

**DSPL7**

Delivering Special  
Provision Locally

# **EARLY YEARS Support for practitioners Summer term 2026**



**DSPL7**

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

# Summer 2026

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

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# Calendar Dates

SENCo Forum	Transition Events	LHNF Panel Dates	HfL Briefings	VSEND Drop-in
<b>Autumn – 24<sup>th</sup> September</b> <i>(Service updates – 1-3pm)</i> <b>Spring – 14<sup>th</sup> January</b> <i>(Service updates – 9.30-11.30)</i> <b>Summer – 22<sup>nd</sup> April</b> <i>(Service updates – 9.30-11.30)</i>	Year 6-7 Transition meetings <b>Harpenden 8<sup>th</sup> June – 9-12</b> <b>St Albans 10<sup>th</sup> June – 9-12</b>  EY Transition morning <b>Tuesday 9<sup>th</sup> June – 9-12</b>	<i>There are 3 LHNF panels in the Autumn term, from 9.30-10.30am. A new funding system starts in January 2026</i> <b>Wed 17<sup>th</sup> September (8.9.25)</b> <b>Mon 20<sup>th</sup> October (6.10.25)</b> <b>Wed 19<sup>th</sup> November (5.11.24)</b> <i>(Closing date for applications)</i>	<i>HfL Briefings are now fully funded. SENCos can join a local face to face session or attend a general online webinar.</i> <b>Autumn: 11<sup>th</sup> Nov 9.30-11.30</b> <b>Spring: 11<sup>th</sup> March 1-3</b> <b>Summer: 17<sup>th</sup> June 9.30-11.30</b>	<i>A half termly drop in session for support with using VSEND.</i> <b>Autumn 1 – 1<sup>st</sup> Oct (1-2.30)</b> <b>Autumn 2 – 26<sup>th</sup> Nov (9-10.30)</b> <b>Spring 1 – 10<sup>th</sup> Feb (9.30-11)</b> <b>Spring 2 - 23<sup>rd</sup> March (1-2.30)</b> <b>Summer 1 – 5<sup>th</sup> May (9.30-11)</b>
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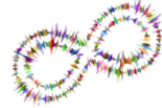
# Emotional well-being and behaviour - free online Lite Bite training



## Hertfordshire Autism Training



### Level 3: Autism 'Lite Bites'



**Tuesday 19<sup>th</sup> May 2026**

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

### Sensory Circuits

The aims of the training are:

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

**Tuesday 19<sup>th</sup> May 2026 10:00-10:30**

Please register here:

<https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-sensory-circuits-19th-may-10am>



**Tuesday 19<sup>th</sup> May 2026 11:30-12:00**

Please register here:

<https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-sensory-circuits-19th-may-2026-1130am>



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

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



## Hertfordshire Autism Training



### Structured Teaching Approaches

The aims of the training are:

- To recognise why structured teaching is important for autistic children & young people/those with social communication differences.
- To understand how to implement structured teaching in everyday learning.

Tuesday 19<sup>th</sup> May 2026 09:15-09:45

Please register here:

<https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-structured-teaching-approaches-19th-may-0915am>



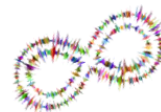
Tuesday 19<sup>th</sup> May 2026 10:45-11:15

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



## Hertfordshire Autism Training



### Thursday 25<sup>th</sup> June 2026

- 2 topics with only 1 time slot
- Each session lasts 30 minutes.
- Register by using the links or QR codes provided in this flyer

### Intensive Interaction

The aims of the training are:

- What is intensive interaction?
- Who would you use intensive interaction for?
- Why is intensive interaction important?
- What does intensive interaction look like in practice and when would you use it?

Thursday 25<sup>th</sup> June 2026

09:15 - 09:45

Please register here:

<https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-intensive-interaction-25th-june-2026-915am>



### Anticipation Games & People Games

The aims of the training are:

- What are anticipation games? What are 'People games'?
- Why do we play anticipation and people games?
- Examples of anticipation and people games

Thursday 25<sup>th</sup> June 10:00 - 10:30

Please register here:

<https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-anticipation-games-people-games-25th-june-2026-10am>



# Early Years - Therapeutic Approaches to Behaviour (TAB)



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

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

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

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

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

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

Part 1 - virtual

Part 2 - choice between face to face OR virtual.



