

**DSPL7**

Delivering Special  
Provision Locally

# Parenting Support Summer term 2026 Part 2



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.

**DSPL7**

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

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# 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](mailto:info@angelssupportgroup.org.uk)

Follow Angels  
Support Group on  
Social Media



[www.angelssupportgroup.org.uk](http://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](http://www.angelssupportgroup.org.uk)

# Angels Autism & ADHD support



Charity no: 1117059

Zoom every Tuesday 10am-12noon	Letchworth Wednesday 10am-12noon	Stevenage Wednesday 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
<b>21 April</b> What makes a good EHCP & Annual Review		<b>22 April</b> Meet Up and Chat	
<b>28 April</b> Speaker: Charley Crowe SASS: Transitions – Between school years and phase transfers			<b>30 April</b> Evening Parent/Carer Support Group
<b>5 May</b> Speakers: HPCI - Kate Hudson & Lynn Turnball White Paper Consultation	<b>6 May</b> Meet Up and Chat		
<b>12 May</b> EBSA - Emotionally Based School Absence		<b>13 May</b> Meet Up and Chat	
<b>19 May</b> Executive Function Dysfunction			<b>21 May</b> Evening Parent/Carer Support Group

MAY HALF TERM - 25th - 29th May

For support during this period please contact the 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
<b>2 June</b> Understanding Demand Avoidance and PDA	<b>3 June</b> Meet Up and Chat		
<b>9 June</b> Speaker: Kay Reeve - Emotional Awareness Expert		<b>10 June</b> Meet Up and Chat	
<b>16 June</b> Speaker: CYPMHS, PALMS and Early Help			<b>18 June</b> Evening Parent/Carer Support Group
<b>23 June</b> Helping to reduce meltdowns			
<b>30 June</b> Making the most of meetings with professionals	<b>1 July</b> Meet Up and Chat		
<b>7 July</b> Supporting Sensory Needs		<b>8 July</b> Meet Up and Chat	
<b>14 July</b> Autism and Anxiety			<b>16 July</b> Evening Parent/Carer Support Group
<b>21 July</b> Surviving the Summer Holidays			

Summer Holidays - For support during this period please contact the Neurodiversity support hub



**Neurodiversity Support Hub**

For Parents, Carers and Professionals in Hertfordshire

Tel: 01727 833963 - Lines are open from 9am-1pm weekdays

# The Bridge - support group



## What is The Bridge?

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

## Purpose of The Bridge?

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

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

## Topics Covered

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

## Who is running the group?

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

## Session Details

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

Time: 12:30pm-2:30pm

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

Please contact Alison or Karina with any questions:

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

# 2026 SEND Coffee Mornings

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

**Time:** 9.15-11.30am

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

## Appointments

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

**To book an appointment:**

Please email  
[admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

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

## Vista Support Services

## DSPL7



[vistasupportservices.org.uk](http://vistasupportservices.org.uk)



[dspl7.org.uk](http://dspl7.org.uk)



[info@vistasupportservices.org.uk](mailto:info@vistasupportservices.org.uk)



[admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)



01727 519128



01727 519229

# 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.

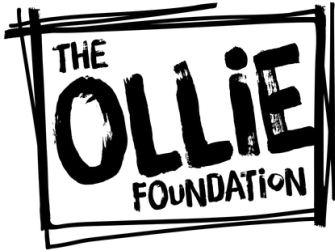
**Let's Go!**



## The Talkbox

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

# 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](mailto: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](mailto:hubinfo@hertsability.org.uk)

### Driving Lessons and Theory Test Support Service

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

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

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

Want to volunteer?  
Call us now!

### We help **you** get mobile

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

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

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



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

01707 324581

[driving@hertsability.org.uk](mailto:driving@hertsability.org.uk) [hertsability.org.uk](http://hertsability.org.uk)

Scan for our introductory video



# Potential kids - 2026

**POTENTIAL**  
KIDS

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



## MAY 2026 ACTIVITIES

Date		Sessions	Time	Venue
1st,8th 15th,22nd	Fri	<b>Gardening for Wellbeing</b>	10.30 12.00	<b>Potential to Grow Garden</b>
1st,8th 15th,22nd	Fri	<b>Parent /Carer Wellbeing</b>	12.30 2.00	<b>Potential to Grow Garden</b>
2nd,16th 30th	Sat	<b>Family Football</b>	4.00 5.00	<b>Birchwood Leisure Centre Astro Turf</b>
18th	Mon	<b>Dungeons &amp; Dragons 12 + (contact for details)</b>	12.30 3.30	<b>The Zone@The Galleria</b>
5th	Tue	<b>Connect Primary age</b>	4.30 6.00	<b>The Zone@The Galleria</b>
7th,14th 21st,	Thu	<b>Bushcraft/Stem Home Ed Age 4+</b>	10.30 12.00	<b>Potential to Grow Garden</b>
7th,21st 28th	Thur	<b>Trampoline Age 5+</b>	5.30 6.30	<b>Gosling Sports Centre</b>
7th	Thur	<b>Teen Group 12 Plus</b>	5.00 6.30	<b>The Hub@The Galleria</b>
8th	Fri	<b>Youth Group 16 Plus</b>	6.30 8.00	<b>The Hub@The Galleria</b>
9th	Sat	<b>Basketball/Archery</b>	4.00 5.00	<b>Birchwood Leisure Centre</b>
11th,25th	Mon	<b>Dungeons &amp; Dragons 18-25 (contact for details)</b>	12.30 3.30	<b>The Zone@The Galleria</b>
14th,	Thur	<b>Fun Rings</b>	5.00 6.00	<b>The Snow Centre Gosling</b>
16th	Sat	<b>Family Canal Boat Trip</b>	10.00 2.00	<b>Waterways Hemel Hempstead</b>
23rd - 30th		<b><u>PLEASE SEE OUR FLYER FOR MAY HALF TERM ACTIVITIES</u></b>		

