



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

15th November 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: **29.11.23**

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

- Relaxed performance of Sleeping Beauty is available to book
- Potential Kids share their November activities.
- Supporting Links have 3 further workshops available to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.
- Herts MIND network advertise their Spark drop in group.

Don't Miss Out!

- DSPL9 are holding monthly support groups for parents of children experiencing EBSA
- STRIVE Parent Hubs are available to offer support and advice to parents of children with SEND.
- Watford Family Centre Service have just announced the date of their upcoming Baby Fair
- Supporting Links have a wide range of courses which will be running in Spring Term 2024. Bookings are open NOW!



PAUL HOLMAN ASSOCIATES & WATERSMEET THEATRE PRESENT

SLEEPING BEAUTY



RELAXED PERFORMANCE SUNDAY 31 DECEMBER 11AM

For those who would benefit from a more relaxed environment, such as pre-school children, our neurodiverse customers, and those with additional needs or disabilities, this relaxed pantomime performance is ideal.

watersmeet



BOX OFFICE: 01923 711063

WATERSMEET.CO.UK

High Street, Rickmansworth, WD3 1EH

 **THREE RIVERS
DISTRICT COUNCIL**

SLEEPING BEAUTY

A dream of a pantomime packed with fun, feisty and fabulous characters to ensure this tale of true love is anything but sleepy!

DECEMBER			
Friday 8			6.30pm
Saturday 9		1.30pm	5.30pm
Sunday 10		1.30pm	5.30pm
Tuesday 12	10am	2pm	
Wednesday 13	10am	2pm	
Thursday 14	10am	2pm	
Friday 15	10am		6.30pm
Saturday 16		1.30pm	5.30pm
Sunday 17		1.30pm	5.30pm
Tuesday 19	10am	2pm	
Wednesday 20	10am		6.30pm
Thursday 21		1.30pm	5.30pm
Friday 22		1.30pm	5.30pm
Saturday 23		1.30pm	5.30pm
Sunday 24	11am	3pm	
Tuesday 26		1.30pm	5.30pm
Wednesday 27		1.30pm	5.30pm
Thursday 28		1.30pm	5.30pm
Friday 29		1.30pm	5.30pm
Saturday 30		1.30pm	5.30pm
Sunday 31	11am 	3pm	

All Schools £11
Buy 10 & get the 11th ticket FREE


Adult £21
Child/Concession £19
Family £76
Groups 10+ £19

Adult £22.50
Child/Concession £20.50
Family £82
Groups 10+ £20.50

Adult £24.50
Child/Concession £22.50
Groups 10+ £22.50

Family Ticket = 2 adults & 2 children or 1 adult & 3 children

Babes in arms:
children aged under 2 go free when seated on an adult's lap but will need a babes in arms ticket from the box office

 Relaxed Performance adapted for our neurodiverse customers, those with additional needs or disabilities and young children

 British Sign Language Performance

BOX OFFICE: 01923 711063
WATERSMEET.CO.UK

Please see the Social Story to accompany this event which is attached at the end of this newsletter.

NOVEMBER

BOOKINGS:

www.potentialkids.org.uk/activities

POTENTIAL KIDS

Date		Sessions	Time	Location
2nd	Thu	STEAM Home Education	10.30-12.30	PK Garden
2nd	Thu	Trampolining	16.45-18.00	Gosling Sports
3rd	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
3rd	Fri	Minecraft On Site	18.30-20.30	PK Hub
4th	Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
7th	Tue	Purple Tuesday	10.00-14.00	1st Floor Galleria
8th	Wed	Bush Craft Club	12.30-14.00	PK Garden
9th	Thu	STEAM Home Education	10.30-12.30	PK Garden
10th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
10th	Fri	Youth Group 16+	18.30-20.30	PK Hub
12th	Sun	Minecraft On Site & Remote Session	13.00-15.00	PK Hub
15th	Wed	Bush Craft Club	12.30-14.00	PK Garden
16th	Thu	STEAM Home Education	10.30-12.30	PK Garden
16th	Thu	Trampolining	16.45-18.00	Gosling Sports
17th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
18th	Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
21st	Tue	Create 4-11yrs	16.30-18.00	PK Hub
22nd	Wed	Bush Craft Club	12.30-14.00	PK Garden
23rd	Thu	STEAM Home Education	10.30-12.30	PK Garden
24th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
29th	Wed	Bush Craft Club	12.30-14.00	PK Garden
30th	Thu	STEAM Home Education	10.30-12.30	PK Garden
30th	Thu	Trampolining	16.45-18.00	Gosling Sports



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

FRIDAY - Home
Education available

Danecroft Stables



PK Garden

Therapeutic Gardening 1:1 & Group Sessions available

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

the galleria
OUTLET SHOPPING



TALKING ASD & ADHD WORKSHOP: Sibling Struggles

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



MONDAY
25th March 2024
7.30-9.15pm

We will help you to learn about:

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures & worries on siblings of a child with ASD/ADHD.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

'This workshop came at just the right time for my children. I know I am going to be able to help them both now I feel confident.'

