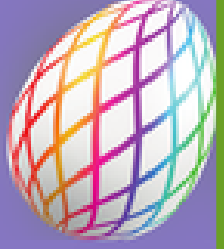
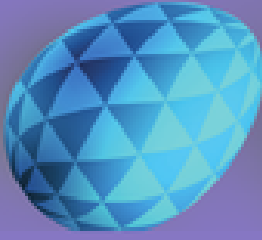


DSPL5

Delivering Special  
Provision Locally

# NEWSLETTER

FOR FAMILIES  
SPRING (2) 2025



[Click here](#) to find out about fully funded courses and workshops for families who live or go to school in Hertfordshire

*As your children grow, they may forget what you said, but they won't forget how you made them feel*



## HAPPY Camps

Hertfordshire's holiday activity and food programme

[Click here](#) to find full details



# The Incredible Years - 11 Week Parenting Programme



For parents and carers of children aged 4-11 in Welwyn and Hatfield whose children display anxious and aggressive behaviour at home.



'This course is great, and has helped me to change my mindset and work differently with my children'

Applecroft School Applecroft Road,  
Welwyn Garden City  
AL8 6JZ

Fridays  
10am - 12pm  
17th April 2026 - 10<sup>th</sup>  
July 2026

**Scan to book >>**

**Or [CLICK HERE](#)**



# The Incredible Years - 11 Week Parenting Programme



For dads and male carers of children aged 4-11 in Welwyn and Hatfield whose children display anxious and aggressive behaviour at home.



"I would recommend the Incredible Years to any dads, especially who have neurodivergent children. I am now in touch with dads with children with similar needs"

Swallow Dell School, Blackthorn Road, Welwyn  
Garden City AL7 3JP

Mondays  
5:45pm - 7:45pm  
13th April 2026 - 13<sup>th</sup>  
July 2026

**Scan to book >>**

**Or [CLICK HERE](#)**



# EASTER FUN POTENTIAL KIDS

Tue 31st March  
6.00-7.30pm  
**Roller Skating**  
Roller City  
Campus West  
Age 8 Yrs +

Wed 1st April  
Wed 8th April  
1.00-2.00pm  
**Fun Rings**  
Snow Centre  
Gosling  
Age 8 yrs +

Thur 2<sup>nd</sup> April  
Thur 9<sup>th</sup> April  
10.00-12pm  
**Pony Morning**  
Danecroft Stables  
Age 5-11 yrs

Thur 2<sup>nd</sup> April  
6.30-8.00pm  
**Soft Play**  
Funzone  
Birchwood  
Age 4-12 yrs

Tue 7th April  
10.30-12.30  
1.30-3.30  
**Cooking&Gardening**  
Potential Kids  
Garden  
Age 4 yrs +

Thur 9th April  
6.00-7.00pm  
**Trampolining**  
Gosling Sports  
Centre  
Age 5 yrs +

Sessions for neurodivergent  
children, young people and  
their siblings

## BOOKINGS:

[potentialkids.org.uk/events](http://potentialkids.org.uk/events)

Further event details can be  
found on our website



Promoting social inclusion, new  
friendships, physical activity, life  
skills, learning and social skills

the galleria

**EMBRACING NEURODIVERSITY**

Autism-ADHD-Dyslexia-Dyspraxia-Tourettes

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



**APRIL 2026 ACTIVITIES**



Date		Sessions	Time	Venue
31march - 12 April	Easter Holidays	Please see our Easter Flyer		Spaces still available for some sessions
13th,27th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.00	The Zone@The Galleria
16th,23rd 30th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
16th	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
17th	Fri	Youth Group 16 Plus	6.30 8.00	The Hub@The Galleria
17th,24th	Fri	Parent /Carer Wellbeing	12.30 2.00	The Zone@The Galleria
18th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre Astro Turf
20th	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.00	The Zone@The Galleria
21st	Tue	Roller skating	6.00 7.30	Roller City Campus West
23rd	Thur	Trampolining Age 5+	5.30 6.30	Gosling Sports Centre
24th	Fri	Skateboarding Age 9+	5.30 6.30	Pioneer Club St Albans
25th	Sat	Potential Tracks Train Club 10+	12.00 2.00	The Hub@The Galleria
25th	Sat	Basketball/Archery	4.00 5.00	Birchwood Leisure Centre

To book visit : [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

For futher information email: [info@potentialkids.org](mailto:info@potentialkids.org)

SCAN FOR ALL OF OUR  
IMPORTANT LINKS



# Easter Holiday Activities



*Keep the Kids Active this Easter at Herts Sports Village*

**Climbing Crash Courses**



**Mini Medics**

**Swimming Crash Courses**



Scan here for more info





## What is Play and Learn Hub?

Play & Learn Hub is a relaxed Stay & Play group where primary age children with Down Syndrome can play, explore and build friendships, supported by their parents and our team.

The group is all about friendship, fun and positivity, helping children feel confident and included.

The group runs weekly on Saturday afternoons during term time and is supported by a team including a Play Leader and Support Workers.



## At Play and Learn Hub you can expect:

- Play-based activities including crafts, games and sensory play
- Opportunities for children to build friendships and practise social skills
- A welcoming space for families to connect and share experiences
- Visits from private therapists (Physio / OT / SaLT) and other professionals
- A relaxed, supportive environment for children and parents

## Where is Play and Learn Hub?

Venue: Applecroft School, WGC, AL8 6JZ

Time: 2:30-4pm on Saturdays (term time only)

## Come and Join Us!

To make a booking or find out more, please contact: [info@dsachieve.org](mailto:info@dsachieve.org) or call 07824 467471

# Groups and workshops

## Summer 2026



### **Bringing Up Confident ADHD/ASD Children (6 weeks) Online group**

Thursday 14th May to 25th June, 7pm - 9pm

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

### **Less Shouting, More Cooperation (6 weeks) Online group**

Wednesday 13th May to 24th June, 7pm - 9pm | Monday 1st June to 6th July 9.30am to 11.30am

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.

### **Getting on with your Pre Teen / Teen (6 weeks) Online group**

Friday 5<sup>th</sup> June to 10<sup>th</sup> July, 9.30am to 11.30am

*Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.*

### **Sibling Rivalry Online Workshop**

*(Date to be confirmed)*

*This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.*

### **Reducing Conflict Online Workshop**

*(Date to be confirmed)*

*This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.*

### **Anxiety around ADHD Online Workshop**

*(Date to be confirmed)*

*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.*

All our programmes provide support, information and resources to parents/carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more information about our programmes, please contact **Louise** on **0204 522 8700/8701** or email **services@familylives.org.uk** or scan the QR code for our online form.



SCAN HERE

## We build better family lives together

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



@familyliveshertsandbeds

Funded by  
Hertfordshire  
County Council



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.  
Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



**ADD-vance**  
The ADHD and Autism Trust  
Passionate about Understanding, Embracing & Celebrating Neurodiversity



**Summer Term 2026 - free online workshops:  
[Click here](#) to find out more**

**Understanding ADHD and Autism - 6 week  
courses for parents and carers:  
[Click here](#) to find out more**



Autism | ADHD  
Neurodiverse Conditions



**Events and support for parents, carers and  
their children  
[Click here](#) to find full details**