DSPL7

Delivering Special Provision Locally

Parenting Support Summer term 2026 Part 1



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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Supporting Links - workshops

Parent & Carer Support

Summer Term 2026

Supporting Links
Promoting Strong Family Relationships

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 Not half term 27/5
Online Course ID 832

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

Supporting Links Website

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 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
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

Supporting Links - workshops

Parent & Carer Support
TALKING ASD & ADHD
Workshops Summer 2026

Supporting Links
Promoting Strong Family Relationships

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
Hertfordshire

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

The Pioneer Club- Step Forward



Pioneer Website

Neurodiversity Support Hub

ADD-vance

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.

No diagnosis required



SEND 0-25 years Hertfordshire's Local Offer

HH LDN Herts Mental Health, Learning Disability and Neurodiversity Health and Care Partnership

Hertfordshire

Herts Parent Carer Involvement

NHS

[Add-Vance Website]



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 - 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

Space - Workshops

SUMMER TERM 2026 FREE ONLINE WORKSHOPS

13th April	10:00-11:30	Understanding Dyslexia
16th April	10:00-11:30	Autistic Girls
17th April	10:00-12:00	Exploring Emotionally Based School Non Attendance
20th April	18:30-19:30	Understanding ADHD
22nd April	10:00-12:00	PDA, ODD and ADHD
23rd April	10:00-11:30	Encouraging Independence in Neurodivergent Young People (8-18)
27th April	18:30-20:30	ADHD in Girls and Women
28th April	10:00-12:00	Applying for an EHCP
5th May	18:30-20:00	Understanding Tics and Tourettes
6th May	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
11th May	10:00-12:00	Navigating the SEND World
11th May	18:30-20:30	Sleep Workshop
12th May	18:30-19:30	Understanding Autism
15th May	10:00-12:00	Sensory Signs, Signals and Solutions
19th May	18:30-20:00	Understanding and Supporting Executive Function
20th May	10:00-12:00	Understanding Behaviour as Communication
22nd May	10:00-12:00	Puberty and SEND
HALF TERM		
3rd June	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
4th June	10:00-12:00	ADHD in Girls and Women
4th June	18:30-20:30	Toilet Training - Beating The Toilet Monster
5th June	10:00-12:00	Autism Plus: Co-occuring Conditions and Cognitive Theories
9th June	18:30-20:00	Understanding Dyslexia
10th June	10:00-12:00	No Two Brains Are The Same: What Is Neurodiversity
11th June	18:30-20:00	Autistic Girls
12th June	10:00-12:00	Organising, Processing and Planning: What is Executive Functioning?
15th June	10:00-12:00	EHCP: Annual Reviews
17th June	10:00-12:00	Exploring Emotionally Based School Non Attendance
19th June	10:00-12:00	PDA, ODD and ADHD
22nd June	18:30-20:30	What Comes Next? Preparing For Adulthood (14-25)
24th June	10:00-12:00	Building Emotional Literacy in Neurodiverse Children
26th June	10:00-12:00	Understanding Behaviour As Communication
30th June	10:00-11:30	Understanding OCD (Obsessive Compulsive Disorder)
2nd July	10:00-11:00	Understanding ADHD
3rd July	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
6th July	18:30-20:30	Sensory Signs, Signals and Solutions
7th July	10:00-11:30	Understanding Tics and Tourettes
8th July	10:00-12:00	Therapeutic Thinking for Parent Carers
9th July	18:30-20:30	Puberty and SEND
10th July	10:00-12:00	Sleep Workshop
14th July	10:00-11:00	Understanding Autism

scan me

spaceherts.eventbrite.co.uk

SPACE
Autism | ADHD
Neurodiverse Conditions

The majority of these workshops are funded by Hertfordshire County Council

Hertfordshire

ADD-vance
The ADHD and Autism Trust

Hertfordshire

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

Hertfordshire





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

Hertfordshire



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

Add-vance - courses

ADD-vance
The ADHD and Autism Trust

Hertfordshire



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

Add-vance - Courses

ADD-vance
The ADHD and Autism Trust

Hertfordshire



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

ADD-vance
The ADHD and Autism Trust

Hertfordshire



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

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

DS Achieve - Stay and play

DS ACHIEVE

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 →



Click here to book

Beezee by maximus



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.