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-629-registration-749126606847>

**Or contact Supporting Links
QUOTING REFERENCE SL629**

01442 300185

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



Funded by Hertfordshire
County Council's Targeted
Parenting Fund



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.

TALKING ASD & ADHD WORKSHOP:

The Teenage Years

For parents and carers of children
aged 2-25yrs with suspected or diagnosed
Autistic Spectrum Disorder and/or
Attention Deficit Hyperactivity Disorder.



TUESDAY
23rd JANUARY 2024
7.30-9.15pm

We will help you to learn about:

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- Helping your children develop a network of support.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

'I found the 'teenage brain' fascinating. Lots of penny dropping moments!'

**An online parent workshop
delivered to your home via
Zoom.**

**FREE for parents and carers
living or with a child in school
in Hertfordshire**

**Booking essential via
Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-631-registration-749070348577>

**Or contact Supporting Links
QUOTING REFERENCE SL631**

01442 300185

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



Funded by Hertfordshire
County Council Targeted
Parenting Fund



TALKING ASD & ADHD WORKSHOP:

Tech Use

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



WEDNESDAY
28th February 2024
7.30-9.15pm

We will help you to learn about:

- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

"I now understand why we have been getting into so much conflict."

"Thank you for all your advice. Tech is such a tricky issue to navigate."

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-630-for-parentscarers-in-herts-registration-749092675357>

**Or contact Supporting Links
QUOTING REFERENCE SL630**

01442 300185

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



Funded by Hertfordshire
County Council Targeted
Parenting Fund



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.

Spark

A Creative Space for Young People's Wellbeing

Our informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along, email us at cyp@hertsmindnetwork.org

When: Tuesday's from 6pm-8pm

Where: Watford Wellbeing Centre

W: www.withyouth.org **T:** 020 8189 8400

 **Hertfordshire
Network CYP**

 **Building
Life
Chances**
CREATING OPPORTUNITIES



Delivering Special
Provision Locally



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

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.



Support Group for Parents

Mondays 5.45 - 6.45

Starts from 18th Sept

Every week (not on bank holidays)

Sacred heart Church Hall, Bushey WD23 1BA

- Support & Advice on many issues parents are facing today
- Getting the right support for your child & how to go about this
- Waiting for a diagnosis & what u can do to help your child in the mean time
- EHCPs - what is the criteria & do you need one
- Need advice or information on SEN Schools

Just want someone to talk to!

We are here to help

You Are Not Alone

Contact Sam Via Email for a quick response
Bespoke Support available
please leave your number if you wish to be contacted
stnrs.bushey@gmail.com
Website www.strivesupporthub.co.uk
Tel - 07871 144 812

SUPPORTING TOGETHER:
RELATING, INTEGRATING & VALUING EVERYONE



Supported by Hertsmere County Council

We are here to help in a non judgmental environment

YOU are NOT ALONE!

Mondays

5.45pm - 6.45pm

every week from the 11th September

No Hubs on Bank Holidays

Sacred Heart Parish Centre,

Bushey

LOCATED OPPOSITE BUSHEY ACADEMY
(WD23 1BA - Car Park behind the hall. Access located on Merry Hill Road.)

Please visit the website for full details of the support available

<https://striveparentsupporthub.co.uk/>



BABY FAIR



Holywell Community Centre
Watford, WD18 9QD
Wednesday 6th December 2023, 11:00 - 13:00

A FREE event for expectant parents or parents of a child under 1 year



Baby play activities



Find out what's on



Meet other local parents



Free preloved maternity & baby clothes



Refreshments



Meet the team



Stalls from local partners



Free support & advice

Scan the QR code for more information!
<https://qrco.de/fcsbabyfair>





Parent & Carer Support Spring Term 2024



FREE to parents and carers living 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.



