

DSPL7

**Delivering Special
Provision Locally**

EARLY YEARS Support for practitioners Autumn term 2026



DSPL7

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

This booklet outlines the courses and services that are being run by external providers during the Autumn term 2026 to support families and professionals. Please visit the relevant websites to book.

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Calendar Dates

September 2026	October 2026	November 2026	December 2026
8.9.26 DSPL7 FIF Update 14.9.26 FIF Application deadline 16.9.26 Early Behaviour Solutions 22.9.26 TA Solutions 23.9.26 EF Skills project SLT session 28.9.26 FIF Cluster meeting week 29.9.26 Board Meeting	6.10.26 SENCO Forum 6.10.26 MH/Early EBSNA Consultations 13.10.26 Primary 'Behaviour At Risk' 13.10.26 TA Academy - Demand Avoidance 14.10.26 FIF Panel 14.10.26 EF Skill project 3 rd Deep Dive 14.10.26 Secondary Pastoral Network 20.10.26 SEND Solutions	4.11.26 EY's Primary MH Pastoral Network 4.11.26 EF Skills project whole staff twilight 6.11.26 Cedars application deadline 9.11.26 FIF Application deadline 11.11.26 Early Behaviour Solutions 17.11.26 HFL Autumn SEND Briefing 17.11.26 MH/Early EBSNA Consultations 18.11.26 TA Academy - Class reintegration 18.11.26 TA Solutions 19.11.26 Cedars Panel 23.11.26 FIF Cluster meeting week	1.12.26 Primary 'Behaviour At Risk' 9.12.26 FIF Panel 9.12.26 Early Behaviour Solutions
January 2027	February 2027	March 2027	April 2027
11.1.27 FIF Application deadline 12.1.27 TA Solutions 13.1.27 Early Behaviour Solutions 18.1.27 FIF Cluster meeting week 19.1.27 SENCO Forum 19.1.26 MH/Early EBSNA Consultations 20.1.27 TA Academy - EF Skills	2.2.27 Primary Behaviour 'At Risk' 3.2.27 FIF Panel 9.2.27 SEND Solutions 10.2.27 Early Behaviour Solutions 15.2.26 FIF Application deadline 23.2.27 EF Skills project review session 1 24.2.27 TA Solutions 26.2.27 Cedars application deadline	1.3.27 FIF Cluster Week 9.3.27 EY's Primary MH Pastoral Network 10.3.27 Early Behaviour Solutions 10.3.27 TA Academy - Non-verbal learners 10.3.27 Secondary Pastoral Network 11.3.27 Cedars panel 15.3.27 HFL Spring SEND Briefing 17.3.27 FIF Panel 23.3.27 Primary Behaviour 'At Risk' 23.3.27 MH/Early EBSNA Consultations 24.3.27 SEND Information Fair	14.4.27 Early Behaviour Solutions 21.4.27 TA Academy - Sensory Circuits 26.4.27 FIF Application deadline 28.4.27 SENCO Forum
May 2027	June 2027	July 2027	SEND Coffee Mornings
4.5.27 Primary Behaviour 'At Risk' 5.5.27 TA Solutions 10.5.27 FIF Cluster meeting week 11.5.27 SEND Solutions 19.5.27 Early Behaviour solutions 25.5.27 FIF Panel 25.5.27 MH/Early EBSNA Consultations	7.6.27 EY's Transition 8.6.27 Harpenden Year 6-7 Transition 9.6.27 St Albans Year 6-7 Transition 9.6.27 Secondary Pastoral Network 10.6.27 EY's Primary MH Pastoral Network 11.6.27 Cedars application deadline 14.6.27 FIF Application Deadline 15.6.27 EF Skills 2 nd project review session 15.6.27 TA Solutions 16.6.27 Early Behaviour Solutions 23.6.27 HFL Summer SEND briefing 24.6.27 Cedars Panel 28.6.27 FIF Cluster Week 29.6.27 MH/Early EBSNA Consultations	6.7.27 Primary Behaviour 'At Risk' panel 14.7.27 FIF Panel See individual fliers for further details and booking options. Local Authority Courses should be booked directly with the provider.	At The Hub, Fleetville Junior School 9-12pm 7.10.26 Add-Vance - Autism and ADHD 24.11.26 EY's Advisory Team and PALMS 26.1.27 Nessie 16.3.27 Ask Sali 12.5.27 MHST 29.6.27 First Steps

