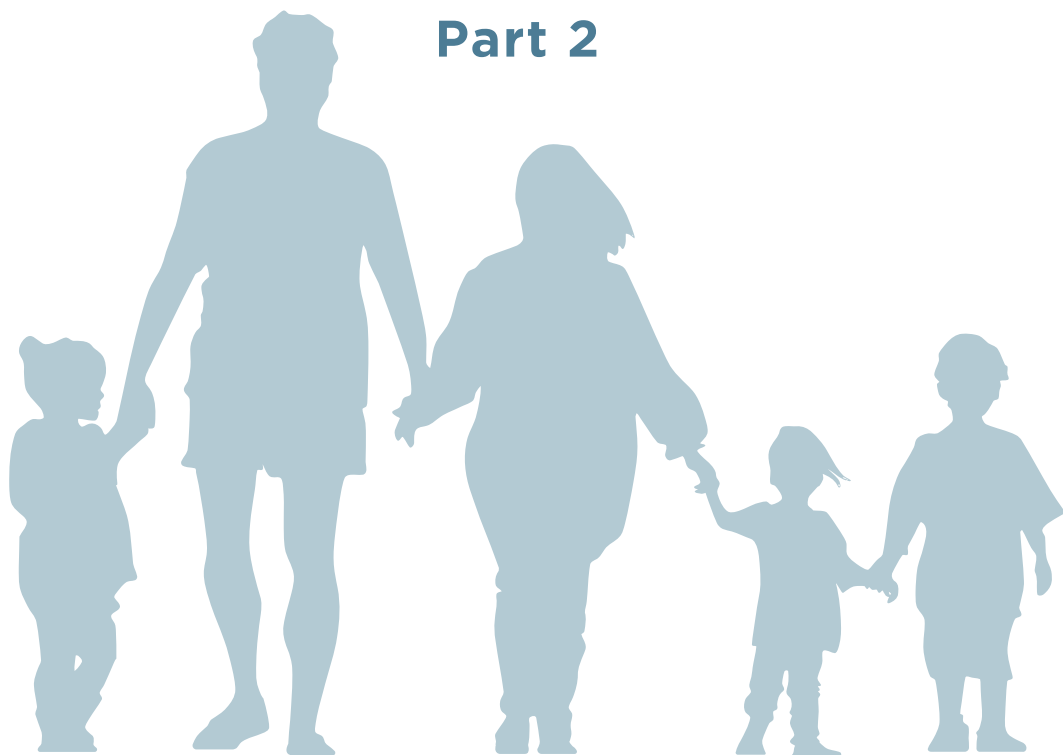


DSPL7

Delivering Special
Provision Locally

Parenting Support Summer term 2026

Part 2



DSPL7

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

SUMMER TERM - This booklet outlines the courses and services that are being run by external providers over the Summer term 2026 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

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The Bridge - support group



What is The Bridge?

The Bridge is a support group designed for parents, carers and young people in school years 6,7 and 8 who are struggling with school attendance. This includes those who are not attending school at all or on a significantly reduced timetable.

Purpose of The Bridge?

The group aims to provide a safe and supportive environment where families can:

- Share experiences
- Receive emotional and practical support
- Build confidence and resilience

Topics Covered

- Anxiety and worries related to school.
- Friendships and social dynamics
- Health and wellbeing
- Neurodiversity
- The Future

Who is running the group?

The sessions are facilitated by Alison and Karina from the Intensive Family Support Team, working alongside a range of specialist professionals who offer tailored insights and support.

Session Details

Sessions will run for 12 weeks starting on Thursday 16th April 2026—9th July 2026

Time: 12:30pm-2:30pm

Where: Welwyn Garden City Cricket Club, 288 Knightsfield, WGC, AL8 7NQ

Please contact Alison or Karina with any questions:

Alison.cowie@hertfordshire.gov.uk or karina.saunders@hertfordshire.gov.uk

2026 SEND Coffee Mornings

DSPL7 & Vista Support Services 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.

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 28 th January 2026	Laura Tarrant - ASD & PDA
Tuesday 17 th March	Jess Pickle - First Steps, eating disorders, ARFID
Wednesday 13 th May	Kayleigh Clayton - Speech and language
Tuesday 30 th June	Elaine Bridle- ADHD

Sandbox

What Is The Sandbox?

The Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**.

Mental health struggle is something most of us will experience at some point in our lives – it's simply part of being human. We're here for you when that happens.

We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.

Not sure where to start? Head over to the **Service Zone**.



Who Is The Sandbox For?

The Sandbox is for **Children and Young People** who want additional support for their mental health.

Everything on **The Sandbox website** can be accessed **without registering**.

If you need **additional support**, continue reading below where you will find a **self-referral assessment** to access **NHS funded therapy**.



The Toolbox – Autism & ADHD Resources



The **Toolbox** is a brand new website for Young People who have been diagnosed with or suspect they have **Autism** or **ADHD**.

Find out about **local workshops** (Hertfordshire only), national organisations, and go through our **resources** to help you better understand and live with those conditions.

Let's Go!

The cover of 'The Talkbox' podcast. It features a young woman with dark hair and a yellow top, standing next to a laptop. The text on the cover includes 'The Talkbox', 'A PODCAST ON YOUNG PEOPLE'S MENTAL HEALTH FOR PARENTS, CARERS, AND PROFESSIONALS', and 'by The Sandbox exclusively on sandbox.mindful.co.uk'. The background is dark blue with a light blue circle containing the word 'podcast'.

The Talkbox

Our **podcast episodes** on topics related to young people's mental health

Supporting You Project - Summer dates tbc



Hertfordshire County Council Services for Young People

Supporting You Project

Supporting You Project

for 13-17s

Every Thursday 6-8pm
at Pioneer Young People's

Centre

Heathlands Drive

St Albans

AL3 5AY

Supporting You is a project which equips young people with the tools to help themselves to strengthen their resilience and emotional well-being. Attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills plus a method for planning how to achieve goals. Sessions are delivered by Youth Workers trained to deliver CBT.

Complete the SfYP referral form (QR code below) or contact the St Albans Team to join.

Hertfordshire County Council is excited to offer young people the opportunity to participate in the **Supporting You Project**, which is designed to build resilience and emotional well-being. This project is aimed at 13-17 yr olds, takes place every **Thursday from 6-8pm** at the **Pioneer Young People's Centre in St Albans** (Heathlands Drive, AL3 5AY).

The **Supporting You Project** provides young people with the tools they need to help themselves navigate challenges and develop positive mental health. Over the course of the project, attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills, as well as a method for planning and achieving personal goals. These valuable skills are delivered by Youth Workers who are specially trained in CBT techniques.

If you or someone you know would like to join, you can complete the SfYP referral form by scanning the QR code in the poster or contact the St Albans Team for more details.

Spring term this project will be held here-



Dacorum Supporting You Project

Wednesdays 5:30 – 7:30pm

Bennetts End Young People's

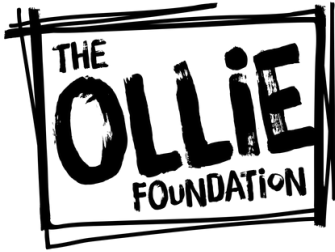
Centre, Kimps Way, Hemel

Hempstead, HP3 8EN

Tel: 01442 454060
SFYP.StAlbans@hertfordshire.gov.uk
www.servicesforyoungpeople.org
X   @HCCSFYP



OLLIE Foundation



Parents and Carers

When your child (no matter their age) feels distressed, overwhelmed, or sad, chances are you do too, and we know that navigating the available support can be both daunting and isolating.

If you are also worried that your child may be self-harming or having thoughts of suicide, you may find yourself walking on eggshells, not sure what to say. At Team OLLIE, we know how delicate you and they are feeling right now, and we are here to support you. OLLIE can signpost you to immediate help and guide you through some useful resources and/or training that may feel helpful.

Training

OLLIE's **training** is designed to be both highly relevant as well as actionable for parents and carers, providing you with additional skills and knowledge to understand what might help in your situation and what other help is available.

From mindful drawing classes, talks exploring the neuroscience of emotion and stress, through to prescription safe plans, suicide prevention, intervention and postvention support, OLLIE is here to help. Our online talks and **training sessions** are always fully funded for parents and carers.

