

# DSPL5 Newsletter for Parents/Carers

www.dspl5.co.uk

DSPL5

Delivering Special Provision Locally

October 2023

The Autumn term is well underway. We hope you find these newsletters helpful and are able to take advantage of some of the courses available, free of charge, to Hertfordshire parents and carers. Remember to regularly check our website for upcoming courses and workshops.

Looking for something to do with the kids? Potential Kids are offering a variety of activities throughout October and the October half-term.

## OCTOBER & HALF TERM POTENTIAL KIDS

BOOKINGS:

[www.potentialkids.org.uk/activities](http://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](mailto:info@potentialkids.org)

OCN  
London

Approved Education  
Centre Delivering  
Nationally Accredited  
Qualifications



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

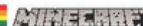
Opportunities for Duke of Edinburgh or Work Experience with PK

PK Hub & Garden



Always Connecting with our Community and the most vulnerable

PK TECH TEAM



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



PK Garden

Therapeutic Gardening 1:1 & Group Sessions available

the galleria  
OUTLET SHOPPING




SPORT  
ENGLAND


WELWYN  
HATFIELD

Building  
Life  
Chances



# ADD-vance (The ADHD & Autism Trust)





## 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](mailto: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





## 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, Abbots Langley  
10 am - 12 pm

01727 833963 | [herts@add-vance.org](mailto:herts@add-vance.org) | <http://www.add-vance.org/>

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## SUPPORT GROUPS

### FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

**ABOUT THE GROUPS**

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

**TIME AND PLACE**

**Sleep Support Group**  
Weds 1/11 - 7.30-8.30 pm

**General Primary Aged Children Support Group**  
Tues 7/11 - 1-2 pm & 05/12 - 7.30-8.30 pm

**General Secondary Aged Children Support Group**  
Tues 14/11 - 1-2pm

**Parents/Carers of 16 to 24 yrs Support Group**  
Tues 21/11 - 7.30-8.30 pm




**PDA Support Group**  
Tues 28/11 - 1-2 pm


**ALL ONLINE VIA ZOOM**

01727 833963 | [herts@add-vance.org](mailto: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 groups are open to residents of Hertfordshire only





## 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](mailto: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





## 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
<b>Half Term</b>					
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.



# Family Lives

## 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](mailto: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.

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No. 10777722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



# Supporting Links

## Talking Anger in Families



We can help you break the cycle of anger

Wednesdays 8.00 - 9.30pm

ONLINE ID:601

1st, 8th, 15th, 22nd, 29th November & 6th December



Our FREE 6 week course for parents and carers of children aged 0-19 will help you to:

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



PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

'It was a brilliant course and has made a huge difference'

Booking essential

Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

07512 709556

[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)



These courses are provided free to parents 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.

# Angels



AUTISM & ADHD SUPPORT  
for parents/carers of children with ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

### We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our online membership form to access our FREE support.



### Note for Professionals:

If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on [info@angelssupportgroup.org.uk](mailto:info@angelssupportgroup.org.uk)

Follow Angels Support Group on Social Media



[www.angelssupportgroup.org.uk](http://www.angelssupportgroup.org.uk)

Registered Charity No. 1117059

# Angels

Tue - via Zoom 10am-12noon	Wed - Letchworth 10am-12noon at The Pod, Northfields Infant and Nursery School, Burley, Letchworth SG6 4PT	Thu - Stevenage 10am-12noon at The Phoenix Group, 2-6 The Hyde, Shephall, Stevenage SG2 9SE	Thu - via Zoom 7.30pm- 8.30pm
31st Oct Workshop: Knowing your Rights and helping your child access healthcare		2nd Nov Parent/Carer Support Group with Lorraine Jones	
7th Nov Parent/Carer Support Group with Lorraine Jones	8th Nov Meet Up and Chat <small>In partnership with the Letchworth Family Support Team</small>	9th Nov Meet Up and Chat	9th Nov Evening Parent/Carer Support Group
14th Nov Workshop: TBC		16th Nov Parent/Carer Support Group with Lorraine Jones	
21st Nov Parent/Carer Support Group with Lorraine Jones		23rd Nov Meet Up and Cchat	
28th Nov Workshop: Specialist Advisory Support Service - Masking in School: Things to help		30th Nov Parent/Carer Support Group with Lorraine Jones	
5th Dec Parent/Carer Support Group with Lorraine Jones	6th Dec Meet Up and Chat <small>In partnership with the Letchworth Family Support Team</small>	7th Dec Meet Up And Chat	7th Dec Evening Parent/Carer Support Group
12th Dec Workshop: Services for Young People - Post 16 Provision		14th Dec Parent/Carer Support Group with Lorraine Jones	
19th Dec Parent/Carer Support Group with Lorraine Jones			