Thursdays 7.45-9.15pm

4th Jan to 8th Feb

Online Course: ID 624

Wednesdays 7.45-9.15pm

7th Feb to 20th Mar

(no session in half term)

Online Course: ID 625

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Tuesdays 7.45-9.30pm

23rd Jan to 5th Mar

(no session in half term)

Online Course: ID 626

TALKING DADS

6, weekly sessions for dads & male carers of all ages, 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

3rd Jan to 7th Feb

Online Course: ID 627

Tuesdays 7.45-9.15pm

6th Feb to 19th Mar

(no session in half term)

Online Course: ID 628

**DON'T
MISS
OUT!**

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.



Thursdays 8.00-9.30pm

1st Feb to 14th Mar

(no session in half term)

Online Course ID 623

Thursdays 9.30-11.30am

8th Feb to 21st Mar

Course ID 622

Waterside Family Centre, Rowans,
WGC AL7 1NZ

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of all ages, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Mondays 7.45-9.15pm

29th Jan to 11th Mar

(no session in half term)

Online Course ID 621

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- 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.



Wednesdays 9.30-11.30am

31st Jan to 13th Mar

(no session in half term)

Course ID 620

Otley Way Family Centre,
Otley Way, Watford, WD19 7TB

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



Find us on
Instagram



Find us on:
facebook





Relaxed Performance – Pre-show Audience Information Park



**Sunday 31 December 2023
11am**

Relaxed performances are designed to create an enjoyable and relaxed atmosphere for people who find the usual theatre environment stressful, such as pre-school age children, those with an autism spectrum condition, learning disability or sensory/communication disorder and their families to engage with live performance and theatre. We hope this information will help you prepare for your visit and give you an idea of what to expect.

If you have any further questions about any aspect of the Relaxed Performance, please feel free to contact:

Judy Simpson, Marketing Manager

01923 711063

Judy.simpson@threerivers.gov.uk

What is a Relaxed Performance?

Relaxed Performances are designed to create an inclusive and tolerant performance for people who may not necessarily feel able to attend theatre due to varying levels of ability.

In a Relaxed Performance, children, young people and their families benefit from a relaxed environment, since the performance is adjusted to reduce anxiety or stress and there is a relaxed attitude to noise and moving around the auditorium during the performance.

We have adapted our pantomime for this relaxed performance to make it accessible, but not exclusively so, to families of those with autism and other disabilities, or families with very small children.

We ask every audience member and staff member to be tolerant and accepting of the fact that young people with learning disabilities will express enjoyment of the show in different ways and we ask anyone who attends to be supportive of this.

This pre-show information pack has been created to help you prepare for your visit and to give you an idea of what to expect. For anyone who needs to leave the show, we have a small, quiet 'relaxation room' outside the auditorium where those that need to can run around and get rid of all the pent-up energy from sitting down for so long.

Tickets for this relaxed performance can only be bought over the phone or at the theatre as we'd like to give you the opportunity to discuss your individual needs and see how we can accommodate them. Please feel free to contact the box office on 01923 711063 if you would like to discuss your needs further.

Why are we offering a Relaxed Performance

We welcome customers with disabilities to all our theatre shows, however, through speaking to families with children and young people with learning disabilities, we understand that people feel the barriers are often too great.

That's why we have scheduled a Relaxed Performance of our pantomime, to remove or address the barriers we are aware of and to make a trip to the theatre an enjoyable and positive experience, rather than a stressful one.

This is Watersmeet



There are several car parks in Rickmansworth and two disabled parking spaces directly outside the venue.

There are automatically opening doors at the theatre entrance, once inside you will find our Box Office. This is where you can talk to our staff to book and collect tickets for the show.

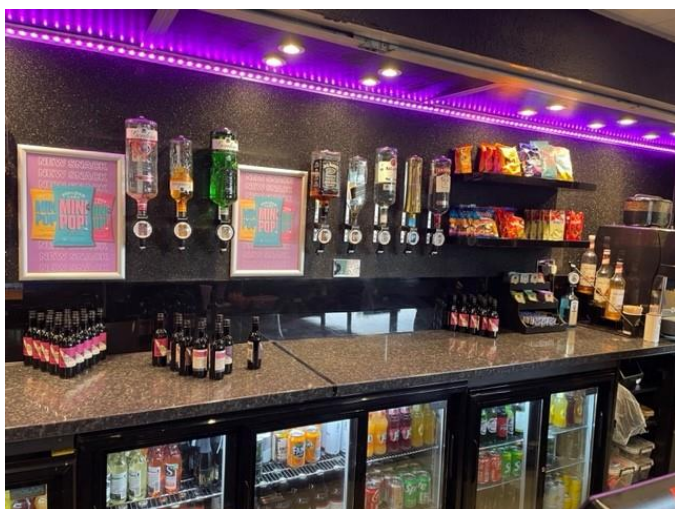


It is best to arrive early for the show to have enough time to collect your tickets from the Box Office if you need to, go to the toilets, use the stairs or lift and get settled in your seat before the show starts.

