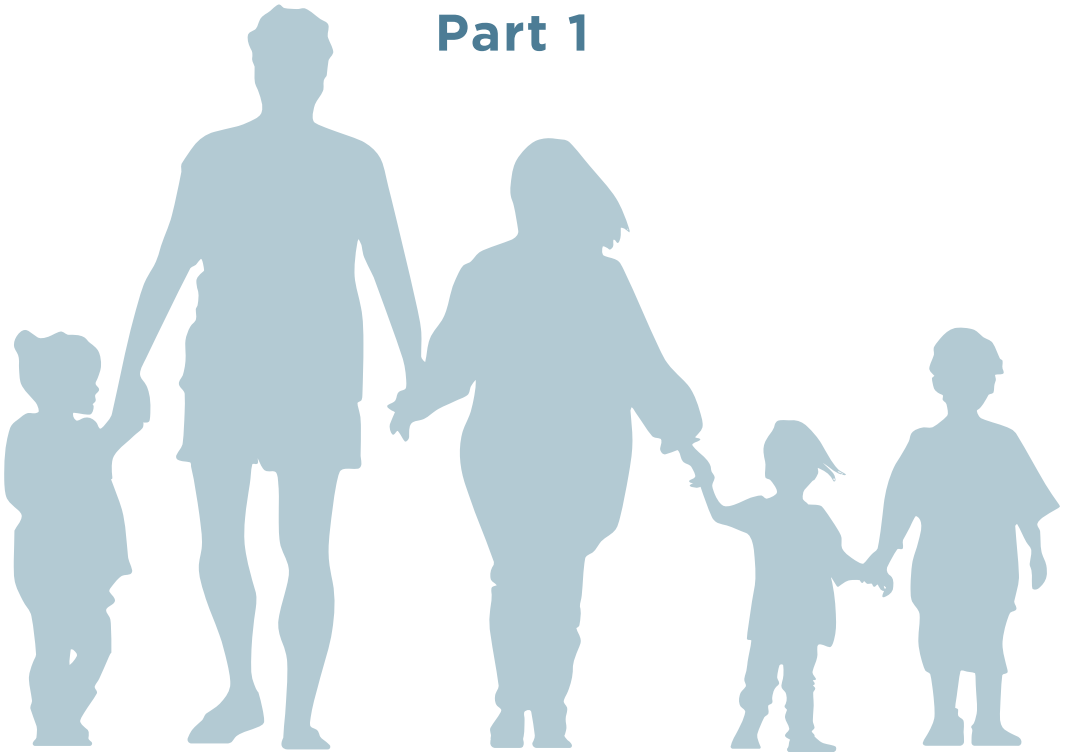


DSPL7

Delivering Special
Provision Locally

Parenting Support Summer term 2026

Part 1



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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Supporting Links - workshops

Parent & Carer Support Summer Term 2026



FREE COURSES for parents and carers 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.



Tuesdays 7.45 - 9.15pm
14th Apr to 19th May
Online Course: ID 834

Wednesdays 7.45 - 9.15pm
3rd Jun to 8th Jul
Online Course: ID 835

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.



Wednesdays 9.45 - 11.15am
6th May to 17th Jun
Online Course ID 832 Not half term 27/5

Mondays 8.00 - 9.30pm
1st Jun to 6th Jul
Online Course ID 833

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

Supporting Links - workshops

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

6th May to 17th Jun

Online Course: ID 836 Not half term 27/5

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

14th Apr to 19th May

Online Course ID 831

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://supportinglinks.co.uk)

Supporting Links - workshops

Parent & Carer Support TALKING ASD & ADHD Workshops Summer 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](#)

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.

Tuesday 2nd June, 9.30-11.15am

Workshop SL837 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-837-for-parentscarers-in-herts-tickets-1983463972134>

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Monday 8th June, 7.30-9.15pm

Workshop SL838 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-838-for-parentscarers-in-herts-tickets-1983465351259>

TECH USE



- Understand your child's use of Social Media, Gaming & the Internet.
- The effect of 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.
- Dopamine and other hormones.