henry

- 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

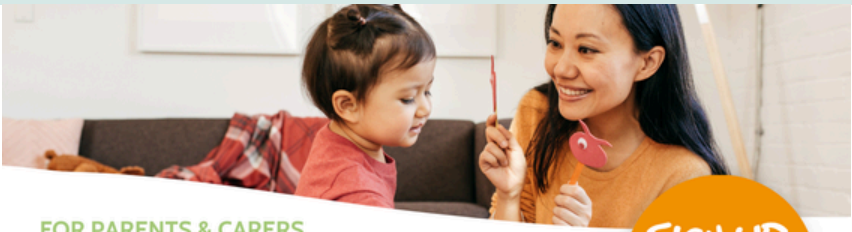
hrt.maximusuk.co.uk

Hertfordshire

Eligibility criteria apply, please see our website for more details

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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.

© HENRY 2024. All rights reserved.

Find out more:

01707 248648

herfordshire@henry.org.uk

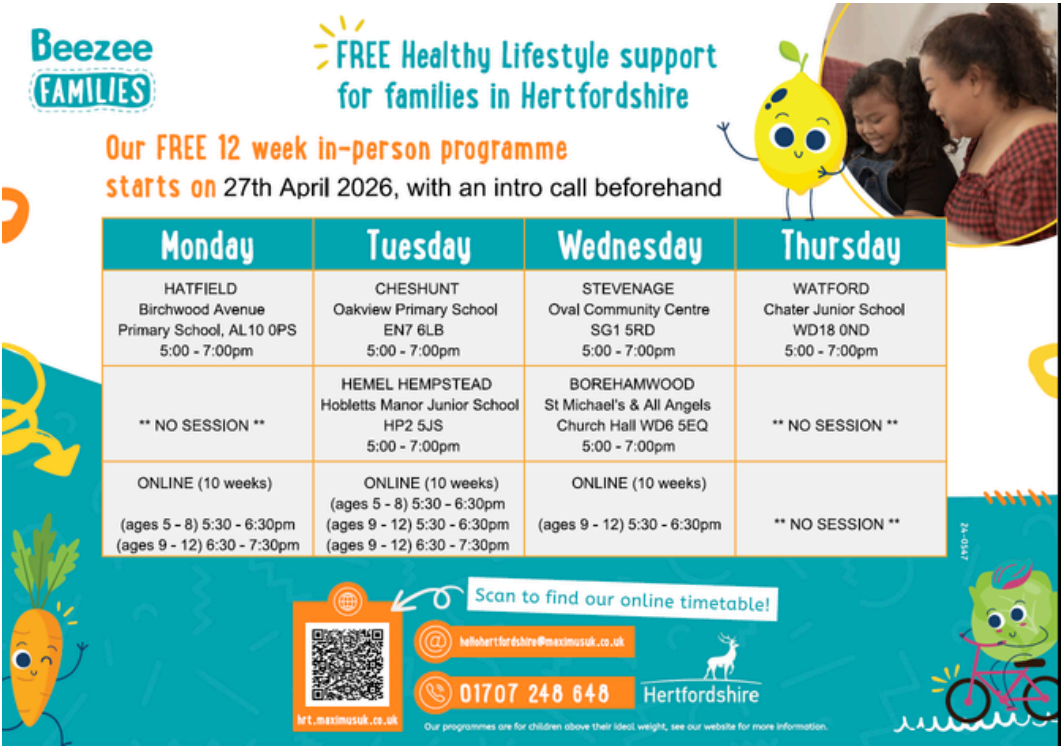
www.henry.org.uk/hertfordshire

In partnership with: Beezee in Hertfordshire

henry Healthy Start, Brighter Future

[Click here for Beezee by maximus website]

Beezee Families



[Click here for Beezee by maximus website]

hellohertfordshire@maximusuk.co.uk

BeeZee Youth

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.