The foyer and bar areas can sometimes get very crowded before the show, you may wish to arrive early or visit the 'relaxation space' before the performance starts.

Take the fully accessible lift or stairs to the first floor of the theatre, where you will find a bar, ladies, gentlemen and disabled access toilets.

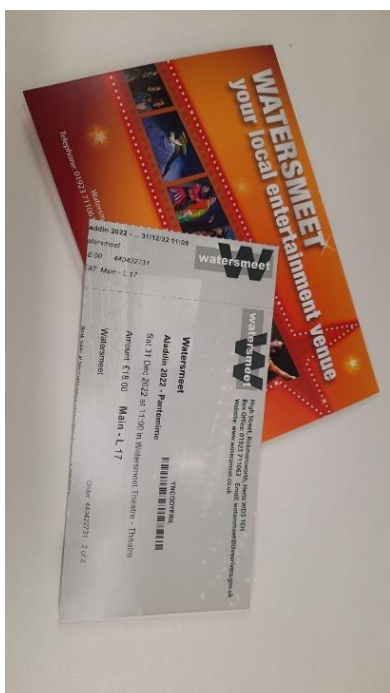
This is the Chess bar



This is the Colne Room bar (quiet area)



This is the upper foyer and entrance to the auditorium



On your ticket, you will find your seat number. Our staff will help you find your seat and there may be steps down to your seat.

Here is an example of one of our tickets. The seat on this ticket is row L, seat number 17.

Inside the Auditorium



This is what the auditorium will look like as you walk in. This large room is all on one level and is slightly raised towards the back. The house lights are kept on while everyone finds their seats and are usually dimmed for the show itself. During this relaxed performance of the pantomime, they will be left on.

Here is the cast on stage rehearsing.



Sleeping Beauty

The cast will come onto the stage and introduce themselves before the performance begins.

The story of Sleeping Beauty is traditionally told in two Acts.

At the end of Act One there will be an interval of 20 minutes to give you the chance to stretch your legs, go to the toilet or buy a drink, Ice cream or sweets.

The performance will last approximately 2 hours 30 minutes in total and should finish around 1.30pm.

Each Act will last just over 1 hour.

Story

Princess Aurora is born with great beauty and has a wonderful christening, but the evil fairy Carabosse is not invited. When she finds out she seeks revenge and curses our heroine. Before she turns 21 she will prick her finger on an enchanted spinning wheel and will sleep for 100 years.

Can Nurse Nelly and Muddles protect Aurora?

She will only wake when a prince kisses her with true love. To protect the princess, the king orders every spinning wheel and spindle in the whole kingdom to be destroyed, but one gets forgotten!

Will Prince Valiant save the day?

Introducing the Cast of Sleeping Beauty



This is **Sleeping Beauty and the Prince**

Sleeping Beauty is played by Children's TV Presenter 'Naomi Wilkinson' and the prince is played by Britain's Got Talent winner 'Jai McDowall'.

They both smile a lot and are great singers and dancers!

This is **Muddles and Dame Dolly**

Together they create fun, mayhem and laughter on the stage.

They are played by Disney's Art Attack 'Lloyd Warbey' and Britain's Got Talent winner 'Bunny Galore'.

Dolly, with the long blonde hair is the pantomime dame, traditionally played by a man.



The lady with the crown is **Carabosse**.

She is played by the Voice UK 'Wendi Harriott'.

Although she is the baddie, she is not as scary as she looks!

Would you like to come and see the venue before the performance?

You may like to visit Watersmeet before the day of the Relaxed Performance so you can have a look at the facilities and familiarise yourself with the building.

The theatre is open to the public from 10am until 2pm, Tuesday to Friday. If you would like an accompanied orientation visit with a member of staff, please get in touch and we will be happy to arrange this at an agreed time.

Please telephone 01923 711063 or email ben.terry@threerivers.gov.uk to arrange your visit.