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

**Part 1 TAB VIRTUAL**  
This is an interactive session so participation will be required

Thursday 4th June 9.30 - 12.30 (please log on at 9.15)

[Booking link: https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-part-1/virtual/1](https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-part-1/virtual/1)

**Part 2 TAB FACE TO FACE**  
[Robertson House](#)  
[Six Hills Way, Stevenage, SG1 2EQ](#)

Thursday 25<sup>th</sup> June 9.30 - 3.30

[Booking link: https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-part-2-face-to-face](https://events.hertfordshire.gov.uk/events/early-years-therapeutic-approaches-to-behaviour-tab-part-2-face-to-face)

OR

Part 2 Virtual

Thursday 25<sup>th</sup> June 9.30 - 3.30

[Early Years Therapeutic Approaches to Behaviour \(TAB\) Part 2 virtual session | Hertfordshire County Council](#)

Please only book one session for Part 2. Places are limited on to face to face option

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

# Early Years Therapeutic Approaches to Behaviour (TAB) training for Childminders

## Early Years Therapeutic Approaches to Behaviour (TAB) Evening training for Childminder

- Session 1- 14 May 2026 7pm-9pm
- Session 2- 21 May 2026 7pm-9pm

Booking link [Childminder Early Years Therapeutic Approaches to Behaviour \(TAB\) 2 VIRTUAL session to complete | Hertfordshire County Council](#)

### *About this event*

Childminder evening virtual training. Please note both sessions need to be attended to complete this full TAB training.

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

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

### Venue

Online live streamed- Microsoft Teams

Only one booking is needed for both sessions as it is a requirement that both sessions are completed.

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

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

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



# Early Years Transition Drop in Sessions



## Early Years Emotional Wellbeing and Behaviour TRANSITION Drop-In Sessions.

DSPL 7 & 8 – St Albans and Dacorum

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

[Book time with Julie McElhinney: Wednesday 29<sup>th</sup> April 2026 Transition EWB Drop-In](#)

[Book time with Julie McElhinney: Wednesday 13<sup>th</sup> May 2026 Transition EWB Drop-In](#)

[Book time with Julie McElhinney: Friday 5th June 2026 Transition EWB Drop-In](#)

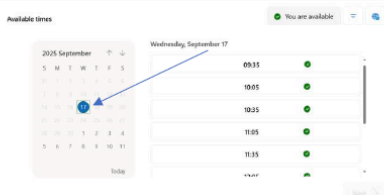
[Book time with Julie McElhinney: Thursday 18<sup>th</sup> June 2026 Transitions EWB Drop-In](#)

The aim of these sessions is to discuss and plan for children transitioning in September 2026. The focus is Emotional Wellbeing and Behaviour. If you have previously submitted a Single Service Request for the child, it is **not** necessary to submit a new one for this meeting. It may also be helpful for both settings to attend (the current setting and the setting to which the child will be transitioning in September '26)

If this is a new referral, please complete a single service request form (EY SEND and state on the form that it is the EY EWB Drop-In session that you require). Parental consent is needed to discuss individual children. The link for the Single Service Request Form: [Hertfordshire Service Request Form - Children and young people](#)

*Any questions, please email me directly at [Julie.Mcelhinney@hertfordshire.gov.uk](mailto:Julie.Mcelhinney@hertfordshire.gov.uk)*

**BOOKING:** Please click on the preferred date link above. Once in the booking system, **please access the calendar and find the relevant date.** Choose a time that suits you.



# Early Years Transition Drop in Sessions for Childminders



Early Years Evening DROP-IN SESSION for Childminders with Denise Filer an Early year's Emotional Wellbeing and Behaviour Specialist in Spring and Summer 2026 :

**Thursday 26<sup>th</sup> March 2026 5.00pm – 8.00pm**

[Book time with Denise Filer: 26th March 2026 Childminder evening drop in • This link will expire on: May 24, 2026](#)

**Thursday 16<sup>th</sup> April 2026 5.00pm-8.00 pm**

[Book time with Dominique Johnson: Childminder Drop in session](#)

