

DSPL7

Delivering Special
Provision Locally

Parenting 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 over the Spring 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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Supporting Links - workshops

Parent & Carer Support Spring Term 2026



FREE to parents and carers living in Hertfordshire

TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Mondays 7.45 - 9.15pm
5th Jan to 9th Feb
Online Course: ID 804

Wednesdays 7.45 - 9.15pm
4th Feb to 18th Mar
F2F Course: ID 802
St Albans (venue tbc)

Thursdays 7.45 - 9.15pm
5th Feb to 19th Mar
Online Course: ID 803

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Tuesdays 7.45 - 9.30pm
6th Jan to 10th Feb
Online Course: ID 805

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Tuesdays 8.00 - 9.30pm
6th Jan to 10th Feb
Online Course ID 797

Tuesdays 9.45 - 11.15am
3rd Feb to 17th Mar
Online Course ID 796

[Supporting Links Website](https://www.supportinglinks.org.uk)

Supporting Links - workshops

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

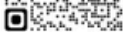
[Supporting Links Website](http://www.supportinglinks.co.uk)

Supporting Links - workshops

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.eo.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.

Supporting Links - workshops

FUNDED Courses for Parents Spring 2026

All of the information and flyers can be found on our website.

<https://www.supportinglinks.co.uk/whatson.html>

These are all funded by Herts County Council so are FREE for parents to attend.

Courses: Phone 07512 709 556 to book

6-Weeks	Location	ID	Dates 2026	Day	Time
Talking Additional Needs	Online	797	6th Jan to 10th Feb	Tue	8.00-9.30pm
Talking Additional Needs	Online	796	3rd Feb to 17th Mar	Tue	9.45-11.15am
Talking Families	Online	799	8th Jan to 12th Feb	Thu	8.00-9.30pm
Talking Families	Online	798	5th Feb to 19th Mar	Thu	9.45-11.15am
Talking Families	Online	800	5th Feb to 19th Mar	Thu	8.00-9.30pm
Talking Anxiety in Families	Online	801	4th Feb to 18th Mar	Wed	9.45-11.30am
Talking Teens	Online	804	5th Jan to 9th Feb	Mon	7.45-9.15pm
Talking Teens	St Albans	802	4th Feb to 18th Mar	Wed	7.00-9.00pm
Talking Teens	Online	803	5th Feb to 19th Mar	Thu	7.45-9.15pm
Talking Anger in Teens	Online	805	6th Jan to 10th Feb	Tue	7.45-9.30pm
Talking Dads	Online	806	7th Jan to 11th Feb	Wed	7.45-9.15pm
Talking Dads	Online	807	2nd Feb to 16th Mar	Mon	7.45-9.15pm

COURSES

Parents can book by phoning 07512 709556

Or email bookings@supportinglinks.co.uk

Please include your phone number as we cannot book a place without speaking to you.

Professionals can contact us for priority places for parents they are working with.

Full details are also on our website. <https://www.supportinglinks.co.uk/whatson.html>

[Click here to view or book courses](#)

The Pioneer Club- Step Forward



FREE

SCHOOL AVOIDANCE SUPPORT GROUP

GET INVOLVED, MAKE CONNECTIONS & STEP FORWARD!

Wednesdays 1- 3pm
The Pioneer Club, St Albans

FREE TO ATTEND

DROP-IN SESSION

NO NEED TO BOOK

FREE REFRESHMENTS

ARTS & GAMES ACTIVITIES FOR CHILDREN

A collaboration between

Vista
Support Services

**The
Pioneer
Club**

Registered charity number 302455

[Pioneer Website](#)

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
 - Anxiety
 - School

No
Diagnosis
Required

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you
Parent, Carer
or
Professional?



