

Dear Parent/Carers,

We hope you are keeping safe and well in this ever changing time.

Please find details of workshops and support from local providers, which they are currently offering remotely at this time.

If you require any support or information from DSPL8, please do not hesitate to contact us.

Be safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

Website - www.dacorumdspl.org.uk

Email – dspl@kls.herts.sch.uk

Facebook - www.facebook.com/dspldacorum Instagram – [dspl_dacorum](https://www.instagram.com/dspl_dacorum)

COURSES, WORKSHOPS & SUPPORT



UPCOMING ONLINE WORKSHOPS

SPACE is pleased to announce the following workshops will be available soon for booking. All bookings are managed on Eventbrite. To be eligible to attend parents/carers must:

1. Be Hertfordshire residents and have a child aged between 0 and 18.
 2. A concern has been raised; that they are on the pathway for diagnosis or that they have a diagnosis. A formal diagnosis of ASD or ADHD is not needed for a parent to access this workshop.
- These workshops are funded by Hertfordshire County Council.

Workshop Titles	Dates	Times
Sensory Signs, Signals & Solutions	Wednesday 7 th October 2020	10:00-12:00
Navigating the SEND World - Beginning the Journey	Tuesday 13 th October 2020	19:00-21:00
Sleep Workshop	Monday 19 th October 2020	10:00-12:00
Understanding Autism	Tuesday 20 th October 2020	19:00-20:00
Understanding Autism & ADHD	Wednesday 4 th November 2020	10:00-12:00
Girls on the Autistic Spectrum	Monday 9 th November 2020	10:00-11:30
Anxiety	Wednesday 11 th November 2020	19:00-20:00
Sensory Signs, Signals & Solutions	Monday 16 th November 2020	11:00-13:00
Understanding ADHD	Friday 20 th November 2020	19:00-20:00
Navigating the SEND World - Beginning the Journey	Wednesday 25 th November 2020	10:00-12:00
Understanding Autism	Monday 30 th November 2020	11:00-12:00
Anger and Conflict	Wednesday 2 nd December 2020	10:00-11:30
Anxiety	Tuesday 8 th December 2020	10:00-11:00

Family Lives Autumn Online Programme

Family Lives are delivering 3 different **online** programmes this term funded by HCC and delivered through MS Teams :

1. Bringing Up Confident Children for Parents of Children aged 5 to 13 with ADHD (1 x 6-week group)
2. Bringing Up Confident Children for Parents of Children aged 5 to 15 with SEN (1 x 8-week group)
3. Getting on with your Pre Teen/Teen for parents of children aged 10 to 16 (3 x 6-week groups on different days/times)

Programme	Times	Day	Dates
Bringing Up Confident Children for Parents of Children aged 5 to 13 with SEN (8 weeks)	12.30 - 2.30	Thursday	15, 22 Oct & 5, 12, 19, 26 Nov & 3, 10 Dec 2020
Bringing Up Confident Children for Parents of Children aged 5 to 13 with ADHD (6 weeks)	12.30 - 2.30	Monday	9, 16, 23, 30 Nov & 7, 14 December 2020
Getting on with your Pre Teen/Teen for parents of children aged 10 to 16 (6 weeks)	7pm-9pm	Wednesday	7, 14, 21 Oct & 4, 11, 18 November 2020
Getting on with your Pre Teen/Teen for parents of children aged 10 to 16 (6 weeks)	7pm-9pm	Thursday	12, 19, 26 November and 3, 10, 17 December
Getting on with your Pre Teen/Teen for parents of children aged 10 to 16 (6 weeks)	9.30-11.30	Friday	13, 20 & 27 November & 4, 11 & 18 December 2020

If you would like further information please do get back to me on 0204 522 8700 or email louisev@familylives.org.uk



Bringing up confident children for parents of children with SEN

Join our virtual group online on
Thursdays between 15th October to 10th
December 2020 at 12.30 - 2.30 pm

For more information, contact Louise on
01707 247032 or email LouiseV@familylives.org.uk

www.familylives.org.uk @FamilyLivesHertsandBeds
We build better family lives together Hertfordshire

© Family Lives is a registered charity number: 3837762 (Reg charity number: 1077722) (Reg'd in England and Wales: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HQ)

Are you dealing with challenging behaviour from your teens?
Do they have an FFA, CIN, CP or a YOUTH JUSTICE PLAN?