Calendar Dates

SENCo Forum	HFL Briefings	Transition Events	EY's & Primary MH Leads Network	Secondary Pastoral Network
Autumn - 6th October (Service update 9.30am - 11am) Spring - 19th January (Service update 9.30am - 11am) Summer - 28th April (Service update 9.30am - 11.30am)	HFL Briefings are fully funded. SENDCos can attend our face to face session or join an online webinar Autumn: 17 th Nov (9.30 -11.30am) Spring: 17 th March (1-3pm) Summer: 23 rd June (1-3pm)	Year 6 - 7 Transition meetings Harpenden 8th June (9am -12pm) St Albans 9th June (9am -12pm) EY's Transition Morning 7th June - (9am-12pm)	Meetings are online (1.30pm-3pm) and organised by public health. To receive an invite email: Monica Dell'Aera: hct.pastoral-network@nhs.net Wednesday 4th November Tuesday 9th March Thursday 10th June	Meetings are held at Townsend school from 4.15pm - 5.30pm). A variety of guest speakers provide SEMH updates. Wednesday 14th October Wednesday 10th March Wednesday 9th June
Early Behaviour Solutions	Primary Behaviour 'At Risk' Panel	FIF Clusters	MH/Early EBSNA Surgery	TA Academy
Primary staff can book a 30min slot between 1-4pm to discuss children with emerging behaviour difficulties. Wednesday 16th September Wednesday 11th November Wednesday 9th December Wednesday 13th January Wednesday 10th February Wednesday 10th March Wednesday 14th April Wednesday 19th May Wednesday 16th June	A 30 minute appointment can be booked between 9.30am -11am to discuss CYP at risk of suspension or permanent exclusion. Autumn 1 - 13th October Autumn 2 - 1st December Spring 1 - 2nd February Spring 2 - 23rd March Summer 1 - 4th May Summer 2 - 6th July	Aut 1 Applications - 14th Sept Aut 1 Clusters - w/c 28th Sept Aut 2 Applications - 9th Nov Aut 2 Clusters w/c 23rd Nov Spring 1 Applications - 11th Jan Spring 2 Clusters - w/c 18th Jan Summer 1 Applications - 26th April Summer 1 Clusters - w/c 10th May Summer 2 Applications - 14th June Summer 2 Clusters - w/c 28th June	SENDCos, MH & Pastoral Leads can book a 30min slot between 3-4.30pm to discuss concerns. Autumn 1 - 6th October Autumn 2 - 17th November Spring 1 - 19th January Spring 2 - 23rd March Summer 1 - 25th May Summer 2 - 29th June	All training sessions are online 1.30-3pm Autumn 1 - 13th October Demand Avoidance Autumn 2 - 18th November Reintegration into the classroom Spring 1 - 20th January Executive Functioning Skills Spring 2 - 10th March Supporting non-verbal learners Summer 1 - 21st April Sensory Circuits Summer 2 - TBC Fostering Independence
Secondary Behaviour Advice	Cedars PSB Panel	FIF Panels	SEND Solutions	TA Solutions
Secondary Inclusion Panel, for students at risk of Permanent Exclusion, are held every fortnight on a Thursday morning.	Schools can apply to the panel for a 2 term placement for pupils with SEMH but without an EHCP Thursday 19th November (Applications by 6.11.26) Thursday 11th March (Applications by 26.2.27) Thursday 24th June (Applications by 11.6.27)	Applications are taken first to the local cluster meetings. Autumn 1 - 14th October Autumn 2 - 9th December Spring 1 - 3rd February Spring 2 - 17th March Summer 1 - 25th May Summer 2 - 7th July	SENDCo's/class teachers can book a 20min slot with the Collett outreach teacher/ D SPL7 SEND lead to discuss SEND concerns not related to SEMH or behaviour. Autumn term - 20th October (3-4pm) Spring term - 9th February (3-4pm) Summer term - 11th May (3-4pm)	TA's can book a 20min online slot with D SPL7 team to discuss anything SEND related to their roles. Tues 22nd September (9-10am) Tues 18th November (12.30pm-1.30pm) Tues 12th January (12.30pm-1.30pm) Tues 24th February (2.30pm-3.30pm) Wed 5th May (11.30am - 12.30pm) Tues 15th June (1.30pm -2.30pm)