**Thursday 7<sup>th</sup> May 2026 5.00pm-8.00pm**

[Book time with Anna Mutch: 07/05/26 Childminder drop in - Copy](#)

**Thursday 11<sup>TH</sup> June 2026 5.00pm-8.00pm**

[Book time with Julie Mcelhinney: Child Minder Evening Drop-In Thursday 11th June 2026](#)

*If you would like advice around Early Years Emotional Wellbeing and Behaviour use the booking links provided under each date. Please note, if no time slots are showing once you have clicked on the desired date this means that the session is fully booked.*

# Early Years Transition Drop in Sessions



**Summer term Early years Emotional Well-being and behaviour FREE virtual Lite Bite training**  
 (No need to book a place – please just click on the MS Teams link below for the session you wish to attend)

<p><i>We see you "Boys" Early Years</i></p>	<p>Monday 20<sup>th</sup> April 2026 – 10-11 am</p> <hr/> <p><b>Microsoft Teams meeting</b>  <b>Join:</b> <a href="https://teams.microsoft.com/meet/39882501874927?p=8kXj3qks37oH7ufzc4">https://teams.microsoft.com/meet/39882501874927?p=8kXj3qks37oH7ufzc4</a>  <b>Meeting ID:</b> 398 825 018 749 27  <b>Passcode:</b> 8NZ9Ky2n</p> <hr/> <p><a href="#">Need help?</a>   <a href="#">System reference</a>  <b>Dial in by phone</b>  <a href="tel:+442033215200928280386">+44 20 3321 5200, 928280386#</a> United Kingdom, City of London  <a href="#">Find a local number</a>  <b>Phone conference ID:</b> 928 280 386#  <b>For organizers:</b> <a href="#">Meeting options</a>   <a href="#">Reset dial-in PIN</a></p> <hr/>
<p><i>Biting in the Early Years</i></p>	<p>Thursday 14<sup>th</sup> May 2026 10.00am-11.00am  <b>Join:</b> <a href="https://teams.microsoft.com/meet/36642407564947?p=XKJ2wVvi5oODV2HWv0">https://teams.microsoft.com/meet/36642407564947?p=XKJ2wVvi5oODV2HWv0</a>  <b>Meeting ID:</b> 366 424 075 649 47  <b>Passcode:</b> 7ST6kF7q</p>

The Emotional Wellbeing and Behaviour Specialists are excited to offer these FREE virtual lite bite training opportunities on basic popular topics which occur within the Early Years.

These short lite bite sessions will support the TAB ethos and approach for children under 5 in their developmental journeys.

**Any questions please email your local EWBS**

[Julie.Mcelhinney@hertfordshire.gov.uk](mailto:Julie.Mcelhinney@hertfordshire.gov.uk) (DSPL 7&8)  
[Dominique.johnson@hertfordshire.gov.uk](mailto:Dominique.johnson@hertfordshire.gov.uk) (DSPL 6&9)  
[Denise.filer@hertfordshire.gov.uk](mailto:Denise.filer@hertfordshire.gov.uk) (DSPL 3,4&5)  
[Anna.Mutch@hertfordshire.gov.uk](mailto:Anna.Mutch@hertfordshire.gov.uk) (DSPL 1&2)