Join our free online groups for support in dealing with your teen's behaviour

Wednesday 7pm – 9pm 7th October to 18th November
Thursday 7pm – 9pm 12th November to 17 December
Friday 09.30am – 11.30am 13th November to 18th December.
Places are limited so please book early to avoid disappointment

For more information, contact Louise on 01707 247032 or email LouiseV@familylives.org.uk

This course is open to parent/carers who are residents of Hertfordshire only. @FamilyLivesHertsandBeds www.familylives.org.uk



Free Online Parent Peer Support Group

Hertfordshire Mind Network are providing a weekly group, for parents who have any worries about their children starting school this month.

The group will give you an opportunity too:

- Meet other parents and/or carers
- Share your worries and concerns around Covid 19
- Learn tools to manage yours and your child's anxiety
- Find out about local support services in your area

The support group runs every Monday, 10am-12pm (starting Monday 28th September)

For more information, please email info@hertfordshiremind.org with your name, contact details. In the subject box, please put 'Parent Peer Support Group'

A VIRTUAL WEEKLY CLASS FOR
POTENTIAL KIDS
SEND KIDS & SIBLINGS

AUTUMN TERM 12SEP - 5DEC
(NO CLASS 31 OCT-HALF TERM)
SATURDAYS @ 10:30-11:45
COST: FREE

KIDS YOGA & RELAXATION

RUN BY MARIA DITO ON THE
ONLINE PLATFORM ZOOM.US

YOGA WITH MARIA
Improves flexibility, strength & coordination and
increases concentration and calmness
Email: maria.dito@ntworld.com



POTENTIAL KIDS

Bookings:
www.potentialkids.org/activities
Info: info@potentialkids.org
www.potentialkids.org



SOME BENEFITS for kids
*Develop body awareness
*Manage stress through breathing
*Increase their confidence AND positive self-image



Embracing Neurodiversity
Autism-ADHD-Dyslexia-Dyspraxia-Tourettes
amongst other conditions

AN EXCLUSIVE VIRTUAL
WEEKLY CLASS FOR
POTENTIAL KIDS
SEND PARENT/CARERS
STARTING FRIDAY 10TH APRIL
TIME: 10:30-11:30
COST: FREE

GENTLE YOGA & RELAXATION

RUN BY BABACOOOL ON THE
ONLINE PLATFORM ZOOM.US



BABACOOOL IS ALL ABOUT HELPING YOU
TO RELAX, SLOW & SOFTEN IN ALL
AREAS OF YOUR LIFE, WHILST ALSO
BUILDING YOUR RESILIENCE



Classes are suitable for beginners and those with little
experience. If you are new to a class you will be required
to complete a short questionnaire prior to your first class.



www.babacool.net
Info: info@babacool.net
M: 07746679905



POTENTIAL KIDS

Bookings: Eventbrite PK Yoga Class
Info: info@potentialkids.org
www.potentialkids.org



LEGAL DISCLAIMER - PLEASE COMPLETE THE FORM
DOWNLOADED UNDER 'TELL DOWNLOADED' ON OUR
WEBSITE AND EMAIL IT TO: info@babacool.net
YOUR PARTICIPATION IN THESE ONLINE CLASSES IS
AT YOUR OWN RISK. PLEASE PRACTISE IN A
SUITABLE ENVIRONMENT AND SPACIOUS AREA.



BENEFITS:

CALM THE MIND & STRENGTHEN THE BODY
IMPROVE HEALTH & VITALITY LEVELS
IMPROVE FLEXIBILITY
RELEASE TENS & LIMITING PATTERNS
CONTROL ANGER, STRESS & DEPRESSION
MANAGE YOUR HEALTH, ENERGY, EMOTIONS & MIND
RELAX AND MEDITATE WITH GREATER EASE

Embracing Neurodiversity
Autism-ADHD-Dyslexia-Dyspraxia-Tourettes
amongst other conditions

Parents role in supporting their child's return to school – EPS Recorded Presentation

A new film for parents from Hertfordshire's Educational Psychology Service on supporting your child with their return to education.

All Educational Psychologists have also shared the link to this film with their schools who we hope will share it with parents.