Events

We hope that by attending an OLLIE event we deepen your understanding of well-being, and leave you with hope for the future. Our event programme is designed to nourish the mind, body, and soul.

Below, you will find information on all of OLLIE's upcoming events and activities. Additional dates are always being added so please check back regularly or **sign up to our mailing list** where we can keep you up to date with all things OLLIE.

For general enquiries please call **07715 311 891** or email **contactus@theolliefoundation.org**.

OLLIE Foundation

Need help now?

If you believe your child is in crisis or feeling suicidal [get emergency help here](#).

If your gut instinct is that something is wrong, trust it. You know your child better than anyone. If your child has shared that they're feeling suicidal, or have acted on those thoughts, as difficult as it might be, they need you to stay as calm as possible and think for them. If you want some help and advice on how to talk with them, OLLIE provides some gentle guidance in the [Help and Advice section](#) and in particular, these [FAQs](#) may feel useful. During office hours, and if there isn't an immediate threat to life, there is usually someone at OLLIE that you can speak to, too!

Helplines

Many national and local helplines provide the opportunity to talk about how you're feeling, share your problems and find out how you can access more support.

- [PAPYRUS HOPELineUK](#) is manned by suicide prevention advisers who are mental health professionals trained in suicide prevention intervention skills.
- [Samaritans helpline](#) is answered by trained volunteers who will listen to you and help you talk through your concerns, worries and troubles.
- [CALM](#) offers confidential anonymous, and free support, information and signposting for anyone anywhere in the UK through their helpline.
- The [SANELine](#) is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.
- [Shout](#) is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. They take people from crisis to calm every single day.
- [7 Cups](#) – Free online and confidential chat with therapists and trained listeners.

Please be aware that all the helplines listed can get very busy, and you might ring at a time when there are no call handlers available.

Please don't give up. You could try the [Hub of Hope](#), a UK online service directory as they may list other organisations that will be able to support you.

Download our [service directory](#) to find UK services covering a range of concerns.

Call our Parents Helpline for free on [0808 802 5544](tel:08088025544).

We're open Monday - Friday 9:30am - 4:00pm.

Mobility Hubs Service



- Do you need alternatives to driving a car?
- Looking to travel by public transport using a wheelchair?
- Are you unsure about your travel options with a physical or hidden disability?
- Seeking venues suitable for older people? / Finding social venues for older people to reduce isolation?

Discover the answers and many more travel solutions with the Hubs Mobility Service:

- Rights as a disabled passenger
- Accessible buses & coaches
- Local, national & international travel
- Easy access rail & air travel
- Hiring/purchasing scooters & wheelchairs
- Community transport

hubinfo@hertsability.org.uk

Driving Lessons and Theory Test Support Service

Learning to drive can be daunting for many people, especially if you have restricted mobility or a disability – not with Herts Ability!

Our highly trained, specialist Approved Driving Instructors (ADIs) have the knowledge and experience to help you get behind the wheel with confidence. We can help you learn to drive with adapted controls and support you with theory tests.

Working alongside Occupational Therapists, our ADIs are 100% committed to helping you pass your test and can offer either one-to-one tuition or group sessions.

Want to volunteer?
Call us now!

We help **you** get mobile

Part of the national Driving Mobility network, supported by The Department for Transport, we provide a friendly adapted driving and personal mobility assessment service for people of all ages.

You can self refer to our services or be signposted from the DVLA, NHS and Motability. Whatever your disability or mobility issues we can help you to drive or achieve the best possible outcome with mobility equipment or accessible travel. We can help you if:

- A medical condition may impact on your decision making whilst driving
- You need specialist car adaptations to drive safely
- You are an older driver concerned about driving
- You are looking to return to driving after illness/injury
- You find accessing a car difficult



Call us today, we're ready to get you mobile:

01707 324581

driving@hertsability.org.uk hertsability.org.uk

Scan for our introductory video



Potential kids - 2026

POTENTIAL
KIDS

For Neurodivergent Children, Young People
Their Siblings and Parents/Carers

APRIL 2026 ACTIVITIES



Date		Sessions	Time	Venue
31march - 12 April	Easter Holidays	Please see our Easter Flyer		Spaces still available for some sessions
13th,27th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.00	The Zone@The Galleria
16th,23rd 30th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
16th	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
17th	Fri	Youth Group 16 Plus	6.30 8.00	The Hub@The Galleria
17th,24th	Fri	Parent /Carer Wellbeing	12.30 2.00	The Zone@The Galleria
18th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre Astro Turf
20th	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.00	The Zone@The Galleria
21st	Tue	Roller skating	6.00 7.30	Roller City Campus West
23rd	Thur	Trampoline Age 5+	5.30 6.30	Gosling Sports Centre
24th	Fri	Skateboarding Age 9+	5.30 6.30	Pioneer Club St Albans
25th	Sat	Potential Tracks Train Club 10+	12.00 2.00	The Hub@The Galleria
25th	Sat	Basketball/Archery	4.00 5.00	Birchwood Leisure Centre

To book visit : potentialkids.org.uk/events

For futher information email: info@potentialkids.org

the galleria
OUTLET SHOPPING



SCAN FOR ALL OF OUR
IMPORTANT LINKS



EMPOWERING PARENTS TO HELP CHILDREN THRIVE



Bounce Forward, in collaboration with the Harry Kane Foundation, are gifting a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.

What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

Contact Us

schoolsmh@hertfordshire.gov.uk

Services for young people

The Services for Young People St Albans Team runs a wide range of groupwork projects for young people at our young people's centres as well as street-based projects across the district. If you have any questions about our support for young people in the St Albans district or would like to join a project, please:

Email: sfyp.stalbans@hertfordshire.gov.uk

Call: 01442 454060

Text: 07860 065195

Website: www.servicesforyoungpeople.org

Parents/carers and professionals who work with young people can refer a young person to a youth work project. Full details of the specific youth work projects currently running for young people in the St Albans district can be found online.

Creative Spark Project for young people aged 13-17 with SEND

Creative Spark Project for young adults aged 18-25 with SEND

Duke of Edinburgh's Award

St Albans Emotional Wellbeing Project

Friday night projects for young people at risk of exploitation or crime

Harpenden and Pioneer Young People's Centres

Young People's Centre and Care Leavers Hub

Raising Aspirations Project for home educated young people

St Albans LGBT+ Project for young people facing challenges in their lives

St Albans Youth Council

Positive Pathways project for young people at risk of exploitation or crime

St Albans Youth Council for young people with SEND



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of children with Autism & ADHD

(and those on assessment pathways)

Our free evidence based online, interactive course for Hertfordshire parents of children aged 4 to 11 helps parents to increase understanding of Autism, ADHD, Sensory needs and how to support children's emotional regulation.

We provide tried & tested strategies for a calmer and happier family life or all.

Monday

9.30am-11.30am *or*

12.30pm to 2.15pm *or*

6.30pm to 8.30pm

February 23rd & March 2nd 9th 16th 23rd

**Email Francine and Lesley today:
bookings@familiesinfocus.co.uk**

Funded by
Hertfordshire
County Council



[Visit Family in Focus website - click here](#)



We are a charity set up to raise awareness about childrens' (between 7-16) mental health. Our mission is to be part of the change to see earlier interventions for young children who are either struggling with mental their mental health or living non-neurotypical lives in a neuro-typical world.

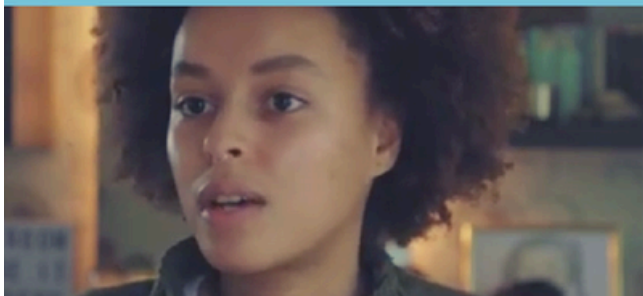
WWW.NIPINTHEBUD.ORG



WHY ARE WE HERE?

We're all too aware that certain expectations of young children in certain settings that lack understanding can often lead to issues with self esteem and mental health struggles. We are here to raise awareness and empower people (parents, carers, teachers and school communities) so that they can recognise and respond to ALL childrens needs as early as possible.