01727 833963 

 supporthub@add-vance.org

Term Time Opening Hours

9AM - 1PM - Monday, Wednesday & Friday

9AM - 3PM - Tuesday & Thursday


7PM - 9PM - Wednesday (By Appt)

9AM - 1PM - During School Holidays



We Can't:

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors

Here to support, reach out for a listening ear 



Herts Mental Health,
Learning Disability and
Autism Health and Care



[Add-Vance Website](#)



FREE ONLINE SPRING 2026 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	5.1.26	19:00 - 20:30	Online
Understanding Autism	Parents/carers	Wed	7.1.26	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Fri	9.1.26	10:00 - 11:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/carers	Mon	12.1.26	19:00 - 20:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/carers	Wed	14.1.26	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Fri	16.1.26	10:00 - 11:30	Online
Support for Dads	Parents/carers	Mon	19.1.26	19:00 - 20:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Wed	21.1.26	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Fri	23.1.26	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	26.1.26	19:00 - 20:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	28.1.26	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Fri	30.1.26	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	2.2.26	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	4.2.26	10:00 - 11:30	Online
Working in Partnership with School	Parents/carers	Fri	6.2.26	10:00 - 11:30	Online
Thinking about University	Parents/carers	Mon	9.2.26	19:00 - 20:30	Online
Thinking about College	Parents/carers	Wed	11.2.26	10:00 - 11:30	Online
Half Term					
Understanding Medication Options	Parents/carers	Mon	23.2.26	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/Carers	Wed	25.2.26	19:00 - 20:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/Carers	Fri	27.2.26	10:00 - 11:30	Online
Tips & Tools to Manage School Absence	Parents/Carers	Mon	2.3.26	10:00 - 11:30	Online
Applying for an EHCP	Parents/Carers	Wed	4.3.26	10:00 - 11:30	Online
Understanding Anxiety	Parents/carers	Wed	4.3.26	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Fri	6.3.26	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Mon	9.3.26	10:00 - 11:30	Online
Supporting Siblings	Parents/carers	Wed	11.3.26	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Fri	13.3.26	10:00 - 11:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Mon	16.3.26	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/carers	Wed	18.3.26	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/carers	Fri	20.3.26	10:00 - 11:30	Online
Supporting the Transition to Secondary School	Parents/carers	Mon	23.3.26	10:00 - 11:30	Online
Tip & Tools for Positive Behaviour	Parents/carers	Wed	25.3.26	19:00 - 20:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

📞 01727 833963

✉️ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

[Click here to view or book Add-Vance Courses](#)

Add-vance - courses



UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS

FREE INTRODUCTORY 6-WEEK COURSE
FOR PARENT/CARERS

ABOUT THE COURSE

This interactive course is designed for parents/carers of girls aged 5 to 14 yrs (or 4 and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Dates: Tuesdays, 10/2 to 24/3
Time: 10 am to 12 pm
ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your **FREE** ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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[Click here to view or book Add-Vance Courses](#)

Add-vance - courses



UNDERSTANDING ADHD & AUTISM FOR DADS

FREE INTRODUCTORY 6-WEEK COURSES
FOR PARENTS/CARERS

ABOUT THE COURSE

These interactive courses are designed for dads /male carers of children aged 5 to 14 with a diagnosis or suspected diagnosis of ADHD and/or Autism.

ALL SESSIONS MUST BE ATTENDED

TIME AND PLACE

Dates: Wednesdays, 11/2 to 25/3

Time: 7 - 9 pm

ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

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[Click here to view or book Add-Vance Courses](#)

Add-vance - Spring Term Workshops



UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

FREE INTRODUCTORY 6-WEEK COURSE
FOR PARENT/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

TIME AND PLACE

Dates: Wednesdays, 7/1 to 11/2
Time: 9.30 to 11.30 am
ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

[Click here to view or book Add-Vance Courses](#)

Add-vance - courses



UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

FREE INTRODUCTORY 6-WEEK COURSES
FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

ALL SESSIONS MUST BE ATTENDED

TIME AND PLACE

Dates: Mondays, 9/2 to 23/3

Time: 7 - 9 pm

ONLINE VIA ZOOM

Dates: Tuesdays, 10/2 to 24/3

Time: 10 am - 12 pm

**Leavesden Green Community Hub,
Clarke Way, Wafford, WD25 0BW**

📞 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

[Click here to view or book Add-Vance Courses](#)