Tuesday 16th June, 7.30-9.15pm

Workshop SL839 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-839-for-parentscarers-in-herts-tickets-1983467129578>

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.

Wednesday 24th June, 7.30-9.15pm

Workshop SL840 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-840-for-parentscarers-in-herts-tickets-1983477366196>

Parent newsletter: <https://supportinglinks.eo.page/png1q>



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

Funded by
Hertfordshire
County Council



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

Courses: Phone 07512 709 556 to book

6-Weeks	Location	ID	Dates 2026	Day	Time
Talking Additional Needs	Online	831	14th Apr to 19th May	Tue	8.00-9.30pm
Talking Families	Online	832	6th May to 17th Jun	Wed	9.45-11.15am
Talking Families	Online	833	1st Jun to 6th Jul	Mon	8.00-9.30pm
Talking Teens	Online	834	14th Apr to 19th May	Tue	7.45-9.15pm
Talking Teens	Online	835	3rd Jun to 8th Jul	Wed	7.45-9.15pm
Talking Dads	Online	836	6th May to 17th Jun	Wed	7.45-9.15pm

ASD & ADHD Online Workshops: Book through Eventbrite

1.75hr single sessions	ID	Date	Day	Time
Tech Use	810	24-Mar-26	Tue	9.30-11.15am
Responding to Anger	837	02-Jun-26	Tue	9.30-11.15am
Anxiety & Stress	838	08-Jun-26	Mon	7.30-9.15pm
Tech Use	839	16-Jun-26	Tue	7.30-9.15pm
The Teenage Years	840	24-Jun-26	Wed	7.30-9.15pm

[Book here via Eventbrite](#)

[Supporting Links Website](#)

Supporting Links - Bitesize workshops - summer term dates tbc



BITESIZE WORKSHOPS



Answering common parenting questions in short, practical, interactive online workshops
FREE to parents and carers living in Hertfordshire



Eventbrite page

How Do I Get My Child To Eat Better?

No matter how restrictive your child's diet is, there are things you can do to help



Thu 4th Dec 2025, 10-11am

<https://tinyurl.com/mhvjmfe8>

What Is Going On In My Teenager's Head?

How & why adolescent development affects teen behaviour



Thu 15th Jan 2026, 7-8pm

<https://tinyurl.com/37h2fm55>

Why Does My Child Give Up So Easily?

Build resilience in your child and encourage them to have a go, or keep trying



Mon 19th Jan 2026, 7-8pm

<https://tinyurl.com/44r7kuee>

How Do I Get My Child To Listen To Me?

Improve communication by encouraging your child to listen to you and talk to you



Thu 29th Jan 2026, 7-8pm

<https://tinyurl.com/2fb7yjwt>

How Can My Child Learn To Manage Their Feelings?

Teaching emotional regulation to young people



Mon 23rd Mar 2026, 10-11am

<https://tinyurl.com/2wa9ekfd>

How Do I Talk To My Teen/Preteen About...?

Having difficult conversations with your son or daughter about sex, drugs & social media



Wed 25th Mar 2026, 7-8pm

<https://tinyurl.com/2av34fbm>

Eventbrite: <https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843>



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

Funded by Hertfordshire County Council
for all parents & carers in Herts



Supporting Links Website

Book here via Eventbrite

The Pioneer Club- Step Forward



FREE SCHOOL NON ATTENDANCE 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



Neurodiversity Support Hub

For Parents, Carers and Professionals across Hertfordshire

 **01727 833 963**

 **supporthub@add-vance.org**

Whether you need practical advice, emotional support or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm

Tues & Thurs: 9am - 3pm

Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am - 1pm

All our helpline team are parents/carers of neurodivergent children.