Mental health had a profound impact on our founders', Kitty and Daniel's lives. Their daughter first displayed symptoms of OCD at the age of eight but wasn't diagnosed until well into her late teens - precisely because there was such a serious lack of information about children's mental health conditions at the time. Nip in the Bud® was set up to encourage awareness and empower communities about mental health in young children through our free films & resources.



OUR RESOURCES (FILMS & FACTSHEETS) COVER

[ATTENTION DEFICIT HYPERACTIVITY DISORDER \(ADHD\)](#)

[ANXIETY DISORDERS](#)

[AUTISM SPECTRUM CONDITION \(ASC\)](#)

[DEPRESSION](#)

[EATING DISORDERS](#)

[CONDUCT & OPPOSITIONAL DEFIANCE DISORDERS](#)

[OBSESSIVE COMPULSIVE DISORDER \(OCD\)](#)

[SELF-HARM](#)

[TRAUMA](#)

[POST-TRAUMATIC STRESS DISORDER \(PTSD\)](#)

[MANAGING EMOTIONS](#)

WWW.NIPINTHEBUD.ORG



WE'RE ALSO ABOUT TO LAUNCH A PODCAST

We're very aware, from the children, families and adults who we've met who have gone through mental health challenges or experienced life as a neurodivergent person, living in a "neuro-typical" world, that film is sometimes a challenge.

So we've decided that a Podcast is the perfect way to ensure that we don't lose the chance to tell peoples' stories, purely because they'd prefer not to be on film.

Our regular podcast aims to raise awareness and understanding of mental health conditions in children and young people, in order to offer support and information to our local community.

The podcast will feature information, advice and tips on how to recognise and respond to mental health needs. Guests will range from SENDCos, teachers, medical experts, parents, as well as children and young people.

This will allow the opportunity for the community to have a voice and be able to share their knowledge and experiences in order to help others. The goal is to increase the prospects of early intervention and to reduce the risks of mental health conditions becoming more serious in later years.

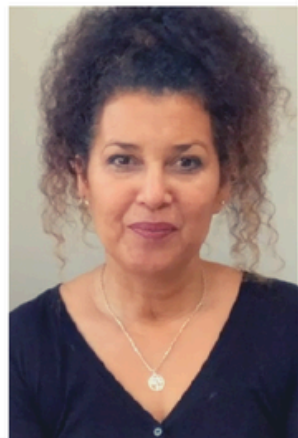
We are also very lucky to have Alis Rocca as part of this project. Alis brings with her over 18 years as a teacher, senior leader, Head Teacher, and Education Consultant which is seamlessly blended with her passion for physical and mental health and wellbeing, connected to personal and organisational leadership development.

Alis's ability to empathise and communicate with young children, combined with her knowledge of how to support them, their families (& through her 'whole school' approach, her teaching staff and school communities) makes her the perfect expert to bring these critical conversations to life.

OUR LATEST LAUNCH: EARLY INTERVENTION

Our mission is to promote the importance of Early Intervention so we were keen to look at how to facilitate it in the lives of families we aim to support.

"Early Intervention" is our latest series - 4 short films. Each made to support parents and carers who are navigating the journey from feeling like something feels different with their child to getting the right help - be that from schools, their GPs to applying for an ECHP - demystifying the process with helpful tips from experts in the field - again with our wonderful friend Alis Rocca.



[Podcasts here here](#)



About Shout

Shout is the UK's first and only free, confidential 24/7 text messaging service for anyone struggling to cope.

Shout is powered by the charity:

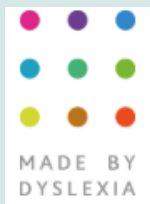
[mentalhealthinnovations](#)

About Shout

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

As a digital service, Shout became vital during Covid-19, as one of the few mental health services able to operate as normal at this time. We have seen the need for our support remain high through the UK's cost of living crisis.

Shout is powered by the charity [Mental Health Innovations](#), which also powers [The Mix](#), a service providing free, anonymous online advice about the important issues in young people's lives.



Made by Dyslexia



How to **spot, support & empower** your dyslexic child.

What is **dyslexia**?

Dyslexic brains process information differently. This results in a pattern of strengths, like problem solving, creative thinking and seeing the big picture. Plus, challenges like spelling, reading, writing and rote learning.

