

*North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area.  
Issue 36 (Parents, Carers & Young People)*

**NEW EVENTS**

Provider	Course/Booking	Key Topics
<a href="#">NESSie</a>	<a href="#">Bookings1 - NESSie IN ED, CIC Supporting children who Self Harm</a> 18 October 1pm to 2:30pm <a href="#">Bookings1 - NESSie IN ED, CIC Relationships, Puberty, Staying Safe</a> 8 November 1pm to 2:30pm	Autism / ADHD Self-Harm Relationships/Puberty/Staying Safe

CAMHS Newsletter Updates	<p><b>Autism Hertfordshire Transition Service for 16-20 year olds.</b> Autism Hertfordshire are offering a transition support service to young autistic adults and their families. Workshops, Social Groups, Parent/Carer Support Sessions. Contact <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> 01727 743246</p> <p>Transitions service is open to anyone with an autism diagnosis aged 16-20. We provide workshops and courses, as well as a fortnightly social group. For more information, the link to our website is here: <a href="#">Support for Adults in Hertfordshire » Autism Bedfordshire</a></p> <p>Helpline which is open Monday to Friday, 9am until 5pm. The telephone number is 01727 743246. This is open to anyone for information, advice and guidance on all aspects of Autistic Spectrum Conditions.</p>	Transition 16-20 – Autism
	<p><a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.</p>	School Avoidance
	<p>Clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register <a href="#">Togetherall</a></p>	Peer Support for 16+ feeling low/depressed

**With YOUth - Children & Young People's Digital Wellbeing Service**

Launching this autumn, to help young people manage their worries.

New digital early help service from Monday, 3 October

CYP aged 5to18 will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. [www.withyouth.org](http://www.withyouth.org) (live from 3 Oct)

**Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites.** Easy to online referral for young people.

**Lumi Nova: Therapeutic Digital Intervention Gaming App**

7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis

Digital Wellbeing Services

New website from 3 Oct

Digital directory

Gaming App - Anxiety Help

**Free online workshops for parents, carers and older siblings of young people struggling with body image and/or their relationship with food.**

Register interest, programme for parents/carers with YP struggling with body image/eating disorder.

[Skills for Carers - First Steps ED](#)

Body image/eating disorder

BeeZee Bodies

**BZ Families (5-15 year olds and their families)** - FREE, fun, family-focused programme. 12 weeks. Call 01707 248 638

Email [beezee.bodies@nhs.net](mailto:beezee.bodies@nhs.net) Online [Award Winning Weight Loss Programmes | Behaviour change for good \(beezeebodies.com\)](#)

Masterclasses - **Feeding your family on a budget**

FREE

[Feeding Your Family on a Budget Tickets, Wed 26 Oct 2022 at 18:00 | Eventbrite](#)

You(th) Health and Wellbeing Programmes for 13-17 years. 10 week programme.

[Health, Wellbeing and Weight Management Support for Teens • BeeZee Bodies](#)

BeeZee

Healthy

Family focused

On a budget

**CAMHS Online Support Group** – Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS – speak to people who understand, learn more about strategies to help, support for yourself. [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk) 01992 58 69 69.

[CAMHS Online Support Group \(carersinherts.org.uk\)](http://carersinherts.org.uk)

Support for parents – CAMHS/Step2

### [ADD-vance](#)

ADD-vance [Eventbrite](#)

[Preparing for an EHCP Annual Review - FREE ONLINE WORKSHOP Tickets, Mon 10 Oct 2022 at 10:00 | Eventbrite](#)

Annual Review

[Understanding ADHD in Girls - FREE ONLINE WORKSHOP Tickets, Wed 12 Oct 2022 at 10:00 | Eventbrite](#)

Girls - ADHD

[Tips & Tools to Support Learning \(Executive Function\) FREE ONLINE WORKSHOP Tickets, Thu 13 Oct 2022 at 19:00 | Eventbrite](#)