Level 3: Autism 'Lite Bites'



Tuesday 29th September 2026

- 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 29th September 09:15am - 09:45am

Please register here: <https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-sensory-circuits-29th-september-2026-0915am>



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 29th September 10am to 10:30am

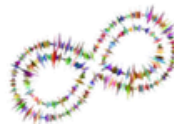
Please register here: <https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-structured-teaching-approaches-29th-september-202610am>



- ✓ 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

AutismTraining@hertfordshire.gov.uk

Level 3: Autism 'Lite Bites'



Thursday 1st October 2026

- Each session lasts 30 minutes.
- Register by using the links or QR codes provided in this flyer

Masking

The aims of the training are:

- To develop an understanding of what masking is and how it may present in relation to neurodivergence
- To understand the impact of masking on day-to-day and long term well being

Thursday 1st October 2026 09:15am to 09:45am

Please register here: <https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-masking-1st-october-2026>



Comic Strip Conversations

The aims of the training are:

- What are Comic Strip Conversations?
- Who would benefit from using Comic Strip Conversations?
- To have a range of ideas and resources to support using Comic Strip Conversations

Thursday 1st October 2026 10am to 10:30am

Please register here: <https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-comic-strip-conversations-1st-october-2026>



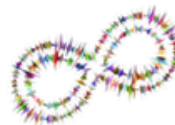
- ✓ Available to those employed in Hertfordshire mainstream or special schools, or any Hertfordshire Early Years setting.
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AutismTraining@hertfordshire.gov.uk

Level 3: Autism 'Lite Bites'

Tuesday 13th October 2026

- Each session lasts 30 minutes.
- Register by using the links or QR codes provided in this flyer



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- What are Comic Strip Conversations?
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Please register here: <https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-comic-strip-conversations-13th-october-2026>



- ✓ 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

AutismTraining@hertfordshire.gov.uk

Level 3: Autism 'Lite Bites'

Wednesday 4th November 2026

- 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?

Wednesday 4th November 2026 09:15am – 09:45am

Please register here: <https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-intensive-interaction-4th-november-2026-0915am>



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

Wednesday 4th November 10am to 10:30am

Please register here: <https://events.hertfordshire.gov.uk/send-academy/hat-lite-bite-anticipation-games-people-games-4th-november-2026-10am>



- ✓ 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

AutismTraining@hertfordshire.gov.uk

Hertfordshire Mental Health Leads Network

Early Years & Primary Schools

These termly network meetings are organised jointly between the Emotional and Mental Wellbeing in Education (EMWiE) Team and Public Health for **Mental Health Leads, Deputy Mental Health Leads, and Pastoral Support Staff** in all Hertfordshire education settings.

The termly meetings provide key updates on mental health and emotional wellbeing services for children and young people, parents and staff; system updates; relevant Public Health information, and an opportunity to communicate and work together with other education settings in your area.

Meeting	Autumn Term	Spring Term	Summer Term	Time & Location
DSPL 1 & 2 North Herts & Stevenage	Wednesday 16 Sept 2026	Thursday 21 Jan 2027	Thursday 29 April 2027	1:30pm to 3pm MS Teams
DSPL 3 & 4 East Herts & Broxbourne	Tuesday 13 Oct 2026	Wednesday 10 Feb 2027	Thursday 3 June 2027	1:30pm to 3pm MS Teams
DSPL 5 & 6 Welwyn Hatfield, Potters Bar, Borehamwood	Wednesday 14 Oct 2026	Wednesday 27 Jan 2027	Thursday 13 May 2027	1:30pm to 3pm MS Teams
DSPL 7 & 8 St Albans, Harpenden, Dacorum	Wednesday 4 Nov 2026	Tuesday 9 March 2027	Thursday 10 June 2027	1:30pm to 3pm MS Teams
DSPL 9 Watford, Three Rivers, Bushey & Radlett	Thursday 5 Nov 2026	Wednesday 24 Feb 2027	Tuesday 8 June 2027	9:30am to 11am MS Teams

To register your interest in attending these meetings, please email Monica Dell' Aera at hct.pastoral-network@nhs.net with your school name and DSPL area.