Knowing how to spot, support and empower dyslexic thinking can transform the life of any dyslexic child.

How to **spot** it

- 1** Dyslexia can be identified at 5 years or earlier. The earlier it's discovered and supported, the sooner dyslexic kids catch up and keep up.
- 2** A mismatch between what an individual seems capable of verbally and the written work they produce is a strong indicator of dyslexia.
- 3** The 'label' is vital for our understanding. Adjustments and accommodations that come with identification are crucial for our success.
- 4** You can spot dyslexia as much by the strengths as by the challenges. Dyslexic strengths are in high demand in today's workplace.
- 5** 4 in 5 dyslexics say knowing they were dyslexic helped them develop the perseverance to succeed. Identification is key to our self-esteem.

[Made by Dyslexia - videos - click to watch](#)

Recognising Dyslexia in Children

Our film explores what dyslexia is and how it might feel to have dyslexia.

Our factsheet explores signs of dyslexia. This introductory factsheet contains headline information.

So, what is dyslexia?

In simple terms, dyslexia is a developmental difference in learning which affects the ability to learn to read and write fluently. Dyslexia often runs in families and without intervention, affected children are at risk of educational underachievement.

Dyslexia primarily impacts reading and writing but people with dyslexia may experience a wide range of difficulties including memory problems, organisational difficulties and problems in information processing especially in the language regions of the brain.

Dyslexic people may have difficulty processing and remembering information they see and hear; in turn this can affect learning across the curriculum, for example in mathematics and when learning a foreign language.

Dyslexia occurs across the range of intellectual abilities.

Every dyslexic child is an individual. Every experience of dyslexia is unique.

Some students with dyslexia may avoid reading because it can be both tiring and stressful. Their lack of 'print experience' can exacerbate their basic difficulties and compromise further their ability to keep pace with their classmates. In turn, this may lead to declining levels of self-esteem and confidence.

Although Dyslexia often creates challenges for children, dyslexic children can also develop amazing talents if they are given the time and space to explore other ways of learning which work for them.

Signs of dyslexia (Primary school age)

- If a child has an uneven academic profile – strong in some areas, weaker in others - this may be an indication of dyslexia.
- If family members have similar weaknesses.
- Slow or problematic development of speech and language

Remember that not all dyslexic children will display the same weaknesses and abilities. Some of the main issues are:

- Slow speed of processing information.
- Difficulty following instructions.
- Fidgeting.
- Difficulty finding the right word or forming answers to questions.
- Forgetting words altogether.
- Poor motor skills and pencil grip leading to poor handwriting and messy work.
- Trouble retaining phonetic information (smaller sounds that make up words).
- Confusion between letters which look and sound similar, particularly b/d, p/g, q/v, n/u, m/w.

Dyslexia in Children fact sheet

- Slow progress with reading and reading aloud.
- Finding it difficult to blend sounds together.
- Struggle to learn sequences, such as days of the week, months of the year, the alphabet or times tables.
- Difficulty with time concepts, learning to tell the time, keeping to time, yesterday, today, tomorrow.
- Confusion with place value e.g., units, tens, hundreds.
- Differentiating between up and down, left and right, east and west.

Next steps

If there are concerns that a child may be dyslexic it would be good for the parent and the teacher/or the Special Educational Needs Coordinator (SENCO) to discuss this and perhaps apply for a diagnostic assessment carried out by a certified dyslexia assessor. In the meantime, the child could start receiving the appropriate support they need straight away in the classroom setting.

If dyslexia is left untreated it can lead to:

- Frustration
- Low self esteem
- Anxiety or other co-occurring mental health conditions
- Withdrawal from friends or others
- Behaviour issues

Potential strengths in dyslexic children

- Creativity
- Imagination
- Curiosity
- Being good at solving problems and puzzles
- Thinking outside the box
- Thinking in pictures rather than words
- Showing talent in other areas such as sport, art, music
- Being observant
- Being empathetic and intuitive

[Nip in the Bub website and link to videos](#)

Youth Mental Health First Aid Training

FREE



1 day Champion course designed specifically for school professionals working with 8 to 18 year olds.

