



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

27th September 2023

Welcome to the 2nd DSPL9 newsletter for the academic year 2023/24 .

This provides school colleagues and families with all recent and current local SEND information with a focus on **Parents and Families**.

This newsletter will be published fortnightly. Next edition: **11.10.23**

Please contact Triage enquiries@dsplarea9.org.uk if your child or young person has multi complex needs that you require further support with.

Please note: all booking links, emails, phone numbers are given alongside each course detail.

DSPL9 or Triage are unable to make any bookings for you.

New this edition

- Family Lives have a few places on 3 parenting groups and 2 workshops, funded by Herts County Council, in the Autumn term for parents/carers who live in Hertfordshire or who have a child attending a Hertfordshire school.
- Families Feeling Safe have a number Protective Behaviours for Mums, Dads & Carers courses running in person (in Stevenage and Broxbourne) and online, starting very soon.
- Mental Health First Aid courses are available for parents during the Autumn term.
- Up on Downs share their Autumn Term Newsletter.
- Herts Parent Carer Involvement (HPCI) would like to hear your thoughts by completing their second annual survey of parent carer satisfaction.

Don't Miss Out!

- Advisory teachers from the Speech Language Communication and Autism team are offering consultations on 3rd October (@Abbots Langley Primary) and 9th November (Via MS Teams)

Autumn Term Groups



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Less Shouting, More Cooperation - 6 week group

Thursday 5 October to 16 November 7.00pm - 9.00pm Online via MS Teams

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

Dads Together (face to face 6 week group)

Tuesday 7 November to 12 December 7.30pm - 9.30pm

Canary Club, Fishponds Road, Hitchin SG5 1NU

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

Sorting out Arguments in the Family - 6 week group

Wednesday 8 November to 13 December 9.30am - 11.30am Online via MS Teams

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family

Anxiety around ADHD workshop

Tuesday 7th November 9.30am - 11.30am Online via MS Teams

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

Reducing Conflict workshop

Thursday 7th December 9.30am - 11.30am Online via MS Teams

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

Families Feeling Safe

Supporting families with Protective Behaviours

**Broxbourne
Starting
Sept 2023**

**A FREE course for Mums, Dads,
Step-Parents and Carers of
children 5-19yrs**



**Thursday mornings
9.30am—11.30am**

**21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23
Nov 2023**

At

**Wormley School Community Room
Cozens Lane East,
Broxbourne, EN10 6QA**

**Are you looking for some strategies and new ideas
to help improve family life? This course can help
you to**

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- 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 and have problem-solving skills for life

Places are for families with children 5 -19 years old

**For eligibility and to book your FREE place please
contact:**

Tel: 01992 303331 Opt. 5



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

Supporting families with Protective Behaviours

STEVENAGE
starting
SEPTEMBER 2023

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



**Wednesday mornings
9.30am—11.30am**

**27 Sept, 4, 11, 18 Oct, 1, 8, 15 & 22 Nov
2023**

At

**The Oak Suite, Peartree Spring Primary
School, Hydean Way, Stevenage, SG2 9GG**

Stevenage - DSPL Area 2

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



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- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

**Places are for families living in Hertfordshire and
there are eligibility criteria**

**For eligibility and to book your FREE place please
email:**

enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Course No: 05/S4



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

Supporting families with Protective Behaviours

ONLINE
Thursday evenings
starting
5 October 2023

**A FREE course for Dads,
Step-Dads and Male
Carers**



Online
Thursday evenings
7.00pm - 9.00pm
5, 12, 19 Oct, 2, 9, 16, 23 & 30
Nov 2023

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
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- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life



Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number O4/02



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE
morning course
starting
5 October 2023**

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



**Online Thursday mornings
9.30am - 11.30am**

**5, 12, 19 Oct, 2, 9, 16, 23 & 30
Nov 2023**



Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
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- 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 and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number O5/D2



Families Feeling Safe

Supporting families with Protective Behaviours

**ONLINE
morning course
starting
3 October 2023**

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



**Online Tuesday mornings
9.30am - 11.30am**

**3, 10, 17, 31 Oct, 7, 14, 21 & 28
Nov 2023**



Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- 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 and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number O5/D1



MENTAL HEALTH FIRST AID TRAINING

**1 DAY CHAMPION COURSE
FOR PARENTS & CARERS OF
8 TO 18-YEAR-OLDS
FREE TRAINING
09:30AM - 16:00PM**



WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
- KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
- SKILLS TO SUPPORT POSITIVE WELLBEING

COURSE STRUCTURE

SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.

SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

For further information please contact:
hweicbhv.schoolsmh@nhs.net

YOUTH MENTAL HEALTH FIRST AID TRAINING



**BOOKING LINKS
1 DAY CHAMPION COURSE FOR
PARENTS/CARERS
09:30AM - 16:00PM**

Dates	Location	Booking Link	Parking
17th October 2023	The Pod, Northfields Infant and Nursery School, Letchworth	Here	Parking available on surrounding roads
16th November 2023	Robertson House, Stevenage	Here	Parking available on site
7th December 2023	Hobbs Hill Wood Primary, Dacorum	Here	Parking available on site

For further information please contact:
hweicbhv.schoolsmh@nhs.net



Autumn 2023 Newsletter

CALENDAR DATES

- Sat 30 Sept [Hitchin Youth Showcase](#)
Market Place, Hitchin 10.00-3.00—
Performance at 11.00am
- Sun 1 Oct [Up on Downs Annual General Meeting](#)
Via Zoom—contact us if you would like the
link to join us—11.00am-1.00pm
- Sat 14 Oct [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Wed 11 Oct [New Parent Communication Chat](#)
Via Zoom 10.00—11.00am
- Sat 11 Nov [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Sun 26 Nov [Teen Christmas Bowling Party](#)
Hollywood Bowl, Woodside Leisure Park,
Watford WD25 7JZ—11.00am
- Sat 9 Dec [Up on Downs Christmas Party](#)
St George's Church, Common View,
Letchworth SG6 1DA—2.00-4.00pm
- Fridays [Choices Youth Group](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 6.15-8.00pm
- Mondays [Teen Fitness Group](#)
With Tom and Emily Enoch, via Zoom at
5.45pm
- Thursdays [Teen Social Communication Group](#)
With Emily Enoch, via Zoom at 6.30pm



Up
On Downs

*If you have any questions
or
suggestions please
contact Sande, Jan or
Gemma at:*

[enquiries.nhdowns
@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk)

call:
07738 470634

Or visit:
www.upondowns.co.uk



[Click here to read the full newsletter.](#)



This survey is for parents and carers in Hertfordshire who have children and / or young people aged 0 – 25 years, with SEND (Special Educational Needs and/or Disabilities). Your responses will drive our work with Hertfordshire County Council and Hertfordshire's NHS Services to help improve services for children and young people with SEND.

<https://www.surveymonkey.co.uk/r/HPCISurvey2023>



Delivering Special
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DSPL 9



Speech Language Communication and Autism Team

Parent consultation sessions



Advisory teachers from the Speech Language Communication and Autism team are offering consultation time where they can answer your questions about helping young people with speech, language, communication and autism who may have difficulties at school.

Please note that these sessions are with an advisory teacher from the SLCA team and not a speech therapist. For further details of who the team support please click [here](#)

Appointments are being offered both face to face and virtually.

Face to face consultations will be held at Abbots Langley Primary on **3rd October 2023** with Beverly Hamilton.

Times available will be:

9.30am – 9.50am
10.00am – 10.20am
10.30am – 10.50am
11.00am – 11.20am
11.30am – 11.50am

Virtual consultations will be held via MS Teams on **9th November 2023** with Eilish Foley.

Times available will be:

9.30am – 9.50am
10.00am – 10.20am
10.30am – 10.50am
11.00am – 11.20am
11.30am – 11.50am

To book an appointment please email admin@dsplarea9.org.uk. Bookings will be taken on a first come first served basis in the following way:

- Email admin@dsplarea9.org.uk with 3 dates and times that you would like in order of preference
- You will be contacted to confirm the successful date and time

So we can use the time best, please decide on the question you want to ask and tell us or email it when you book so we can have a focussed discussion.