Add-vance - courses



UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

FREE INTRODUCTORY 6-WEEK COURSE
FOR PARENT/CARERS OF TEENS

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs (or 11 and already in secondary) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Dates: Fridays, 9/1 to 13/2
Time: 10 am - 12 pm
ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

[Click here to view or book Add-Vance Courses](#)

Add-vance - courses

UNDERSTANDING MY ADHD/AUTISM

Empowerment Courses
for Children and Young
Teens in Hertfordshire



Join us for an online transformative 6-week group course designed to empower Autistic & ADHD children and young teens. Through interactive sessions, participants will explore what being ADHD/Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



COURSE DETAILS

ADHD PRIMARY Tues 06/01 - 10/02 (Years 4-6)
ADHD SECONDARY Thu 08/01 - 12/02 (Years 7-8)
AUTISM SECONDARY Wed 11/02 - 25/03 (Years 7-8)

 add-vance.org/children-young-people

[Click here to view or book Add-Vance Courses](#)

Space - Spring Term Workshops

JANUARY ACTIVITIES

Booking now open



- Fri 2nd Doughnutting
- Fri 9th Indoor Climbing
- Sat 10th Aerial Gymnastics
- Sat 10th Gymnastics
- Sat 10th Therapeutic Farming
- Mon 12th Online Cooking
- Sat 17th Gaming Club (St Albans)
- Sun 18th Gaming Club (Stanstead Abbots)
- Fri 23rd SPACE for Girls
- Sat 24th Lego Club
- Sat 31st Graffiti
- Sat 31st Indoor Roller Skating

Reminder: Lending SPACE in Stanstead Abbots is open every Mon, Wed and Sat this January. Bookings (which are free) are required on Saturdays and during the school holidays, and will open at 7pm each Monday for the week ahead.



Kick start your year with some fun with SPACE!

Book your place via the SPACE Eventbrite - SPACE Hertfordshire



[Click here to view or book SPACE Courses](#)

Space - Spring term courses



**Awaiting as new Spring term
date**

Workshops and Courses



Free online workshops and courses for parents and carers covering many aspects of supporting your children and young people.

Understanding My Autism and ADHD



Our free, empowering and inspiring programme tailored to help young people learn more about neurodiversity and their own lived experiences.

[Click here to view or book SPACE Courses](#)



Beezee
by maximus

You don't need a new year to start new habits

Start small, start now!

Sign up to one of our free healthy lifestyle services today to kickstart your health goals for 2025 and beyond.

Beezee FAMILIES

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families
- One-to-one support also available!

Beezee YOUTH

- 13-17 year olds can talk about topics that matter to them
- Learn about physical, mental and social wellbeing
- Get free health resources
- Join a safe space.

henry

- Free support for families with children aged 0-5 years
- Explore parenting and healthy lifestyle tips
- Chance to make new friends
- Free toolkit provided.



hrt.maximusuk.co.uk

Start making healthy habits TODAY

@ BZBinfo@maximusuk.co.uk

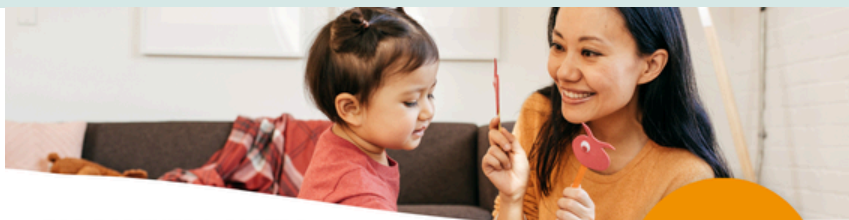
01707 248 648



Hertfordshire

26-1027

[Click here for Beezee by maximus website](#)



FOR PARENTS & CARERS

HEALTHY FAMILIES: RIGHT FROM THE START

FREE 8-SESSION PROGRAMME

SIGN UP
TODAY!

Helping families give their little ones the best start in life.

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special – together.

Programme details:

Upcoming programmes start
the week commencing 26 January 2026:

- Mondays (in person): 10am–12 noon, Broxbourne
- Tuesdays (online): 10am–11.15am
- Wednesdays (online): 10am–11.15am or 5.30pm–6.45pm

Find more details and book your free place at www.henry.org.uk/hertfordshire.