You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Friday 21 Nov 2025 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
Friday 5 Dec 2025 9.30am to 4pm	Hertfordshire County Council, Robertson House, Stevenage, SG1 2FQ	School Professionals	Parking available on site
Friday 23 Jan 2026 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 6 Feb 2026 9.30am to 4pm	Springmead Primary School, Welwyn Garden City, AL7 2HB	School Professionals	Parking available on roads near the venue
Friday 27 Feb 2026 9.30am to 4pm	The Hub, Fleetville Junior School, St Albans, AL1 4LW	School Professionals	Parking available on site
Friday 6 Mar 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site

2 day First Aider course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

You will learn:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills, such as non judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support
- How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- Tools to look after your own wellbeing

Thursday 6 & Friday 7 Nov 2025 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	School Professionals	Parking available on roads near venue
Thursday 15 & Friday 16 Jan 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site

To book your place please email schoolsmh@hertfordshire.gov.uk
Places are limited to two representatives per education setting

Groups and workshops

Summer 2026



Bringing Up Confident ADHD/ASD Children (6 weeks) Online group Thursday 14th May to 25th June, 7pm - 9pm

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Wednesday 13th May to 24th June, 7pm - 9pm | Monday 1st June to 6th July 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Getting on with your Pre Teen / Teen (6 weeks) Online group

Friday 5th June to 10th July, 9.30am to 11.30am

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Sibling Rivalry Online Workshop

(Date to be confirmed)

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

Reducing Conflict Online Workshop

(Date to be confirmed)

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

Anxiety around ADHD Online Workshop

(Date to be confirmed)

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

All our programmes provide support, information and resources to parents/carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more information about our programmes, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk or scan the QR code for our online form.



We build better family lives together

www.familylives.org.uk  [@familyliveshertsandbeds](https://www.facebook.com/familyliveshertsandbeds)

Funded by
Hertfordshire
County Council





Families feeling safe

We are pleased to provide details of our Protective Behaviours courses for parents and carers funded by Hertfordshire County Council starting after Easter. Places are fully funded (free) for parents who may need some additional support. Courses are running term-time online and in-person. We would really appreciate it if you could pass on the details to your colleagues, networks, parents and carers:

In person:

For parents & carers of children 5-19yrs

Hertford - Thursdays 16 April – 11 June 9.30am – 11.30am

[Please click here for the poster](#)

Broxbourne - Fridays 24 April – 26 June 9.30am – 11.30am

[Please click here for the poster](#)

Online:

For parents and carers of children 0-19yrs

Mornings - Wednesdays 6 May – 1 July 9.30am – 11.30am

[Please click here for the poster](#)

Evenings - Wednesdays 6 May – 1 July 7.00pm – 9.00pm

[Please click here for the poster](#)

For Dads and male carers of children 0-19yrs

Evenings – Thursdays 7 May – 2 July – 7.00pm – 9.00pm

[Please click here for the poster](#)

This is an evidence-based course to help build skills to create a calmer, safer family life and:

- Understand how Feelings, Thoughts and Behaviour link together
- Understand what may be influencing their child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on their own and their child's strengths
- Learn strategies to help them and their child/ren feel safe

Places can be booked by professionals referring and by parents and carers using this link

<https://forms.office.com/e/iz949mReq8>

or QR code



*To be eligible for a place, either parent, child/ren or both need to live in Hertfordshire and will need to provide some information about their needs however, no other services need to be involved to be eligible.

Any questions or for more information, please email enquiries@familiesfeeling-safe.co.uk or call 07850 518216

Children's Wellbeing Practitioner Workshops

Children's Wellbeing Practitioner Workshops April – June 2026

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.



All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
<p>Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	<p>Tuesday 28th April 10am-12pm Tuesday 30th June 6-8pm</p>
<p>Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	<p>Tuesday 7th April 6-8pm Monday 8th June 6-8pm</p>
<p>Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</p>	<p>Monday 13th April 10am-12pm Tuesday 5th May 6-8pm Monday 15th June 10am-12pm</p>
<p>General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	<p>Tuesday 21st April 6-8pm Wednesday 20th May 10am-12pm Tuesday 23rd June 6-8pm</p>

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>



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



DSPL7, The Hub, 228 Hatfield Road, St Albans, AL1 4LW



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admin@dspl7.org.uk



www.dspl7.org.uk



dspl7_stalbansandharpenden