To book visit : [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

For futher information email: [info@potentialkids.org](mailto:info@potentialkids.org)

**the galleria**  
OUTLET SHOPPING



SCAN FOR ALL OF OUR  
IMPORTANT LINKS



# Potential kids - 2026

POTENTIAL  
KIDS

the galleria

## MAY HALF-TERM



BOOK NOW

POTENTIALKIDS.ORG.UK/EVENTS

Tuesday

Wednesday

26th

27th



**Cooking/Gardening**  
10.30-12.30pm



**Roller Skating**  
6-7.30pm



**Fun Rings**  
1-2pm



**Pony Care**  
10-12am & 1-3pm

Thursday

28th



**Trampoline**  
6-7pm

Friday

29th



**Skateboarding**  
5.30-6.30pm

Saturday

30th



**Potential Tracks**  
12-2pm



**Family Football**  
4-5pm



The King's Award  
for Voluntary Service  
The 2026 Nominations period

## 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](mailto: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](mailto:sfyp.stalbans@hertfordshire.gov.uk)

**Call:** 01442 454060

**Text:** 07860 065195

**Website:** [www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org)

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

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

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

**Duke of Edinburgh's Award**

**St Albans Emotional Wellbeing Project**

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

Harpenden and Pioneer Young People's Centres

Young People's Centre and Care Leavers Hub

**Raising Aspirations Project** for home educated young people

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

St Albans Youth Council

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

St Albans Youth Council for young people with SEND

# Families in Focus



Families In Focus CIC  
LOOKING FORWARD TOGETHER

## Handling Anger of Children with Autism & ADHD

(inclusive of those on assessment pathways)

**FREE Online Course for Parents in Hertfordshire**  
**Why join Francine & Lesley on this course?**

Understand more about Autism, ADHD,  
and sensory differences

Learn what's happening in your child's brain  
during anger

Gain practical tools too build emotional regulation  
Develop calming routines and reduce daily stress  
Connect with other parents in a supportive space

**6 x Tuesdays**

**9.30am to 11.30am or 6.30pm to 8.30pm**

**June 2nd 9th 16th 23rd 30th & July 7th**



**Email Francine & Lesley:**  
**[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**



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



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

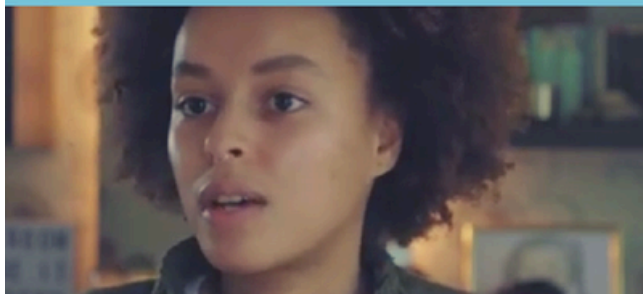
[WWW.NIPINTHEBUD.ORG](http://WWW.NIPINTHEBUD.ORG)



## 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](http://WWW.NIPINTHEBUD.ORG)



## WE'RE ALSO ABOUT TO LAUNCH A PODCAST

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

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

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

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

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

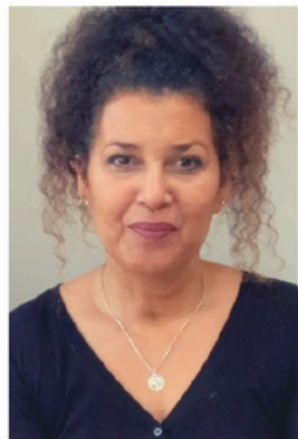
We are also very lucky to have Alis Rocca as part of this project. Alis brings with her over 18 years as a teacher, senior leader, Head Teacher, and Education Consultant which is seamlessly blended with her passion for physical and mental health and wellbeing, connected to personal and organisational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

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

## OUR LATEST LAUNCH: EARLY INTERVENTION

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

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



[Podcasts here here](#)



## About Shout

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

Shout is powered by the charity:

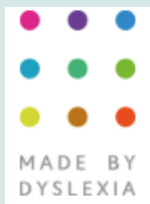
[mentalhealthinnovations](#)

## About Shout

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

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

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



# Made by Dyslexia



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

### What is **dyslexia**?

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

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

### How to **spot** it

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

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

## Recognising Dyslexia in Children

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

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

### So, what is dyslexia?

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

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

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

Dyslexia occurs across the range of intellectual abilities.

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

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

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

### Signs of dyslexia (Primary school age)

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

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

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

## Groups and workshops

Summer 2026



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

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

### **Less Shouting, More Cooperation (6 weeks) Online group**

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

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

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

Friday 5<sup>th</sup> June to 10<sup>th</sup> July, 9.30am to 11.30am

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

### **Sibling Rivalry Online Workshop**

(Date to be confirmed)

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

### **Reducing Conflict Online Workshop**

(Date to be confirmed)

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

### **Anxiety around ADHD Online Workshop**

(Date to be confirmed)

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

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



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# 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.

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## Contact Us



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