Early Years - Therapeutic Approaches to Behaviour (TAB)



Early Years Therapeutic Approaches to behaviour 2026 - 2027

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. The key principle of this training is to take an attachment and trauma approach in support our Early Years children who might have experienced Adverse Childhood Experiences (ACEs).

TAB explores a specific area of practice (Early Years Emotional Wellbeing and Behaviour) offering evidence-informed strategies, reflective opportunities and practical approaches that can be easily implemented within everyday interactions with Early Years children. The aim is to strengthen practitioners' ability to create nurturing environments, support children's social and emotional development and responding effectively to Emotional Wellbeing and Behavioural needs in the Early Years.

Lite Bites

The Early Years Emotional Wellbeing and Behaviour Lite Bites sessions have been designed to provide accessible, practical support for Early Years practitioners. These concise learning opportunities focus on key themes commonly experienced within Early Years settings, helping practitioners to develop their understanding, confidence and skills in promoting positive emotional wellbeing and behaviours in the Early Years environment.

Bookings - All bookings for the below training can be found on [Send Academy | Hertfordshire County Council](#)

Early Years - Wellbeing & behaviour lite bites



Autum term 2026 – Early Years Emotional Wellbeing and Behaviour training offer for Early Years providers. Bookings [Send Academy](#) | [Hertfordshire County Council](#)

30 th September 19:00 – 20:00	Childminder Introduction to TAB EYs	Virtual
5 TH October 10 - 11	Lite Bites – Boys ‘we see you’ EYs	Virtual
5 th October 11- 12	Lite Bites – ‘feelings’ is there more to it than Happy and sad? EYs	Virtual
8 th October 9.30 – 11	Introduction TAB EYs	Virtual
15 th October 10 -11	Lite Bite – supporting children in the EYs to build resilience	Virtual
10 th November 10 -11	Pilot Lite Bite – Use of Technology on EYS	Virtual
11 th November 10 - 11	Lite Bites – Biting in the Early Years	Virtual
18 th November 10 - 11	Lite Bite –supporting risk taking play in the EYs	Virtual
27 th November 9.30 – 3.15	Face to Face Full TAB Eys in Apsley	Face to Face
27 th November 9.30 – 3.15	Virtual Full TAB EYs	Virtual
3 rd December 10 -11	Lite Bite – Transition and separations in EY	Virtual

Bookings:

Early Years - Therapeutic Approaches to Behaviour (TAB)

Spring term 2027 – Early Years Emotional Wellbeing and Behaviour training offer for Early Years providers . Bookings [Send Academy | Hertfordshire County Council](#)

14 TH January 10 -11	Lite Bite – Use of Technology for the EYs	Virtual
19 th January 9.30-10.30	Lite Bite – Boys ‘we see you’ EYs	Virtual
21 st January 13 -14.30	Introduction TAB EYs	Virtual
28 th January 9.30-10.30	Lite Bite – Feelings ‘is there more to it than happy and sad EYs	Virtual
4 th February 10 -11	Lite Bite – supporting children in the EYs to build resilience	Virtual
8 th February 10 - 11	Lite bite -supporting risk taking play in the EYs	Virtual
11 th February 9.30 – 3.15	Full virtual TAB EYs	Virtual

3 rd March 10 -11	Lite Bite – Biting in the Early Years	Virtual
4 th March 10-11	Pilot Lite Bite-Growing Calm: Supporting Emotional Regulation in Early Years	Virtual
9 th March 19:00 – 20:00	Childminders Intro TAB EY	Virtual
11 th March 10 -11	Lite Bite – Separation and Transitions in the EY	Virtual
16 th March 10:00 - 11:00	Lite Bite – The Power of Language in the Early Years	Virtual
17 th March 9.30-11.00	Lite Bite – Understanding behaviour through observations	Virtual