[Add-Vance Website](https://www.add-vance.org)

NEW

Dyscalculia Screenings



Dyscalculia Screenings at SPACE

We are proud to now offer Dyscalculia Screenings for children and young people. Dyscalculia is a specific learning difficulty that affects how someone understands and works with numbers. It is often described as the number equivalent of dyslexia, yet it is still frequently missed.

When maths feels persistently confusing or overwhelming, families often don't know where to start. Our screenings are designed to provide clarity and direction.

A Dyscalculia Screening with SPACE offers:

Clear insight into whether dyscalculia may be present

A detailed understanding of strengths and areas of difficulty

Practical recommendations and next steps

Understanding changes everything. It replaces confusion with clarity, reduces anxiety and opens doors to the right support at school and at home.

If you have ongoing concerns about your child's relationship with maths, we're here to help.

Please note this is a paid for service.

[Click here to find out more information Space Dyscalculia](#)

Space - Spring Term Workshops

SPRING TERM 2026

FREE ONLINE WORKSHOPS

6th January	10:00-11:30	Understanding Tics and Tourettes
7th January	10:00-12:00	Anxiety and SEND
8th January	10:00-12:00	Understanding ADHD
12th January	18:30-20:00	Access Arrangements
13th January	18:30-20:30	Sensory Signs, Signals and Solutions
16th January	10:00-11:30	Encouraging Independence in Neurodivergent Young People (8-18)
19th January	18:30-20:30	Navigating the SEND World
21st January	10:00-12:00	Exploring Emotionally Based School Non Attendance
22nd January	18:30-20:30	Puberty and SEND
23rd January	10:00-12:00	PDA, ODD and ADHD
28th January	10:00-12:00	Understanding Behaviour As Communication
29th January	10:00-11:30	Understanding and Supporting Executive Function
29 th January	18:30-20:00	Autistic Girls
2nd February	10:00-11:30	Understanding Dyslexia
2nd February	18:30-20:30	What Comes Next? Preparing for Adulthood (14-25)
3rd February	18:30-19:30	Understanding Autism
6th February	10:00-12:00	Therapeutic Thinking for Parent Carers
9th February	18:30-20:30	Sleep Workshop
10th February	10:30-12:00	Prevent: Tools to Help Protect Your Children (in person)
10th February	18:30-20:30	ADHD in Girls and Women
11th February	10:00-12:00	Sensory Signs, Signals and Solutions
13th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
HALF TERM		
24th February	10:00-11:30	Understanding OCD (Obsessive Compulsive Disorder)
24th February	18:30-20:00	Understanding and Supporting Executive Function
25th February	10:00-12:00	Applying for an EHCP
27th February	10:00-12:00	Anxiety and SEND
2nd March	10:00-12:00	Navigating the SEND World
2nd March	18:30-20:00	Understanding Dyslexia
3rd March	10:00-11:00	Understanding ADHD
3rd March	18:30-20:00	Understanding Tics and Tourettes
4th March	10:00-12:00	PDA, ODD and ADHD
9th March	10:30-12:00	Prevent: Tools to Help Protect Your Children
10th March	10:00-11:30	Autistic Girls
11th March	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
12th March	18:30-20:30	Toilet Training - Beating The Toilet Monster
13th March	10:00-12:00	Puberty and SEND
18th March	10:00-12:00	What Comes Next? Preparing For Adulthood (14-25)
19th March	10:00-12:00	Sleep Workshop
20th March	10:00-12:00	Understanding Behaviour As Communication
23rd March	10:00-12:00	ADHD in Girls and Women
24th March	10:00-11:30	Understanding and Supporting Emotional Regulation
25 th March	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
25 th March	18:30-20:30	EHCPs: Preparing for an Annual Review
26 th March	10:00-11:00	Understanding Autism
27th March	10:00-12:00	No Two Brains Are The Same: What Is Neurodiversity



The majority of these workshops are funded by Hertfordshire County Council



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

Space - Counselling Services



Counselling services at SPACE

Sometimes, having someone to talk to can make all the difference. Our specialist counselling and therapy service at SPACE offers safe, compassionate and non-judgemental support for:

**Young people aged 16+
Parents and carers
Couples**

Delivered in partnership with a team of accredited psychotherapists with over 45 years' combined experience, sessions are tailored to the needs of families living with neurodiversity.