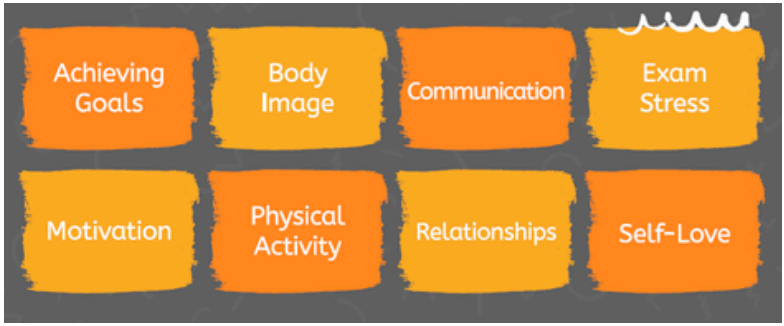




Our online group sessions start on:

Date: Wednesday 20th May 26 & weekly after

Time: Starts at 6pm, ends at 7pm



[Click here for Beezee by maximus website]

What is HENRY?

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



We've partnered with the HENRY organization - read more about them on their website.



Covers five key themes around parenting and family lifestyles.



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



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



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



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



You can connect with other parents and share your experiences.



FREE toolkit provided with all resources youll need for the 8-week programme.

Click here for Beezee Henry website

NHS
Hertfordshire Community
NHS Trust

Children's Wellbeing Practitioner Workshops
April – June 2026

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

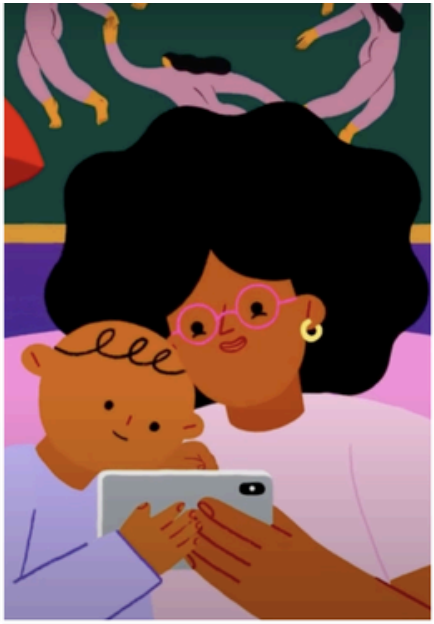
All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787

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

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

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-har without the support of a mental health professional.

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

How Lumi can help your child

Learn **life long skills** to self manage their worries

Learn how to **break down big worries** into smaller, manageable challenges

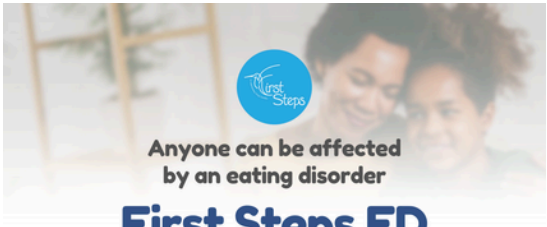
Better understand and talk about worries through a playful experience

Help **increase resilience & build confidence**

LUMI NOVA
TALES OF COURAGE

Need support?
E-mail **support@bfb-labs.com**

First Steps - Eating Disorders



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 sufferer.

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

Make a Referral

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



Families Feeling Safe

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

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

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

Wednesday mornings
6 May – 1 July
9.30 – 11.30

Or

Wednesday evenings
6 May—1 July
7.00pm—9.00pm

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@familiesfeelingsafe.co.uk

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

Funded by Hertfordshire County Council

Hertfordshire

Please like us on Facebook for further updates @familiesfeelingsafe

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

Families Feeling Safe

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

In person:

For parents & carers of children 5-19yrs

Hertford - Thursdays 16 April – 11 June 9.30am – 11.30am
Please click here for the poster

Broxbourne - Fridays 24 April – 26 June 9.30am – 11.30am
Please click here for the poster

Online:

For parents and carers of children 0-19yrs

Mornings - Wednesdays 6 May – 1 July 9.30am – 11.30am
Please click here for the poster

Evenings - Wednesdays 6 May – 1 July 7.00pm – 9.00pm
Please click here for the poster

For Dads and male carers of children 0-19yrs

Evenings – Thursdays 7 May – 2 July – 7.00pm – 9.00pm
Please click here for the poster

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

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

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

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

or QR code

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

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

NESSie

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!



Nessie Website for more information

DSPL7

Delivering Special Provision Locally

Who are we?

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

Contact Us

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

01727 519229

admin@dspl7.org.uk

www.dspl7.org.uk

dspl7_stalbansandharpenden