Bookings:

Early Years - Therapeutic Approaches to Behaviour (TAB)



Summer term 2027 – Early Years Emotional Wellbeing and Behaviour training offer for Early Years Providers. Bookings [Send Academy | Hertfordshire County Council](#)

Bookings:

20 th April 9.30 – 10.30	Lite Bite – Boys ‘we see you’ EYs	Virtual
20 th April 11 – 12	Lite Bite – Feelings ‘is there more to it than happy and sad EYs	Virtual
28 th April 10 -11	Lite Bite – Biting in the Early Years	Virtual
4 th May 10 -11	Lite Bite – supporting children in the EYs to build resilience	Virtual
13 th May 10 - 11	Lite bite -supporting risk taking play in the EYs	Virtual
19 th May 19:00 – 21:30 26 th May 19:00 – 21.30	Childminder Part 1 TAB EY Childminder Part 2 TAB EY *Need to attend both sessions	Virtual Virtual
20 th May 10-11	Lite Bite – Separation and Transitions in the EY	Virtual
25 th May 9.30-11	Lite Bite - Understanding behaviour through observation	Virtual
16 th June 9.30 - 11	Introduction TAB EY	Virtual
21 st June 1- 2	Lite Bite - Use of Technology for the EYs	Virtual
30 th June 10-11	Lite Bite- Growing Calm: Supporting Emotional Regulation in the Early Years	Virtual
7 th July 10:00-11:00	Lite Bite – The Power of Language in the Early Years	Virtual



Early Years Emotional Wellbeing and Behaviour Drop-In Sessions.

DSPL 7 & 8 – St Albans and Dacorum

Virtual DROP-IN SESSIONS for Early Years settings in **AUTUMN '26** with Julie McElhinney, an Early Years Emotional Wellbeing and Behaviour Specialist to offer guidance and advice for a range of topics including:

- Emotional Wellbeing
- Behaviour
- Attachment and Relationships
- Transitions and Routines
- Social and Emotional Development
- Self-Regulation

To access this service, please click on the preferred date to book a 30-minute MS Teams time slot. Once in the booking system, please access the calendar and click on your chosen date which will then give you available time slots.

Available times

You are available

2025 September

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

Today

Wednesday, September 17

09:35	●
10:05	●
10:35	●
11:05	●
11:35	●
12:05	●

Next >

Booking link with Julie

Early Years Transition Drop in Sessions

[Book time with Julie McElhinney: Monday 14th Sept EY Emotional Wellbeing and Behaviour Drop-In](#)

[Book time with Julie McElhinney: Friday 25th Sept EY Emotional Wellbeing and Behaviour Drop-In](#)

[Book time with Julie McElhinney: Wednesday 7th Oct EY Emotional Wellbeing and Behaviour Drop-In](#)

[Book time with Julie McElhinney: Monday 19th Oct EY Emotional Wellbeing and Behaviour Drop-In](#)

[Book time with Julie McElhinney: Thursday 5th Nov EY Emotional Wellbeing and Behaviour Drop-In](#)

[Book time with Julie McElhinney: Wednesday 18th Nov EY Emotional Wellbeing and Behaviour Drop-In](#)

[Book time with Julie McElhinney: Tuesday 8th Dec EY Emotional Wellbeing and Behaviour Drop-In](#)

Please complete a single service request form if you want to discuss individual children as parental consent is required. (Select EY SEND and state on the form that it's the EY EWB drop-in session that you require).

[Hertfordshire Service Request Form- Children and young people](#)

If you are requesting general Emotional wellbeing and Behaviour advice for your cohort, then a single Service request is not required.