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

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Find out more:

- ☎ 01707 248648
- ✉ herfordshire@henry.org.uk
- 🌐 www.henry.org.uk/hertfordshire



Beezee
in Hertfordshire



In partnership with:

[Click here for Beezee by maximus website](#)

Winter Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

Mondays

In Person (Morning)

📅 Starting 26th January

🕒 10am - 12noon

📍 High Trees Family Centre,
Broxbourne, EN10 6AE
(c/o Hertford Regional
College, Broxbourne
Centre)

Tuesdays

Online (Morning)

📅 Starting 27th January

🕒 10am - 11.15am

📍 Online

Wednesdays

Online (Morning)

📅 Starting 28th January

🕒 10am - 11.15am

📍 Online

Wednesdays

Online (Evening)

📅 Starting 28th January

🕒 5.30pm - 6.45pm

📍 Online

All programmes run for 8 weeks with a break.
Free crèche facilities available for in-person sessions.



Beezee
in Hertfordshire

Find out more:

- 📞 01707 248648
- ✉ herfordshire@henry.org.uk
- 🌐 www.henry.org.uk/hertfordshire



[Click here for Beezee by maximus website](#)

What is Beezee Youth?

Beezee Youth is our free, 8-week programme for 13 to 17-year-olds. This programme was created with the help of young people like you.



Choose from a selection of courses – from anxiety and body image to mindfulness and social media.



We are here to talk about health and wellbeing topics that matter to you.



Get expert support from our Beezee nutritionists and coaches.



There are no judgements here, just a group of people who want to help you and help others.

Our online group sessions start on:

Date:

Wednesday 28th Jan 26 & weekly after

Time:

Starts at 6pm and ends at 7pm

Need to contact us?

Speak to our team of experts today.

01707 248648

BZBInfo@maximusuk.co.uk

Sign up for your

FREE PLACE

today



hrt.maximusuk.co.uk

[Click here for Beezee by maximus website](#)

What is HENRY?

HENRY Healthy Families: Right from the Start is a **FREE 8-week** programme for families with children ages 0-5 years. HENRY programmes are delivered in venues around Hertfordshire and online in partnership with Beezee Families.



We've partnered with the **HENRY** organization - read more about them on [their website](#).



Covers five key themes around parenting and family lifestyles.



Each term we offer face to face and online programmes, so you can choose what suits you best.



Together, you can build healthy habits that last a lifetime.



You can join in-person or online for 8 weeks. A creche is available in-person.



Each session includes family time, parent time, and talking about healthy lifestyle topics.



You can connect with other parents and share your experiences.



FREE toolkit provided with all resources you'll need for the 8-week programme.

[Click here for Beezee Henry website](#)

Children's Wellbeing Practitioner Workshops January – March 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>