Families In Focus CIC  
LOOKING FORWARD TOGETHER

  
Hertfordshire  
2023: Ranked no. 1  
provider for SEND  
courses by HCC TPF  
Commissioning Team

## Handling anger of primary aged children with Autism or ADHD

Our award winning, evidence based 6 session course is funded by Hertfordshire County Council and FREE for parents living in Hertfordshire.

This online course for parents provides practical, evidence based support to understand the emotional triggers of children with Autism or ADHD that lead to anger meltdowns. We provide proven techniques to reduce anger reactions and increase emotional regulation for families.

Monday mornings  
9.30am to 11.30am

October 30th &  
November 6th, 13th, 20th, 27th &  
December 4th



Email Francine & Lesley  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



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Tuesday mornings  
9.30am to 11.30am

October 31st &  
November 7th, 14th, 21st, 28th &  
December 5th



Email Francine & Lesley  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well paced, inclusive and knowledgeable."

Thursday mornings  
9.30am to 11.30am

November  
2nd, 9th, 16th, 20th, 30th  
&  
December 7th



Families In Focus CIC  
LOOKING FORWARD TOGETHER

  
Hertfordshire

## Handling anger in your family

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Our award winning six session course is funded by Hertfordshire County Council and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Understand more about what triggers children's anger

Gain more understanding of children's common sleep issues

Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns

Meet other parents and share experiences

Learn techniques to manage stress, conflict and so much more....

Email Francine & Lesley to secure your free place:

[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or

visit our website to see course information:

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)





# Have you heard of Lending SPACE?

Hertfordshire's free SEN equipment lending library

Unit 19, The Maltings Business Centre, Roydon Road, Stanstead Abbots, Ware, SG12 8HG. Open Mondays, Wednesdays and Saturdays as usual from 9:30am-12:30pm

Investing in specialist sensory, practical and educational equipment and resources can get very expensive very quickly for any family. Especially when it can sometimes be difficult to tell immediately if something is a 'keeper', a 'fad' or just not right for your child right now! **Lending SPACE** is completely free for families to borrow. They have everything from trikes, pushchairs and scooters to weighted blankets, lap pads and hoodies to wobble cushions, body socks and compressions sheets to beanbags, peanut balls and books! It really is an ideal way to try expensive equipment to see if it works for the needs of your child.

**Lending SPACE** team can also help you with:

Friendly Advice: help and suggestions on equipment for your children's specific needs

A listening ear: emotional and practical support

Signposting: knowledge and understanding of local community and statutory services and support

For more information or queries please follow our [Lending SPACE Facebook page](#) or email [lendingspace@spaceherts.org.uk](mailto:lendingspace@spaceherts.org.uk). The lending library is funded by Hertfordshire County Council.



# Emotional Based School Avoidance (EBSA) Coffee Morning for parents and carers

Thursday 9th November

9.30am - 11am

Commonswood School, The Commons, Welwyn Garden City, AL7 4RP



Does your child's school avoidance affect you and your family?  
Would you like a safe space to share your experiences with others?

DSPL 5 will be hosting an informal morning for you to share your experiences and offer support to each other.

Please book your place here

<https://www.surveymonkey.co.uk/r/TYG9M89>

**DSPL5**

Delivering Special  
Provision Locally