Any questions, please email me directly at
Julie.Mcelhinney@hertfordshire.gov.uk



Julie.Mcelhinney@hertfordshire.gov.uk

Booking link with Julie

Early Years Drop in Sessions for Childminders

Awaiting Autumn Dates



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 :

Denise.Filer@hertfordshire.gov.uk

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 (DSPL 7&8)

Dominique.johnson@hertfordshire.gov.uk (DSPL 6&9)

Denise.filer@hertfordshire.gov.uk (DSPL 3,4&5)

Anna.Mutch@hertfordshire.gov.uk (DSPL 1&2)



Electric Umbrella for Schools

Using music to encourage creativity, celebrate difference

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

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



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

TALKING FAMILIES



Thursdays 8.00 - 9.30pm Course ID: 861
17-Sep, 24-Sep, 01-Oct, 08-Oct, 15-Oct, 22-Oct 2026

Wednesdays 9.45 - 11.15am Course ID: 860
04-Nov, 11-Nov, 18-Nov, 25-Nov, 02-Dec, 09-Dec 2026

Courses delivered online via Zoom

6, weekly sessions for parents and carers of children under 12, sharing tips on how to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**
- **Develop a strong parent/child relationship now and for the future**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

Booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

Funded by
Hertfordshire
County Council



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

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TALKING ANXIETY



Wednesdays 7.45 - 9.30pm Course ID: 862
04-Nov, 11-Nov, 18-Nov, 25-Nov, 02-Dec, 09-Dec 2026

Course delivered online via Zoom

6, weekly sessions for parents and carers of children aged 3-19, supporting you to:

- **Understand why children and adults get worried or anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"This course has helped us massively. We are responding so differently and it's really helping us to cope day to day."

Booking essential

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Supporting Links

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 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.

Monday 21st September, 7.30-9.15pm

Workshop SL-871 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-871-for-parentscarers-in-herts-registration-1989106887245>

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.

Wednesday 30th September, 7.30-9.15pm

Workshop SL-869 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-869-for-parentscarers-in-herts-registration-1988978053901>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance or Non-Attendance & what is your child's experience.
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Wednesday 21st November, 7.30-9.15pm

Workshop SL-872 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-872-for-parentscarers-in-herts-registration-1989109348607>

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.

Thursday 19th November, 9.30-11.15am

Workshop SL-870 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-870-for-parentscarers-in-herts-registration-1989100977569>

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



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

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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



BITESIZE WORKSHOPS



Short, practical, interactive **online** workshops
FREE to parents and carers living in Hertfordshire



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



Worries

Ages 2-19

Helping children deal with worries & anxious thoughts

Does your child seek constant reassurance? Do their worries stop them from trying? Practical strategies to support children who worry.



Tuesday, 29th September 2026, 10-11am

<https://tinyurl.com/43ajnwf6>

Thursday, 19th November 2026, 7-8pm

<https://tinyurl.com/3zkp4fk6>



Eating

Ages 2-19



How do I get my child to eat better?

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

Tuesday, 13th October 2026, 10-11am

<https://tinyurl.com/mr2hw6ph>



Behaviour

Ages 2-19

The 7 underlying causes of behaviour

Understand why your child behaves the way they do, and how you can respond as a parent.



Tuesday, 20th October 2026, 10-11am

<https://tinyurl.com/58r5es9r>

You will get the most from attending live, however, recordings will be available if you are unable to make it.

Parent newsletter: <https://supportinglinks.co.uk/page/png1q>



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Supporting Links

BITESIZE WORKSHOPS



Anger

Ages 2-19

Helping children manage their anger

Practical tools to help your child cope with their angry feelings and behaviours.



Thursday, 5th November 2026, 10-11am <https://tinyurl.com/32y6ayhd>

Tuesday, 1st December 2026, 7-8pm <https://tinyurl.com/6k2t2mwk>



Teenage Brain

Ages 11-19



What's going on in my teenager's head?

How & why adolescent development affects teenage behaviour.

Monday, 9th November 2026, 7-8pm <https://tinyurl.com/ytdnpysu>



Difficult Conversations

Ages 9-19

How do I talk to my child about...?

Talking to our young people about tricky issues like sex, drugs, going out & social media.



Thursday, 26th November 2026, 7-8pm <https://tinyurl.com/2vyz5wuf>



Parenting Styles

Ages 2-19



What kind of parent do you want to be?

Strict, soft, gentle, friendly, how do you want to parent? What effect does it have? What if your co-parent has a completely different approach?