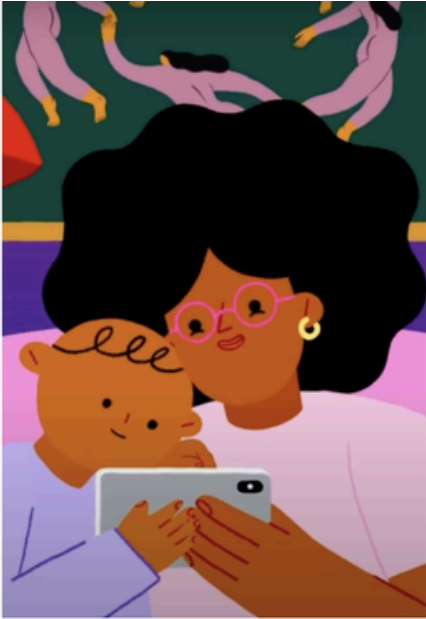


Workshop	Date & Time
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16)</p> <p>A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>	<p>Thursday 22nd January 6-8 pm Thursday 12th March 6-8 pm</p>
<p style="text-align: center;">Adolescent Self-Esteem and Resilience</p> <p>A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</p>	<p>Tuesday 27th January 6-8 pm Tuesday 3rd March 6-8 pm</p>
<p style="text-align: center;">Supporting your Child's Self-Esteem and Resilience</p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	<p>Tuesday 24th February 10-12 pm</p>
<p style="text-align: center;">Supporting with Sleep Difficulties</p> <p>This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	<p>Tuesday 3rd February 6-8 pm</p>
<p style="text-align: center;">Developing your Child's Emotional Literacy</p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>	<p>Thursday 8th January 6-8 pm Tuesday 10th February 10-12 pm Tuesday 24th March 6-8 pm</p>
<p style="text-align: center;">General Emotional Wellbeing and Regulation Tips for Parents/Carers</p> <p>A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	<p>Tuesday 13th January 10-12 pm Thursday 19th February 6-8 pm Wednesday 18th March 10-12 am</p>

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:

[Link to book Children wellbeing workshops and webinars](#)

Lumi Nova - Fun digital therapy for childhood anxiety



Who is Lumi Nova for?

Lumi Nova is for children aged 7-12 years old experiencing mild to moderate anxiety, such as:

- **Phobias**
e.g. Being afraid of spiders or insects, heights, being near dogs, the dark.
- **Social anxiety**
e.g. Feeling worried about making new friends, going to social events.
- **Separation anxiety**
e.g. Unable to sleep alone, worried about being away from parents, going to school

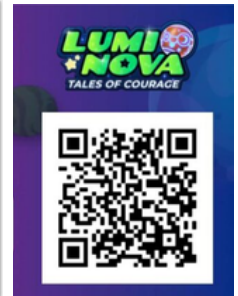
and who is it not for?

Lumi Nova is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: bit.ly/luminova-ifu

How Lumi can help your child

 <p>Learn life long skills to self manage their worries</p>	 <p>Learn how to break down big worries into smaller, manageable challenges</p>	 <p>Better understand and talk about worries through a playful experience</p>	 <p>Help increase resilience & build confidence</p>
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Need support?

E-mail support@bfb-labs.com

First Steps - ED



**Anyone can be affected
by an eating disorder**

First Steps ED

First Steps ED is a leading UK charity providing support for individuals and families affected by eating disorders and disordered eating. Our support services include:

- Peer Support
- Parent and Carer Support
- Counselling and Psychotherapy
- Nutrition Support
- Befriending
- Self-Guided Resources
- Workshops and Support Groups
- CPD Training for Professionals

Make a Referral



**Referrals can be made
by you, a parent, carer, or
healthcare professional.**

0300 1021685 | Registered Charity 1185092 | www.firststepsed.co.uk

Signs and Symptoms of an Eating Disorder



At First Steps ED, we believe early intervention is key to recovery and can prevent difficulties from worsening. It's important to remember that these signs can vary between individuals, and having one or more does not necessarily mean someone has an eating disorder. If you are concerned about yourself or someone else, make a referral today.

- Eating large amounts of food in a short amount of time
- Forming rigid rules about eating e.g. avoiding certain foods or only eating at certain times
- Frequent trips to the toilet during or after mealtimes
- Frequent checking of their own or others bodies
- Uncomfortable eating around others
- Missing/skipping meals

Referrals can be made by you, a parent, carer, or healthcare professional.



First Steps - ED - ARFID



What is ARFID?

Avoidant Restrictive Food Intake Disorder

Avoidant Restrictive Food Intake Disorder (ARFID) is an eating disorder where a person avoids or restricts certain foods and is often dismissed as 'picky eating'. It may be caused by sensory sensitivities (e.g. texture, smell, or taste aversions), fear of negative consequences (e.g. choking, vomiting, allergic reactions), or lack of interest in eating.

At First Steps ED, our treatment for ARFID is person-centred and tailored to the needs of the individual, based on the nature of their difficulties. Some things we aim to work on with the individual include:

- Exploring the anxiety which arises around foods and mealtimes
- Being more comfortable eating in public
- Exploring a variety of different foods
- Working on recognising hunger cues

Referrals can be made by you, a parent, carer, or healthcare professional.



