



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

29th November 2023

Welcome to the 6th 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: **13.12.23**

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

- Potential Kids share their December activities.
- Family Lives are delivering online groups, funded by Herts County Council, for parents/carers who live in Hertfordshire.
- NESSi are offering 2 online opportunities to support parents and carers of CYP experiencing anxiety around attending school.
- ADD- Vance announce the launch of The Neurodiversity Support Hub.

Don't Miss Out!

- 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.
- DSPL9 are holding monthly support groups for parents of children experiencing EBSA



DECEMBER & XMAS HOLIDAYS ACTIVITIES



BOOKINGS:

www.potentialkids.org.uk/activities

POTENTIAL KIDS

OCN
London

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

MINECRAFT

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



STEAM
Science Technology Engineering Arts Maths

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

Date		Sessions	Time	Location
1st	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
2nd	Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
6th	Wed	Bush Craft Club	12.30-14.00	PK Garden
7th	Thu	STEAM Home Education	10.30-12.30	PK Garden
8th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
8th	Fri	Parent/Carer Xmas Social Evening	19.30-22.00	PK Hub
13th	Wed	Bush Craft Club	12.30-14.00	PK Garden
14th	Thu	STEAM Home Education	10.30-12.30	PK Garden
14th	Thu	Trampolining	16.45-18.00	Gosling Sports
15th	Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
16th	Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
19th	Wed	Bush Craft Club	12.30-14.00	PK Garden
21st	Thu	Christmas Party Age 4-12yrs	14.00-15.45	PK Hub
22nd	Fri	Christmas Party Age 4-12 yrs and 13+ yrs	16.00-17.45 18.00-17.45	PK Hub
28th	Thu	Trampolining	17.00-18.00	Gosling Sports
JAN 2nd	Tue	Fun Zone	19.00-20.45	Birchwood Leisure Center

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

the **galleria**
OUTLET SHOPPING

SPORT
ENGLAND



WELWYN
HATFIELD

Building
Life
Chances
CREATING OPPORTUNITIES

Parenting SEN Children when Separated

Parenting SEN Children when separated' 6-week programme is specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Mondays, 4, 11 & 18 December 2023 and 8, 15 & 22 January 2024
7.00pm – 9.00pm
MS Teams

Thursdays 11, 18 & 25 January and 1, 8 & 15 February 2024
7.00pm – 9.00pm
MS Teams

Mondays, 29 January, 5, 12 & 26 February and 4 & 11 March 2024
7.00pm – 9.00pm
MS Teams

Who can attend:

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.

Within My Reach

Within my Reach 8-week programme is for specifically designed for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment

Two courses will be delivered MS Teams over 8 sessions on the following dates :

Tuesdays & Thursdays 27 & 29 February, 5 & 7 March, 12 & 14 March and 19 & 21 March 2024
7.00pm to 9.00pm
Via MS Teams

Wednesdays & Saturdays 28 February & 2 March, 6 & 9 March, 13 & 16 March and 20 & 23 March 2024
Wednesday 7-9pm & Saturdays 10am-12pm
Via MS Teams

Who can attend:

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and coparenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.

To book a places on either course please click here for our online referral form [Reducing Parental Conflict Parenting](#) , or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk



Within my Reach

An online programme for parents of neurodiverse children who are living together or apart

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.

These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME



We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.

Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:

- Mondays: 4, 11 & 18 December 2023 and 8, 15 & 22 January 2024
- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

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Upcoming Free Online Parent/Carer Webinars and Events in Hertfordshire

Wednesday
6th Dec

Supporting Children/Young People who Struggle to Attend School

Seeing your child overwhelmed and unable to attend school can be distressing for any parent/carers and it is easy to feel lost and alone. The aim of this early intervention workshop is to share helpful tools and strategies to support your child.

9:30am -
11:00am

Tuesday
12th Dec

Chat and Connect Session: Emotionally Based School Avoidance

This monthly, regular online drop-in offers an informal space to share and connect with other parents/carers who have similar experiences supporting their child's mental health. Topics change monthly based on the needs/feedback of the group.

6:30pm -
8:00pm

To book, please click on the workshops above or visit nessieined.com



Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406

Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not limited to:

No
Diagnosis
Required

- Understanding ADHD/Autism
- Distressed Behaviours
 - Anxiety
 - School

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a
Parent, Carer
or
Professional?



01727 833963



supporthub@add-vance.org

Open Monday-Friday
9 AM - 1PM



We Can't:

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors

Here to support, reach out for a listening ear



PHA

PAUL HOLMAN ASSOCIATES & WATERSMEET THEATRE P

**DON'T
MISS
OUT!**

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

 **R** 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

DON'T
MISS
OUT!

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

OCN
London

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

MINECRAFT

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



STEAM

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

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

the galleria
OUTLET SHOPPING

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TALKING ASD & ADH 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.



DON'T MISS OUT!



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=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.