Appointments are flexible and affordable, with most sessions offered online and face-to-face options available where possible. Every new client is invited to a free 20-minute consultation with a senior therapist to explore what support might be most helpful.

Find out more or get started right away via our enquiry form.

Please note: this is a paid-for service.

[Space Counselling Service enquiry](#)



FREE ONLINE SUMMER 2026 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Day	Date	Time
Identifying ADHD and/or Autism	Mon	13.4.26	10:00 - 11:30
Understanding Autism	Wed	15.4.26	19:00 - 20:30
Understanding ADHD and Autism in the Early Years	Fri	17.4.26	10:00 - 11:30
Understanding ADHD for Parents/Carers of Girls	Mon	20.4.26	10:00 - 11:30
Understanding ADHD	Wed	22.4.26	19:00 - 20:30
Tips & Tools for Sleep	Mon	27.4.26	10:00 - 11:30
Understanding PDA	Wed	29.4.26	19:00 - 20:30
Understanding Challenging Behaviour	Fri	1.5.26	10:00 - 11:30
Tips & Tools to Manage Anger	Wed	6.5.26	19:00 - 20:30
Understanding Neurodivergent Teens	Fri	8.5.26	10:00 - 11:30
Understanding Sensory Differences	Mon	11.5.26	10:00 - 11:30
Tips & Tools to Manage Sensory Differences	Wed	13.5.26	19:00 - 20:30
Working in Partnership with School	Mon	18.5.26	10:00 - 11:00
Tips & Tools to Manage School Absence	Wed	20.5.26	10:00 - 11:30
Half Term			
Applying for an EHCP	Mon	1.6.26	19:00 - 20:30
Preparing for an EHCP Review	Wed	3.6.26	10:00 - 11:30
Understanding Anxiety	Fri	5.6.26	10:00 - 11:30
Tips & Tools to Manage Anxiety	Mon	8.6.26	19:00 - 20:30
Tips & Tools to Support Puberty	Wed	10.6.26	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Mon	15.6.26	19:00 - 20:30
Understanding Medication Options	Wed	17.6.26	10:00 - 11:30
Tips & Tools to Support Social Skills	Mon	22.6.26	19:00 - 20:30
Tips & Tools to Manage Eating Difficulties	Wed	24.6.26	10:00 - 11:30
Tips & Tools to Support Emotional Development	Mon	29.6.26	19:00 - 20:30
Tips & Tools to Manage Everyday Changes	Wed	1.7.26	10:00 - 11:30
Tips & Tools to Support Executive Function	Mon	6.7.26	19:00 - 20:30
Tip & Tools for Positive Behaviour	Wed	8.7.26	10:00 - 11:30

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

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

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

Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

Add-vance - courses



ADD-vance
The ADHD and Autism Trust



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, 3/6 - 8/7

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/>

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



ADD-vance

The ADHD and Autism Trust



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: Tuesdays, 14/4 to 19/5
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



ADD-vance
The ADHD and Autism Trust



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: Thursdays, 4/6 to 9/7

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/>

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: Tuesdays, 14/4 to 19/5

Time: 7 - 9 pm

ONLINE VIA ZOOM

Dates: Tuesdays, 2/6 to 7/7

Time: 10 am - 12 pm

**Park Street Village Hall, Park Street,
St Albans, AL2 2PX**

☎ 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: Wednesdays, 15/4 to 20/5
Time: 7 pm - 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/>

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

DS Achieve - Stay and play



Play and Learn Hub



Stay and Play for primary age children with Down Syndrome

What is Play and Learn Hub?