Thursday, 3rd December 2026, 7-8pm <https://tinyurl.com/35pbj3df>

Parent newsletter: <https://supportinglinks.eo.page/png1g>



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Fun with sounds



Innovative



Caring



Agile

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



Hertfordshire Community
NHS Trust

Fun with Sounds

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

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/Mz9fMcpgQM>



 **healthier communities**
through outstanding services

www.hct.nhs.uk

EY's Rucksack - scan QR to register interest

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=lpLink>

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 to find out more.



SEND Chat and Play



SEND Chat and Play are designed to provide a relaxed, supportive environment for families of children 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 on 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 dates 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)



Get FREE support for your school and families

We're Beezee by Maximus, funded by Hertfordshire County Council.
Let us help your whole school community to lead healthy lives.
Our FREE school support includes:

1. Parent/carer workshops



Topics include: Fussy Eating, Feeding Your Family on a Budget, Healthy Lunchboxes, Snacks and Drinks. Parents/carers build a personalised action plan with a 1:1 follow up appointment one month later.



2. School assemblies

Our friendly team lead engaging assemblies to help your pupils learn about making healthy lifestyle choices.



3. Coffee mornings

We can pop in for coffee mornings with parents and carers. We'll provide practical tips and advice.



4. Staff training

Topics include: Confident Conversations around Weight and Wellbeing, Fussy Eating, and Healthy Eating.



5. Lesson support

We can support teachers to run curriculum-linked lessons to help boost pupils' understanding of health.



Early Years VSEND Virtual Training

Date: Tuesday, 1 December, 1:00pm

Location: Online - Microsoft Teams

About this event

VSEND is about supporting inclusion through solution-focused, person-centred tools, strengthening provision, building an understanding of need, and enabling engagement with families.

This virtual training is designed for all EY schools and settings to help you understand how VSEND can support your APDR process. It is ideal for SENCOs and managers who want to gain a deeper understanding of VSEND.

This training is aimed at SENCOs and Early Years professionals in PVI's and school settings.

Please note you will receive a link to join in your booking confirmation email. Please check this prior to the training starting.

VSEND free online training is bookable here:

[VSEND - Booking link](#)

Children's Wellbeing Practitioner Workshops October - December 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
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Tuesday 3 November 6-8pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Monday 23 November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Wednesday 14 October 6-8pm Tuesday 8 December 10am – 12pm
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 29 October 6-8pm Monday 14 December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 21 October 10am-12pm Tuesday 10 November 6-8pm Wednesday 16 December 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 6 October 6-8pm Wednesday 18 November 10am-12pm Tuesday 1 December 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/>



Delivering Special
Provision Locally

and



2026/7 SEND Coffee Morning

DSPL7 & Vista host **DROP IN** 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 are also available for discussions.

There is no need to book to attend this coffee morning

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****

Running alongside our drop in coffee mornings, there is also the opportunity to reserve a 25 minute appointment to speak to professionals between 9:00am - 12:00pm.

Appointments

There is also an opportunity to book a slot with a professional.

To book an appointment:

Please email
admin@dspl7.org.uk

Dates	Professionals attending
Wednesday 7th October	Add- Vance - Autism and ADHD
Tuesday 24th November	Early Years Advisory Team and PALMS
Tuesday 26th January	Harri Nicholas- NESSIE : anxiety, Mental health and EBSNA
Tuesday 16th March	Thelma Mugovera - Ask Sali (ECHP Advice)
Wednesday 12th May	Sarah Garvey - Mental Health Support Team
Tuesday 29th June	Jess Pickles - First Steps Eating Disorders, Arfid,

Vista contact details: 01727 519128 vistastalbans@gmail.com www.vistastalbans.org.uk
DSPL7 contact details: 01727 519229 admin@dspl7.org.uk www.dspl7.org.uk



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.**



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, 10am-10pm weekdays, 2pm-10pm weekends and bank holidays.
- **Samaritans** – Call **116 123** to talk or email: 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.

Contact Us



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



01727 519229



admin@dspl7.org.uk



www.dspl7.org.uk



[dspl7_stalbansandharpenden](#)