Executive Function

[Support for Dads - FREE ONLINE WORKSHOP Tickets, Mon 17 Oct 2022 at 19:00 | Eventbrite](#)

Dads

[Understanding Autism in Girls - FREE ONLINE WORKSHOP Tickets, Wed 19 Oct 2022 at 10:00 | Eventbrite](#)

Girls - Autism

[Angels](#) Support Group

- See website for full Autumn Term [Programme](#)
- September:
- Workshop Applying for an EHC needs assessment and Q&A 27 September 10am to 12pm (online)
- Parent/Carer Support 29 September 10am to 12pm (Stevenage)

Autism/ADHD

Healthcare

Benefit Advice

Applying EHC needs assessment

Support Groups

[SPACE](#) Autism/ ADHD Neurodiverse Conditions

Neurodiversity Conference for Parent/Carers

Supporting Emotional Self Regulation, Executive Functioning and Sensory Integration.

11 November, 9:30am to 2:30pm - Cheshunt

[SPACE Autumn Conference: Supporting Neurodiverse Children and Young People Tickets, Fri 11 Nov 2022 at 09:30 | Eventbrite](#)

£55

[Understanding Specific Literacy Difficulties Including Dyslexia. Tickets, Fri 7 Oct 2022 at 10:00 | Eventbrite](#)

Specific Literacy Difficulties, Including Dyslexia

[Children's Spaceman Art Session Tickets, Fri 7 Oct 2022 at 17:00 | Eventbrite](#)

Space Art Session

[Mental Health in Neurodiverse Children and Young People Tickets, Mon 10 Oct 2022 at 18:00 | Eventbrite](#)

Mental Health - Neurodiverse

[ADHD in Girls and Women Tickets, Tue 11 Oct 2022 at 19:00 | Eventbrite](#)

Girls - ADHD

[Ranger Stu's Virtual Zoo Tickets, Wed 12 Oct 2022 at 17:30 | Eventbrite](#)

Virtual Zoo

[Supporting Links](#)

To view details and book : [New What's On \(supportinglinks.co.uk\)](http://supportinglinks.co.uk)

Talking Families - 6 week course

Parents of Children 0-12, Challenging Behaviour/Build Child Self-Esteem, Boundaries, Relationships

1 Nov to 6 Dec 8pm to 9:30pm Course 529

Talking Teens - 6 week course

Parents of Children 12-19, Teen Brain, Behaviour, Communicating Difficult Feelings, Relationships, Risk taking: drugs, alcohol, gang culture, reduce conflict.

6 Nov to 8 Dec 7:45pm to 9:15pm Course 532

Talking Dads - 6 week course

Parents of Children 0-19, Increase Confidence in Parenting, Improve Listening and Communication, Strategies for Conflict, Boundaries.

31 Oct to 5 Dec 7:45pm to 9:15pm Course 534

Talking Additional Needs - 6 week course

Parents of Children 2-19, Understand Child's Behaviour, Strategies that work, Motive and Encourage your child

31 Oct to 5 Dec 8pm to 9:30pm Course 527

Various Courses

Challenging Behaviour

Teen Brain

Talking Dads

Additional Needs

[Talking ASD and ADHD: Tech Use \(541\). For parents/carers in Herts. Registration, Tue 11 Oct 2022 at 19:30 | Eventbrite](#)

Autism/ADHD – Tech use

[Talking ASD & ADHD: Responding to Anger. For parents/carers in Herts \(537\) Registration, Thu 20 Oct 2022 at 09:30 | Eventbrite](#)

Autism/ADHD - Anger

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts \(540\) Registration, Wed 2 Nov 2022 at 19:30 | Eventbrite](#)

Autism/ADHD – Teenage years

[Talking ASD and ADHD: School Avoidance. For parents/carers in Herts \(542\) Registration, Thu 10 Nov 2022 at 12:30 | Eventbrite](#)