Play & Learn Hub is a relaxed Stay & Play group where primary age children with Down Syndrome can play, explore and build friendships, supported by their parents and our team.

The group is all about friendship, fun and positivity, helping children feel confident and included.

The group runs weekly on Saturday afternoons during term time and is supported by a team including a Play Leader and Support Workers.



At Play and Learn Hub you can expect:

- Play-based activities including crafts, games and sensory play
- Opportunities for children to build friendships and practise social skills
- A welcoming space for families to connect and share experiences
- Visits from private therapists (Physio / OT / SaLT) and other professionals
- A relaxed, supportive environment for children and parents

Where is Play and Learn Hub?

Venue: Applecroft School, WGC, AL8 6JZ

Time: 2:30-4pm on Saturdays (term time only)

Come and Join Us!

To make a booking or find out more, please contact: info@dsachieve.org or call 07824 467471

Motor skills development

This session is for parents or carers of children aged between 4-8 years old who would like to understand more about their child's motor development and how to support this. The session will share information about the typical ages when children develop different motor skills. It will explain how to break down an activity, such as pulling on a jumper, into simple steps to help your child complete this independently. You will also get advice on activities and simple things you can do at home to support your child's motor development.

Monday 11 May 2026 11:00 am — 12 noon →

Thursday 25 June 2026 10:00 — 11:00 am →

Parent Carer Moving and Handling
Training



[Click here to book](#)

Beezee by maximus

Ready to help families feel healthier and happier?

Beezee
by maximus

Refer to Beezee today!

We run **free** healthy lifestyle programmes, commissioned by Hertfordshire County Council. We help families and young people develop healthy habits that last for life.

We offer:

Beezee **FAMILIES**

- Free 12-week group programme - available in-person or online
- Cooking lessons and physical activity sessions
- Learn at their own pace on the Academy
- Tailored support for 5-15 year olds.



- Free programme in person or online
- Explores 5 themes across 8 weeks
- Help parents provide a healthy start for their child
- For families with under 5 year olds.

Beezee **YOUTH**

- Free 8-week group programme - available in-person or online
- Explores how to look after physical, social and mental wellbeing
- Learn at their own pace on the Academy
- Tailored support for 13-17 year olds.

We also offer 1:2:1 appointments with our Wellbeing Coordinator and Nutritionists - available all year round.

Please contact us on:



01707 248648



hellohertfordshire@maximusuk.co.uk



hrt.maximusuk.co.uk



Eligibility criteria apply, please see our website for more details

24-2084

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

Beezee by maximus

Looking for fun, free,
ways to get healthier?

Beezee
by maximus

Sign up to Beezee today!

We run **free** healthy lifestyle programmes, commissioned by Hertfordshire County Council. We help families and young people develop healthy habits that last for life.

How we can help you:

Beezee **FAMILIES**

- Free 12-week group programme - available in-person or online
- Cooking lessons and physical activity sessions
- Learn at your own pace on the Academy
- Tailored support for 5-15 year olds.



- Free programme in person or online
- Explores 5 themes across 8 weeks
- Help parents provide a healthy start for their child
- For families with under 5 year olds.

Beezee **YOUTH**

- Free 8-week group programme - available in-person or online
- Explores how to look after physical, social and mental wellbeing
- Learn at their own pace on the Academy
- Tailored support for 13-17 year olds.

We also offer 1:2:1 appointments with our Wellbeing Coordinator and Nutritionists - available all year round.