0300 1021685 | Registered Charity 1185092 | www.firststepsed.co.uk

Families Feeling Safe - Spring dates tbc

Supporting Dads with Protective Behaviours

For Dads & Male Carers

Online course
starting
October 2025



Are you looking for strategies and new ideas to help improve family life?

This fully funded 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

Build on your own and your child's strengths

Learn strategies to help you and your family feel safe

Wednesday
evenings

8 Oct—3 Dec
7.00pm—9.00pm
(excluding half term)

Course code L4/eve



For eligibility and to book your fully funded place please contact:

enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216

*Please quote the course code and your



Please like us on Facebook for further updates @familiesfeelingsafe

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

Families Feeling Safe - Spring dates tbc

Supporting Families with Protective Behaviours

For Mums, Dads & Carers

Online courses
starting
October 2025



Are you looking for strategies and new ideas to help improve family life?

This fully funded 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

Build on your own and your child's strengths

Learn strategies to help you and your family feel safe

Thursday
mornings

9 Oct — 4 Dec
9.30am — 11.30am
Course code L5/am

Or

Thursday
evenings

9 Oct — 4 Dec
7.00pm — 9.00pm
Course code L5/eve

For eligibility and to book your fully funded place please contact:

enquiries@familiesfeelingsafe.co.uk or Tel: 07850 518216

*Please quote the course code and your mobile number



Please like us on Facebook for further updates @familiesfeelingsafe



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Positively Supporting Mental Health for Children and Young People.

First Contact

We understand that it can be nerve-racking or difficult **when first deciding to contact us.**

Our team is experienced at listening to and supporting all sorts of worries or problems.

Let's Chat

The Nessie team is always **happy to have a chat** to discuss your child or family's support needs.

Free Webinars

There are a number of ways you can get in touch with us – however, **we encourage parents to attend our FREE Webinars** in the first instance. To find your perfect webinar, simply click the button below to browse and book!

Reach Out

What Else Do We Offer?

Nessie welcomes diversity. We value difference and are proud to support those from a range of social and ethnic backgrounds, of different genders, sexual orientations, ages, religions and disabilities. We acknowledge experiences of racialised individuals and are neurodiverse affirmative.

In **Hertfordshire**, we are funded across many areas. You can also access funding through EHCPs or pay privately. **Neurodiverse children and young people 7-16 years** can access our NHS and HCC newly funded 'Understanding my autism and ADHD – My World & Me' groups.

In **Cambridgeshire and Peterborough**, we are funded by Public Health to support schools, parent/carers, children and young people who are struggling to attend schools.

We also funded to offer a range of parent/carer support across Hertfordshire, Cambridgeshire and Peterborough from our **Private Facebook Group**, where you can get advice and peer support, to **1-1 Single Session Support**, peer support group **webinars** and a dedicated **parent support line**.

Nessie is here to help!

Free Parent/Carer Support



1:1 Support and Advice
You can access up to 4 sessions of solution-focused mental health support from a therapist to help you support your child, or receive advice and signposting from a Specialist Family Support Worker



Live Webinar
Our webinars cover a range of topics including anxiety, school avoidance, and self-harming behaviours. There is always an opportunity to ask questions in a non-judgmental space.



Peer Support
We run peer support groups for 8 weeks and we have informal monthly drop-ins. These provide an opportunity to connect and share experiences with other parents/carers.



Helpline
Our parent helpline is answered by a Specialist Family Support Worker who can provide advice and signposting.
The number is: **07396 313632**



Facebook Group
Nessie has a moderated Facebook group for parents/carers to contribute ideas and share their experiences to inform Nessie's services.

Children and Young People's Speech and Language Therapy



Hertfordshire Community
NHS Trust

Children and Young People's Speech and Language Therapy

Information for parents and carers



A children's Speech and Language Therapist can support a child with:

- Understanding spoken language
- Creating and using spoken sentences
- Understanding and using vocabulary
- Using their communication skills with others
- Fluency of speech, such as stammering
- Forming sounds and using these in words
- Eating and drinking skills

What will happen at your appointment?