**[Julie.Mcelhinney@hertfordshire.gov.uk](mailto:Julie.Mcelhinney@hertfordshire.gov.uk)**

# Early Years Transition Drop in Sessions

<p><b>Risk taking play in the Early Years</b></p>	<p>Wednesday 6<sup>th</sup> May 2026 10.00 am –11.00 am  <b>Join:</b> <a href="https://teams.microsoft.com/meet/3167222584471?p=arfHMPCGmW6bcjE69p">https://teams.microsoft.com/meet/3167222584471?p=arfHMPCGmW6bcjE69p</a>            Meeting ID: 316 722 258 447 1            Passcode: G3Sw6RX3</p>
<p><b>Supporting children in the Early years to build resilience</b></p>	<p>Tuesday 28<sup>th</sup> April 2026 10.00 am-11.00am  <b>Microsoft Teams meeting</b>  <b>Join:</b> <a href="https://teams.microsoft.com/meet/32849279953462?p=MBejXugtKt6FP47lkO">https://teams.microsoft.com/meet/32849279953462?p=MBejXugtKt6FP47lkO</a>            Meeting ID: 328 492 799 534 62            Passcode: iW6BD2ke</p>
<p><b>Separation and transitions in the Early Years</b></p>	<p>Monday 18<sup>th</sup> May 2026 10.00am-11.00am  <b>Join:</b> <a href="https://teams.microsoft.com/meet/31424824169269?p=vkizq1gnS5g9ZudO2M">https://teams.microsoft.com/meet/31424824169269?p=vkizq1gnS5g9ZudO2M</a>            Meeting ID: 314 248 241 692 69            Passcode: HC23R6bv</p>
<p><b>“Feelings” is there more to it than happy and sad?</b></p>	<p>Monday 20<sup>th</sup> April 11.15 – 12.15</p> <hr/> <p><b>Microsoft Teams meeting</b>  <b>Join:</b> <a href="https://teams.microsoft.com/meet/31543560556690?p=Ll5TzXTveTVv0M7H30">https://teams.microsoft.com/meet/31543560556690?p=Ll5TzXTveTVv0M7H30</a>            Meeting ID: 315 435 605 566 90            Passcode: ph26Tn3Q</p> <p><a href="#">Need help?   System reference</a></p> <p><b>Dial in by phone</b>  <a href="tel:+442033215200382650823">+44 20 3321 5200...382650823#</a> United Kingdom, City of London  <a href="#">Find a local number</a>            Phone conference ID: 382 650 823#            For organizers: <a href="#">Meeting options</a>   <a href="#">Reset dial-in PIN</a></p> <hr/>

The Emotional Wellbeing and Behaviour Specialists are excited to offer these FREE virtual lite bite training opportunities on basic popular topics which occur within the Early Years.

These short lite bite sessions will support the TAB ethos and approach for children under 5 in their developmental journeys.

**Any questions please email your local EWBS**

[Julie.Mcelhinney@hertfordshire.gov.uk](mailto:Julie.Mcelhinney@hertfordshire.gov.uk) (DSPL 7&8)  
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# Electric Umbrella for Schools

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

## How do we get involved?

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

## What can we offer schools?

### LOCAL OFFER

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

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

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



## Early Years Education

### Nurturing Little Musicians

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

Available to visit early years settings every Friday.

## What makes Little Brollies unique?

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

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

# Supporting Links

## 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 2<sup>nd</sup> 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 8<sup>th</sup> 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 16<sup>th</sup> 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 24<sup>th</sup> 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/png1g>



[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://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

## 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**  
**14<sup>th</sup> Apr to 19<sup>th</sup> May**  
**Online Course: ID 834**

**Wednesdays 7.45 - 9.15pm**  
**3<sup>rd</sup> Jun to 8<sup>th</sup> 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**  
**6<sup>th</sup> May to 17<sup>th</sup> Jun** Not half term 27/5  
**Online Course ID 832**

**Mondays 8.00 - 9.30pm**  
**1<sup>st</sup> Jun to 6<sup>th</sup> Jul**  
**Online Course ID 833**



# Supporting Links

Courses will be delivered on  zoom



## 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**  
**6<sup>th</sup> May to 17<sup>th</sup> Jun** Not half term 27/5  
**Online Course: ID 836**

## 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**  
**14<sup>th</sup> Apr to 19<sup>th</sup> 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](mailto: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



# Fun with sounds



Hertfordshire Community  
NHS Trust

## Fun with Sounds

Children & Young People's (CYP) Speech & Language Therapy Service



Innovative



Caring



Agile

### What is 'Fun with Sounds'?

'Fun with Sounds' has been developed to provide equitable and accessible high quality targeted intervention, to enrich the speech sound development and sound awareness of children across Hertfordshire schools.

The package provides setting staff with ideas, techniques and activities for providing good quality models of speech during play, for example within

- pretend play
- small world play
- shared book reading
- messy play
- craft
- songs and
- pre-literacy activities

The targeted intervention package consists of a webinar series, 18 detailed and easy to follow session plans, picture resources, and tools to track progress. You will have opportunity to speak with a member of the speech and language therapy team who can answer your questions.