Please contact us on:



01707 248648



hellohertfordshire@maximusuk.co.uk



hrt.maximusuk.co.uk



Eligibility criteria apply, please see our website for more details

24-2265

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

Beezee by maximus



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](https://www.henry.org.uk/hertfordshire)

hellohertfordshire@maximusuk.co.uk

Beezee Families



FREE Healthy Lifestyle support
for families in Hertfordshire

Our **FREE 12 week in-person programme**
starts on 27th April 2026, with an intro call beforehand



Monday	Tuesday	Wednesday	Thursday
HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	CHESHUNT Oakview Primary School EN7 6LB 5:00 - 7:00pm	STEVENAGE Oval Community Centre SG1 5RD 5:00 - 7:00pm	WATFORD Chater Junior School WD18 0ND 5:00 - 7:00pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	BOREHAMWOOD St Michael's & All Angels Church Hall WD6 5EQ 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **



Scan to find our online timetable!

hellohertfordshire@maximusuk.co.uk

01707 248 648

Hertfordshire

Our programmes are for children above their ideal weight, see our website for more information.

[Click here for Beezee by maximus website](https://www.maximusuk.co.uk)

hellohertfordshire@maximusuk.co.uk



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 20th May 26 & weekly after

Time:

Starts at 6pm, ends at 7pm



Achieving Goals

Body Image

Communication

Exam Stress

Motivation

Physical Activity

Relationships

Self-Love

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

hellohertfordshire@maximusuk.co.uk

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](#)

hellohertfordshire@maximusuk.co.uk

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>

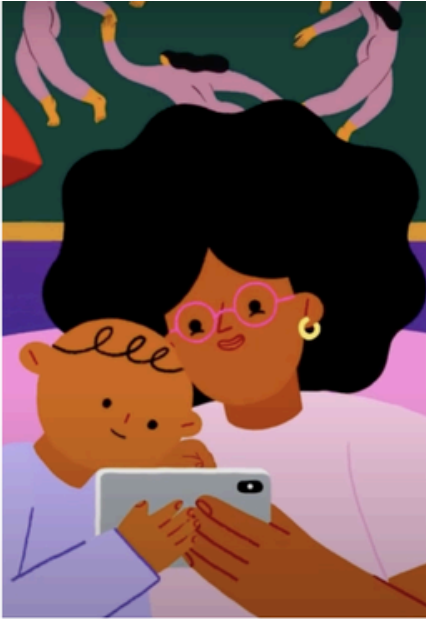


Workshop	Date & Time
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16)</p> <p>A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>	<p>Thursday 22nd January 6-8 pm Thursday 12th March 6-8 pm</p>
<p style="text-align: 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

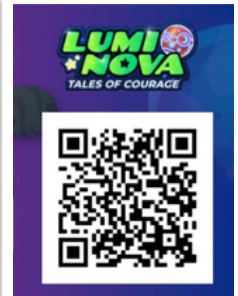
and who is it not for?

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
- Counselling and Psychotherapy
- Befriending
- Workshops and Support Groups
- Parent and Carer Support
- Nutrition Support
- Self-Guided Resources
- 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



**First
Steps ED**

Supporting Every Step of Your
Eating Disorder Journey

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

Make a Referral



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

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

First Steps - ED



NEW Working with ARFID – £60

This CPD-accredited Interactive workshop by First Steps ED explores the topic of "fussy eating" and introduces the eating disorder Avoidant Restrictive Food Intake Disorder (ARFID). Participants will gain a deeper understanding of the causes and symptoms of ARFID, learn practical strategies to support individuals with selective eating challenges, and explore the crucial role of the home environment in treatment.

[REGISTER NOW](#)



Introduction to Eating Disorders – £60

Whilst eating disorders are complex, understanding the clinical presentations can help promote early interventions and prevention, which is why our "Introduction to Eating Disorders" CPD-accredited training was developed. This foundation course offers delegates a greater understanding of eating disorders, the signs and symptoms to look out for, as well as an insight into recovery.

[REGISTER NOW](#)



Body Image and Perception – £60

Our 'Body Image and Perception' CPD accredited training offers delegates a deeper understanding of the relationship an individual has with their body and how that relationship can impact them throughout their lifetime. Together we will discuss the risk factors of developing a negative body image and supporting strategies that can be implemented to offer support in any sector and setting.