Autism/ADHD – School Avoidance

[Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts \(535\) Registration, Wed 23 Nov 2022 at 09:30 | Eventbrite](#)

Autism/ADHD – Anxiety / Stress

[Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts \(538\) Registration, Wed 7 Dec 2022 at 19:30 | Eventbrite](#)

ASD/ADHD - Responding to Anger



[Family](#) Lives

**[Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online \(6 weeks\)](#)**

- Thursday 15th September to 20th Oct, 9.30 – 11.30
- Tuesday 4th October to 15th November, 9.30-11.30
- Tues 8th November to 13th December 7.30pm – 9.30pm
- Wednesday 9th November to 14th December, 9.30 – 11.30

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential. Sessions will cover : \* ADHD - a whole-family issue / \* Understanding your child's behaviour / \* Helping your child manage their feelings and outbursts / \* Balancing support of siblings / \* Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

**[Getting on with your Pre Teen/Teenager \(6 weeks\) – Online \(6 weeks\)](#)**

Thursday evening 3 Nov to 8 Dec 7.00pm - 9.00pm

Is your teen feeling anxious or isolated in the wake of Covid-19. Are you concerned about their mental health. Or do you have a FFA, CIN, CP Contact 0204 522 8700 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for the online referral form. Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to [services@familylives.org.uk](mailto:services@familylives.org.uk) with the password sent in a separate email. Parents can also email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call us on 0204 522 8700 or 0204 522 8701 for more information.

Confident Children  
– for  
parents/carers of  
children with  
ADHD/Autism

Getting on with  
Pre-Teen /  
Teenager

[Family](#) Lives

**[Helpline](#)** We offer a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). Please call us on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm

**[Live Chat](#)** Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between **10.30am to 9pm**. You can contact us about any family or parenting issue. To start a chat, you can click on the '[Live chat](#)' button when the service is available. Please note, the service is closed on weekends and bank holidays.

**[Email](#)** You can contact [askus@familylives.org.uk](mailto:askus@familylives.org.uk) about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.

**[Forum](#)** Our [forums](#) are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life. If you are concerned about a post or experiencing technical issues, you can [email us](#).

[www.facebook.com/FamilyLivesHertsandBeds](https://www.facebook.com/FamilyLivesHertsandBeds)

Help / Live Chat /  
Contact

<p><a href="#">Families</a> in Focus CIC</p>	<p><b>Complete guide to parenting children with SEND</b>  10 Week Course. Parent/Carer of children aged 2 to 11 with all SEND  Wednesday Mornings via Zoom 9:30am to 11:30am - September 14, 21, 28. October 5, 12, 19. November 2, 9, 16, 23  OR  Wednesday Evenings via Zoom 6:30pm to 8:30pm - September 14, 21, 28. October 5, 12, 19. November 2, 9, 23  Bookings : <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a> <a href="http://www.familiesinfocus.co.uk/send-courses">www.familiesinfocus.co.uk/send-courses</a></p>	<p>Guide to parenting - All SEND, children aged 2 to 11</p>
	<p><b>Handling Anger in your child with ADHD and/or Autism</b>  6 Week Course. Parents of Primary Aged Children with ADHD and or Autism  Thursday mornings 9:30am to 11:30am - September 15, 22, 29. October 6, 13, 20.  OR  Monday Evenings 6:30pm to 8:30pm - September 12, 19, 26. October 3, 10, 17  OR  Thursday mornings 9:30am to 11:30am - November 3, 10, 17, 24. December 1, 8  Bookings : <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>  <a href="http://www.familiesinfocus.co.uk/send-courses">www.familiesinfocus.co.uk/send-courses</a></p>	<p>Handling Anger ADHD and/or Autism Primary Aged</p>

[Ambitious About Autism](#)

[Join the Ambitious Youth Network \(ambitiousaboutautism.org.uk\)](https://ambitiousaboutautism.org.uk)

The Ambitious about Autism youth network is a fun and friendly space for autistic young people, between the **ages of 16-25**, to meet other autistic young people and be themselves. It offers them a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel.