The film is 18 minutes long and can be found here: https://youtu.be/6itKkr_IYvs



Sussing Out school

Click the link below for a useful guide for children and young people sussing out school, what to expect in the new normal, and tips and techniques on how to cope with these changes.

https://www.safety-net.org.uk/news/new-e-zine-3rd-edition-sussing-out-school/?utm_source=rss&utm_medium=rss&utm_campaign=new-e-zine-3rd-edition-sussing-out-school

Education

Psychology

Service

ISL Integrated
Services for
Learning

working together locally

Contactline

01992 588574

A 'quick queries' service for parents, carers, and young people (16-25) in Hertfordshire

Please call if you would like to speak directly to an Educational Psychologist to discuss a child or young person's development, learning or emotional wellbeing, or to find out more about our service.

From September 2020 Contactline will be available
Wednesday from 2:00pm to 4:30pm

If you are from an Educational setting and have a query, your school has a link Educational Psychologist with whom any requests for involvement can be raised.

Visit www.hertfordshire.gov.uk/localoffer for services for children/ young people with SEND

Find us on twitter @HertsEPS

As part of our Quality Assurance process, we will be seeking feedback from a random sample of callers

Please note - This contact line is now for parents, carers and young people only.


For school staff please contact your Educational Psychologist.


INFORMATION


Read the Hertfordshire Local Offer website latest blog to discover how they recently made it their mission to review and refresh, alongside parents, young people and professionals of Hertfordshire, their Preparing for adulthood webpages and find out what they achieved together:


<https://www.hertfordshire.gov.uk/PFABlog>

SUPPORT

 **Speech, Language, Communication and Autism** - stadac.islteam@hertfordshire.gov.uk

 **Educational Psychologists** - Use our advice line to speak to an educational psychologist or an advisory teacher if you need support. **Wednesday 2 - 4.30pm 01992 588 574**

 **Autism Helpline** 10am – 3pm, Monday to Friday - **0808 800 4104** or via online contact form
<https://www.autism.org.uk/enquiry>

 **ADD-vance Helpdesk** is open from 9am to 1pm every weekday via [07716 744 662](tel:07716744662) or email to herts@add-vance.org Website - www.add-vance.org Facebook – www.add-vance.org/parents/



Hertfordshire Local Offer The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them.

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



Herts Help a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life. Call us on **0300 123 4044** or email info@hertshelp.net



Kids Hub support and information to families with children and young people with SEND. We are still open and offer support and advice to families over the phone and emails and our SEN Toy and Equipment is still available to parents. If you would like to get in contact with us please call on 01992 504013/ 01923 676549 or email us at hub.herts@kids.org.uk



Hertfordshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: sendiass@hertfordshire.gov.uk or 01992 555 847



Hertfordshire Additional Needs Database (HAND) voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond). Contact via: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx> or email hand@hertfordshire.gov.uk



Families First Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.

<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>



Benefit entitlement - If you care for a child or young person with a disability or if you have a disability yourself, you may be able to claim a range of benefits including Disability Living Allowance and Carers Allowance. For more information on available benefits and entitlement go to: <https://www.carersuk.org/help-and-advice/financial-support>



Carers in Hertfordshire provides advice, information and support to unpaid carers.

Website - www.carersinherts.org.uk Telephone – 01992 586969 (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



Hertfordshire Mind - If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Available to provide emotional support 24 hours a day, every day of the week. To contact the helpline please call us on **01923 256391**.



Hertfordshire Wellbeing Service offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress. <http://talkwellbeing.co.uk/>

Leading Mental Health in Hertfordshire Schools

Healthy Young Minds in Herts - Wellbeing advice and tools for young people, parents and carers. <https://www.healthyyoungmindsinherts.org.uk/>



JUST TALK

Just Talk Herts – Mental Health support and advice for young people. www.justtalkherts.org



**family
lives**

Family Lives – Parenting and Family support Helpline 0808 800 2222



Foodbanks - <https://dacorum.foodbank.org.uk/get-help/>



Health Coronavirus - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Self-Isolating Guidance - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Domestic Abuse Help - www.gov.uk/guidance/domestic-abuse-how-to-get-help



Hertfordshire County Council Children's Services - 0300 123 4043



Samaritans - 116 123



ChildLine - 0800 1111