### What is needed to run 'Fun with Sounds'?

1. Identify a staff member who will access the recorded training, identify suitable children, measure baselines and outcomes, collate the required resources within the packs, lead on delivering 6- 18 weekly sessions and attend an appointment (virtual or telephone) with a member of the SaLT team.
2. Each setting will ideally need access to a specified list of toys and books commonly found in Early Years classrooms, although picture resources are provided.
3. Identify up to 6 children using the tools provided. The groups can be made up of children both on and off the Speech and Language Therapy caseload and are aimed at children in Nursery and Reception.

### How to get involved?

This intervention package is free to access for all mainstream Hertfordshire schools. If you feel this would benefit the children in your school, please record your interest by completing the MS form <https://forms.office.com/e/Mz9fMcpqQM>

Tel: 01923 470 680  
opt 3  
Email:  
hct.cyptherapies1  
@nhs.net



 **healthier communities**  
through outstanding services

[www.hct.nhs.uk](http://www.hct.nhs.uk)

# EY's Rucksack

## Rucksack Early Years Autism Programme for Families

Early  
Years  
Service

Hertfordshire County Council

### About:

This course is designed specifically for parents/carers of autistic children or children on the autism pathway. It aims to provide you with the essential knowledge, practical strategies and valuable resources to support both you and your child in navigating everyday life.

Week 1: Understanding Autism  
Week 2: Sensory  
Week 3: Communication

Week 4: Play and Social Interaction  
Week 5: Emotional Wellbeing and Behaviour  
Week 6: Using My Rucksack



To self register an interest in the Spring 2026 course starting end of Jan 2026, scan the QR code or click the link and fill in the registration form:

<https://forms.office.com/e/8BkjfzxnF?origin=lprLink>

### Parent feedback from 2025 Rucksack sessions



I found all elements of the session relevant and valuable. Each part contributed to a better understanding of the topic and kept me engaged throughout.

The entire session was truly amazing and packed with valuable information. Every part of it offered useful insights, and I found the discussions particularly engaging. It was a great opportunity to deepen my understanding and gain new perspectives. I appreciate the effort that went into making the session so informative and enjoyable.

Yes, I think it's a great chance to meet other parents going through similar struggles and a safe space to not feel judged or misunderstood.

Today's session gave me a better understanding of why my son experiences and reacts to things the way he does, and how he sees and perceives the world. It helped me make sense of his behaviours, and I now feel more equipped to support and care for him in ways that truly meet his needs. I feel more understanding and confident in how I can help

*It was a great session, full of valuable information on communication. I really appreciated the dedication of the ladies who answered our questions and shared so many helpful examples.*

Contact: [EarlyYearsTraining@hertfordshire.gov.uk](mailto:EarlyYearsTraining@hertfordshire.gov.uk) to find out more.



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

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

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

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

www.dspl7.org.uk

# SEND Chat and Play



SEND Chat and Play are designed to provide a relaxed, supportive environment for families of child with emerging or diagnosed SEND needs, offering both play opportunities and access to trusted local information.

Each session is facilitated by the Family Centre Service's experienced **SEND Champions**, who are hand to:

- Support families in navigating local SEND services
- Provide information about local groups, upcoming courses, and other resources
- Offer a listening ear for any concerns families may wish to share

**Sessions are open to families with or without their children being present.**

Please come along to one of the below sessions to meet with professionals from the Family Support Service. Early Years SEND team and Public Health Nursing team will also be present on specific days to provide additional support. Details below:

## **St Albans & Hertsmere**

Marshalswicks Family Centre, Sherwood Park, AL4 9QL

- Mondays 13:30 - 14:30 (not on 4th & 25th May)

*These groups run weekly, however, on **20th July** professionals from the Early Years SEND team and Public Health Nursing teams will also be present for additional support.*

The BECC Family Centre, Borehamwood, WD6 2FD

- Mondays 10:00 - 11:00 (not on 4th & 25th May)

*These groups run weekly, however, on **8th June** professionals from the Early Years SEND team and Public Health Nursing teams will also be present for additional support.*

# Herts Support Services:

## Other Hertfordshire-Specific Support Services:

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



# Delivering Special Provision Locally

## Who are we?

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

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## Contact Us



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



01727 519229



admin@dsp17.org.uk



www.dsp17.org.uk



dsp17\_stalbansandharpenden