[REGISTER NOW](#)



Eating Disorders in Boys and Men – £60

Our 'Eating Disorders in Boys and Men' is an animated training workshop originally developed by the University of Nottingham, Kings College London and First Steps ED. The aim was to raise the profile about eating disorders in boys and men and improve understanding of and care for this patient group, as well as reflect upon aspects of primary care to make everyday practice easier for both professionals and sufferers.

[REGISTER NOW](#)

First Steps - ED



Eating Disorders and Exercise Addiction – £60

Compulsive Exercise may be defined as exercise that significantly interferes with important activities, occurs at inappropriate times or settings, or continued exercise despite injury or medical complications (Lichtenstein et al. 2017). It is a symptom common across many eating disorders, where individuals may use excessive exercise to control their body weight or compensate for binge-eating episodes, whilst others use compulsive exercise to achieve further weight loss.

[REGISTER NOW](#)



Nutrition and Mood – £60

Explore what is meant by 'normal eating' and the principles of healthy eating. Understand the function of food and the roles of the macro-nutrients in physical and mental health. Consider nutrition in the context of eating disorders. To develop support tools and strategies that you can use with eating disorder clients.

[REGISTER NOW](#)

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

Supporting Families with Protective Behaviours

For Mums, Dads & Carers

Online courses
starting
May 2026



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

For eligibility and to book your fully funded place please use this link or the QR code:

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

or email: enquiries@familiesfeeling-safe.co.uk

*to be eligible to book a place, either parent, child/ren or both need to live in Hertfordshire

Wednesday
mornings

6 May – 1 July
9.30 – 11.30

Or

Wednesday
evenings

6 May – 1 July
7.00pm – 9.00pm



Funded by
Hertfordshire
County Council



Please like us on Facebook for further updates @familiesfeeling-safe

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.familiesfeeling-safe.co.uk E-mail: enquiries@familiesfeeling-safe.co.uk

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 713632**



Facebook Group

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

[Nessie Website for more information](#)

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

Angels Autism & ADHD support- Summer dates tbc



Charity no: 1117059

Zoom every Tuesday 10am-12noon	Letchworth Wednesday 10am-12noon	Stevenage Wednesday 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
6 th Jan Women and Girls	7 th Jan Meet Up and Chat		
13 th Jan Understanding and Supporting ADHD		14 th Jan Meet Up and Chat	
20 th Jan Speaker: Dr Sarah Lewis-Hayes What should be in an EP report.			22 nd Jan Evening Parent/Carer Support Group
27 th Jan Speaker: Charley Crowe (SAAS) Social Stories and Comic Strip Convo	28 th Jan Meet Up and Chat		
3 rd Feb EBSA		4 th Feb Meet Up and Chat	
10 th Feb Understanding PDA			12 th Feb Evening Parent/Carer Support Group

FEBRUARY HALF TERM - 16th - 22nd Feb

For support during this period please contact The Neurodiversity Support Hub:

Tel: 01727 833963

lines are open from 9am-1pm weekdays

www.add-vance.org/parents/neurodiversity-support-hub/

Angels Autism and ADHD support

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
24th Feb Speaker: Paul Chambers Poets In - Wellbeing	25th Feb Meet Up and Chat		
3rd March Speaker: Helen Nice2Meetya Rejection Sensitive Dysphoria (RSD)		4th March Meet Up and Chat	
10th March SEN Support: Ordinary Available Provision (OAP)and EHCPs			12th March Evening Parent/Carer Support Group
17th March Helping to reduce meltdowns	18th March Meet Up and Chat		
24th March Supporting Sensory Needs		25th March Meet Up and Chat	

EASTER HOLIDAYS 30th March - 13th April

For support during this period please contact **The Neurodiversity Support Hub:**

Tel: 01727 833963

lines are open from 9am-1pm weekdays

www.add-vance.org/parents/neurodiversity-support-hub/