



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

11th October 2023

Welcome to the 3rd 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: **1.11.23** (no newsletter during half term week)

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

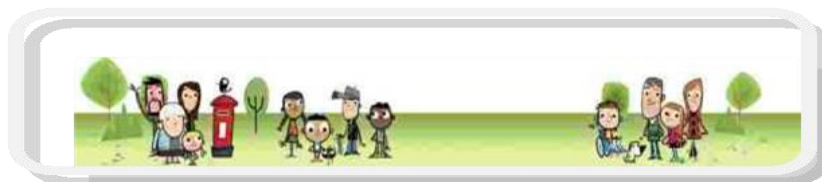
- DSPL9 are holding monthly support groups for parents of children experiencing EBSA
- Add-vance share their autumn term workshops and 6 week courses
- Potential Kids share their October and half term events
- BBC Tiny Happy People are holding some exciting events in November.

Don't Miss Out!

- Advisory teachers from the Speech Language Communication and Autism team are offering consultations on 9th November (Via MS Teams)



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DSPL 9



Parent/carers monthly **Emotional Based School Avoidance (EBSA) Support Groups**

Does your child's school avoidance affect you as a parent?

Would you like a safe space to share your experiences with others?

DSPL 9 will be holding monthly sessions for parents with children experiencing EBSA to share their experiences and seek support from a range of professionals attending each of the sessions.

Date	Time	Eventbrite Link
November	Monday 20 th November 2023 1-2.30pm	https://www.eventbrite.co.uk/e/718373072197?aff=oddtcreator
December	Monday 11 th December 2023 1-2.30pm	https://www.eventbrite.co.uk/e/718374887627?aff=oddtcreator
January	Monday 29 th January 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718387605667?aff=oddtcreator
March	Monday 11 th March 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718389411067?aff=oddtcreator
April	Monday 22 nd April 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718390724997?aff=oddtcreator
May	Monday 13 th May 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718391066017?aff=oddtcreator
June	Monday 17 th June 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718391707937?aff=oddtcreator

All sessions will be held remotely via Microsoft Teams. Once you have booked you via Eventbrite you will be sent the MT link.

Each meeting will be attended by two Family Support Workers and two Nessie therapists as well as the DSPL 9 Manager and SEND Lead.

Each session will start with all parents in one group, followed by the use of breakout rooms to enable age specific conversations and discussions to take place. The session will then end with all parents coming together.



FREE ONLINE AUTUMN 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Diagnosing ADHD and/or Autism	Parents/carers	Mon	11.9.23	19:00 - 20:30	Online
Thinking about College?	Parents/carers	Wed	13.9.23	10:00 - 11:30	Online
Thinking about University?	Parents/carers	Thu	14.9.23	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	18.9.23	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	20.9.23	10:00 - 11:30	Online
Applying for an EHCP	Parents/carers	Mon	25.9.23	10:00 - 11:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Wed	27.9.23	10:00 - 11:30	Online
Understanding Autism in Girls	Parents/carers	Mon	2.10.23	10:00 - 11:30	Online
Tips & tools to Manage Eating Difficulties	Parents/carers	Wed	4.10.23	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/carers	Thu	5.10.23	10:00 - 11:30	Online
Preparing for an EHCP Annual Review	Parents/carers	Mon	9.10.23	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Wed	11.10.23	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	16.10.23	19:00 - 20:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	18.10.23	10:00 - 11:30	Online
Half Term					
Working in Partnership with School	Parents/carers	Mon	30.10.23	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	1.11.23	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Thu	2.11.23	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	6.11.23	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	8.11.23	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	13.11.23	19:00 - 20:30	Online
Tips & Tools to Support Emotional Literacy	Parents/carers	Wed	15.11.23	10:00 - 11:30	Online
Tips & Tools to Build Self Esteem	Parents/carers	Mon	20.11.23	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	22.11.23	10:00 - 11:30	Online
Understanding Neurodiverse Teens	Parents/carers	Mon	27.11.23	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	29.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	30.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Mon	4.12.23	10:00 - 11:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	6.12.23	19:00 - 20:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing. I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

☎ 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

Bookings via this link <https://www.eventbrite.co.uk/o/add-vance-14054405963>



ADD-vance
The ADHD and Autism Trust



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 with a diagnosis or suspected diagnosis of ADHD and/or Autism.