Parents/carers are required to attend a child's initial appointment. The Speech and Language Therapist will talk to you about your concerns and ask about your child's speech and language development, or eating and drinking skills. The therapist will observe your child and may carry out specific activities and assessments. The therapist will talk to you about your child's strengths and any needs/ differences they may have identified.

What will happen after your appointment?

At the end of the appointment, the therapist will talk to you about how your child is functioning and explain any next steps, these may include:

- Providing you with some advice and strategies
- Informing you about what episode of care is needed to support your child
- Guiding you to seek further support through your child's educational setting
- Making a referral to another service
- Advising you that no further support from the service is required at this time

What we can offer

Speech and Language Therapy in Hertfordshire follows the 3 Tier Model of service delivery. This is recognised as being the most effective way of improving children's speech, language, communication and eating and drinking skills.



For further information

Please go to our website pages:

www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/



www.hct.nhs.uk

NHS - Sensory Information sessions



Hertfordshire Community
NHS Trust

Parent / Carer Sensory Information Sessions

Places are now available to book on our information sessions for parents and carers.



Innovative



Caring



Agile

Understanding your child's sensory preferences

How do our sensory likes and dislikes affect the choices we make in everyday life? How do children develop their sensory awareness?

"Very useful to understand sensory needs and some ideas of how to support them"

Comment from a parent who attended a session

Our 'Understanding your Child's Sensory Preferences' workshop is for parents and carers who live in Hertfordshire/have a Hertfordshire GP and would like to know more about their child's sensory development. The workshop aims to increase understanding of sensory processing and differences and how to support children to engage in daily tasks. It offers practical advice and strategies that you can try at home with your child.

This session introduces the topic of sensory processing for parents and carers. The workshop provides initial information and advice for families who are worried about their child's sensory development.

BOOK YOUR PLACE FOR SPRING 2025:

Tuesday 11th March 2025 11:00 – 12:30 - <https://www.eventbrite.co.uk/e/1226155567309>

Monday 28th April 2025 12:00 – 13:30 - <https://www.eventbrite.co.uk/e/1259330364019>

The sensory service is under redevelopment and parents and carers now will only need to attend the 'Understanding your Child's Sensory Preferences' workshop.

Children & Young
People's Therapies
Service

Contact us

Telephone:
01923 470680 Opt. 3

Email:
hct.cyptherapies1@nhs.net

Twitter: @CypHCT



www.hct.nhs.uk

Angels Autism and ADHD support



AUTISM & ADHD SUPPORT
for parents/carers of children with
ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our
online membership form to access our
FREE support.



Note for Professionals:

If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on info@angelssupportgroup.org.uk

Follow Angels
Support Group on
Social Media



www.angelssupportgroup.org.uk

Registered Charity No. 1117059

Angels Autism and ADHD support



Charity no: 1117059

Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.



Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats" on Spotify or Apple Podcasts or listen on our website:

<https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelssupportgroup.org.uk

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 - NESSIE - Anxiety, Mental health & EBSNA
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 & 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 Talkbox

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

Supporting You Project



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).

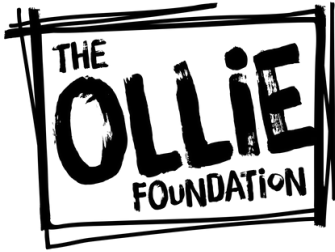
The **Supporting You Project** provides young people with the tools they need to help themselves navigate challenges and develop positive mental health. Over the course of the project, attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills, as well as a method for planning and achieving personal 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.