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE

Understanding ADHD and Autism for Dads (plus wider family)

Wednesdays - 1st Nov - 6th Dec 2023 (Week 3 Online)
St Albans Fire Station Community Room - 10 am - 12 pm

Early Years

Thursdays - 2nd Nov - 7th Dec 2023
7 - 9 pm **ONLINE**

Teen Years (knowledge of ADHD/Autism assumed)

Wednesdays - 8th Nov - 13th Dec 2023
7 - 9 pm **ONLINE**

☎ 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

[Bookings via this link](#)



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

Thursdays

2nd Nov to 7th Dec 2023

Bedmond Village Hall, Bedmond,
Abbotts Langley
10 am - 12 pm

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or
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These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and
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[Bookings via this link](#)



UNDERSTANDING ADHD & AUTISM IN GIRLS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of girls aged 5 to 14 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

Tuesdays

31st Oct to 5th Dec 2023

10 am - 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

[Bookings via this link](#)

OCTOBER & HALF TERM

POTENTIAL KIDS

BOOKINGS:

www.potentialkids.org.uk/activities

Date	Sessions	Time	Location
4th Wed	Bush Craft Club	12.30-14.00	PK Garden
5th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
5th Thu	Trampolining	16.45-18.00	Gosling Sports
6th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
6th Fri	Minecraft On Site	18.30-20.30	PK Hub
7th Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
8th Sun	Minecraft On Site & Remote Session	13.00-15.00	PK Hub
11th Wed	Bush Craft Club	12.30-14.00	PK Garden
10th Tue	SOS SEN Advice Center	10.00-12.00	PK Hub
12th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
13th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
13th Fri	Youth Group 16+	18.30-20.30	PK Hub
14th Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
17th Tue	Create 4-11yrs	16.30-18.00	PK Hub
18th Wed	Bush Craft Club	12.30-14.00	PK Garden
19th Thu	STEAM Home Education	10.00-12.00 & 12.00-14.00	PK Garden
19th Thu	Trampolining	16.45-18.00	Gosling Sports
20th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
20th Fri	Minecraft On Site	18.30-20.30	PK Hub
23rd Mon	Halloween Themed Bushcraft	10.00-12.00 13.00-15.00	PK Garden
24th Tue	Soft Play at Fun Zone 4-12yrs	19.00-20.45	Birchwood Leisure Center
26th Thu	Fun Rings 8+yrs	12.00-13.00	Gosling Sports
27th Fri	Halloween Themed Crafts	10.00-12.00 13.00-15.00	PK Garden
31st Tue	Halloween Party	16.30-18.00	PK Garden

Contact us for further information on any of our Activities or Educational Services at info@potentialkids.org



Approved Education
Centre Delivering
Nationally Accredited
Qualifications



Learning, Social & Communicational Support for everyone through our inclusive programmes

Opportunities for Duke of Edinburgh or Work Experience with PK

PK Hub & Garden



Always Connecting with our Community and the most vulnerable

PK TECH TEAM

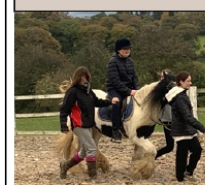


PK Offer
Tutoring
Teaching
Mentoring
Therapies
1:1 & Group Work
Alternative provision
EOTAS



SUNDAY
1:1 Horse Riding
Groundworks/Care
Equine Therapy
Sessions

Danecroft Stables



FRIDAY - Home Education available



PK Garden

Therapeutic Gardening 1:1 & Group Sessions available

the galleria
OUTLET SHOPPING



[BBC Tiny Happy People](#) have some exciting events happening in our local area at **ASDA Watford Supercentre, Watford** on the 7th - 8th November 2023.

The two day event, offers families and their little ones (under 5's) opportunities to get involved with some special **Stay & Plays sessions**, to meet and talk to **local health care and community services** and to learn how to unlock the magic of **Storytime** in the ASDA community room. Find out more about each event and book [tickets here](#)

Event page: [FREE Toddler & Baby Events At Asda Watford Superstore with BBC Tiny Happy People - BBC Tiny Happy People](#)



BBC Tiny Happy People
BBC CBeebies

**BBC Tiny Happy People
FREE Events
ASDA Watford Supercentre, Watford**

Events

Tuesday 7th November 2023 - Stay & Play
- Plus local healthcare experts

Wednesday 8th November 2023 - Storytime
- Plus local library and family services



Scan the QR code for more event information
and to book your ticket!



Tickets are available on a first come first served basis

BBC TINY Happy PEOPLE

Visit BBC
Tiny Happy People
to help develop
your little one's
communication
skills.



**"The website has lots of free activity
ideas and expert advice. It's brilliant!"**

Kerry, Health Visitor

Find out more at:
bbc.co.uk/tinyhappypeople

f @bbctinyhappypeople



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Provision Locally

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](#)

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

Remaining times

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.