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



bugzi
loan scheme

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 dates tbc

POTENTIAL
KIDS

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

DECEMBER ACTIVITIES

Date	Sessions	Time	Venue
1st,15th	Mon Dungeons & Dragons (Full)	12.30-15.30	The Zone@The Galleria
4th	Thur Trampolining Age 5+	17.30-18.30	Gosling Sports Centre
2nd/4th/5th	Tue Thur Fri Christmas Big Give Sustainable Christmas Crafts Bring clothing to decorate and make festive, plus crafting. Competitions and Quizes .	11.00-2.00 All Welcome 4.30-6 SEN Session	The Zone@The Galleria
6th	Sat Gift Wrapping	11-4	The Zone@The Galleria
6th	Sat Christmas Canal boat Trip	10.30-2.45	Waterways Experiences Hemel Hempstead
11th,18th	Thu Bushcraft/Stem Home Ed Age 4+	10.30-12.00	Potential to Grow Garden
11th	Thur Connect Secondary Age	16.30-18.00	The Zone@The Galleria
12th	Fri Early Years Stay & Play	10.30-12.00	The Zone@The Galleria
12th	Fri Parent /Carer Wellbeing	12.30-14.00	The Zone@The Galleria
12th	Fri Youth Group 16 Plus	18.30-20.30	The Hub@The Galleria
16th	Tue Connect Primary age	16.30-18.00	The Zone@The Galleria
19th	Fri Skateboarding Age 9+	17.30-18.30	Pioneer Club St Albans
20th	Sat PK Christmas party 4-11 years	1-2.30	The Hub@The Galleria
20th	Sat Pk Christmas party 11-15 years	3-4.30	The Hub@The Galleria

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

Family Lives

Free Autumn Term Parenting Groups

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Friday 26th September to 7 November 9.45am to 11.45am OR

Tuesday 14 October to 25 November 7.00pm to 9.00pm

If your child has ADHD/ASD, or you think they might, join our free online 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
Thursday 2 October to 13 November 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 group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group
Wednesday 5 November to 10 December 7.00pm to 9.00pm

Calling all Dads - join our free online group, come along and receive support from other dads and learn how to change the way you communicate with your child, respond better and feel more in control.

Anxiety around ADHD Online Workshop
Autumn term dates to be confirmed

Reducing Conflict Online Workshop
Autumn term dates to be confirmed

Sibling Rivalry Online Workshop
Autumn term dates to be confirmed



SCAN ME!

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.

Visit Family Lives website - click here

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NIP IN THE BUD®



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.

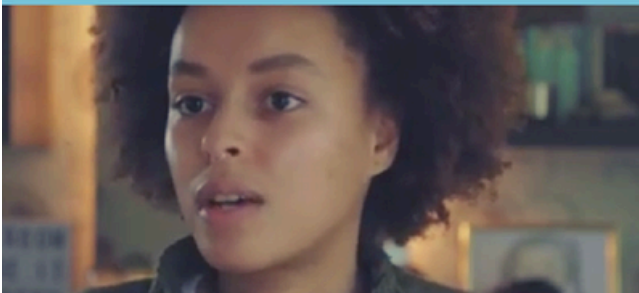
WWW.NIPINTHEBUD.ORG



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

[Nip in the Bud website - click here](#)



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.

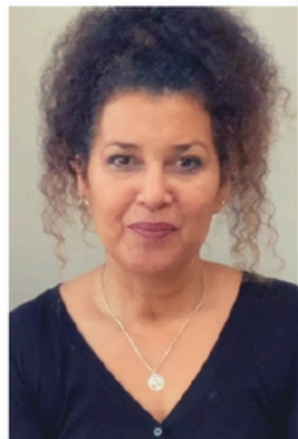
We are also very lucky to have Alis Rocca as part of this project. Alis brings with her over 18 years as a teacher, senior leader, Head Teacher, and Education Consultant which is seamlessly blended with her passion for physical and mental health and wellbeing, connected to personal and organisational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

Parent/carer moving and handling training

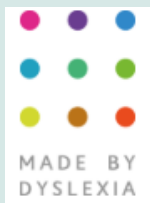
This is a free workshop for parents, legal guardians and family carers who look after a child or young person with a physical disability in Hertfordshire. We are unable to accommodate education staff or paid carers on this workshop.

The workshop will provide you with advice and helpful tips on how to move your child safely, whilst looking after yourself. It covers topics such as the importance of back care, moving and handling techniques, relevant legislation and an opportunity to trial new equipment.

There will be an opportunity to talk to the other parents / carers attending. Please complete the expression of interest form. A course will be hosted once we have adequate numbers expressing an interest.

Parent Carer Moving and Handling Training





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](#)



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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www.dspl7.org.uk



[dspl7_stalbansandharpenden](#)