Young people will be able to take part in peer support sessions which are held on **Tuesday and Thursday evenings between 5:45-6:45** over Zoom. These sessions are a chance to meet new autistic young people across the country, share experiences and find volunteering, work experience and employment opportunities. Sessions are a safe environment where you can stay within your comfort zone, there is no pressure to turn on your camera or microphone. You can choose to participate or just observe.

The sessions are led by [Ambitious staff](#) trained in safeguarding, who you may contact at any point if you are uncomfortable or feel unsafe. Every session has a different theme, past sessions have included arts and crafts, comedy night, DJ sessions, language lessons, and a monthly general knowledge quiz. Youth network members over the age of 18 also have a chance to instant message each other on the platform. To access the peer sessions, you will need to [request to join the youth network](#).

Autism / Youth

<p><a href="#">Families Feeling Safe</a></p>	<p>The courses are fully funded by HCC for families who have needs in Hertfordshire. Please would you kindly promote the following courses to parents and carers and to other colleagues on your networks. For all enquiries and to make a referral, please email <a href="mailto:enquiries@familiesfeeling-safe.co.uk">enquiries@familiesfeeling-safe.co.uk</a></p> <p><b>For Dads, Step-Dads and male carers</b>  <a href="#">A FREE ONLINE course for Dads, Step-Dads and Carers • Families Feeling Safe</a></p> <ul style="list-style-type: none"> <li>• Online Tuesday evenings 7.30pm - 9.00pm 13, 20, 27 Sept, 4, 11 &amp; 18 Oct 2022</li> </ul>	<p>Protective Behaviours – Male Carers</p>
	<p><b>For Mums, Dads &amp; Carers</b>  <a href="#">A FREE course for Mums, Dads, Step-parents and Carers • Families Feeling Safe</a></p> <ul style="list-style-type: none"> <li>• Stevenage at The Oak Suite, Peartree Spring Primary School, SG2 9GG Wednesdays 9.30am—11.30am 21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 &amp; 23 Nov 2022</li> <li>• Bushey at The Hub, Bournehall Primary School, WD23 3AX Tuesdays 11.30am – 1.30pm (arrival 11-11.15am) 20, 27 Sept, 4, 11, 18 Oct, 1, 8 &amp; 15 Nov 2022</li> </ul>	<p>Protective Behaviours – Parents/Carers</p>
<p>Child Wellbeing Practitioners  <a href="#">Hertfordshire Community NHS Trust</a></p>	<p><a href="#">Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 12 Oct 2022 at 18:00   Eventbrite</a></p>	<p>Self-Regulation</p>

	<a href="#">Supporting Your Child With Sleep Difficulties Tickets, Thu 13 Oct 2022 at 18:00   Eventbrite</a>	Sleep Difficulties
	<a href="#">Supporting Your Child's Self-esteem Tickets, Tue 25 Oct 2022 at 18:00   Eventbrite</a>	Self-Esteem
Carers In Herts		
<a href="#">Carers</a> in Herts	<a href="#">Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – (HPFT or Step 2)</a> – delivered by Carers in Herts- parents need to book on but its free  <a href="http://carersinherts.org.uk">CAMHS Online Support Group (carersinherts.org.uk)</a>	Support Groups
<b>Up on Downs</b>	<a href="#">UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire Family Support Meeting - Up On Downs</a>  See website for details of Family Support Meetings, Teen Fitness, Christmas, Social Communication Group	Down Syndrome – Family Support Meeting

	Choices after school club. Friday evenings, weekly see Website: <a href="http://www.upondowns.com">www.upondowns.com</a> for more details. Contact Email: <a href="mailto:magdapol75@hotmail.com">magdapol75@hotmail.com</a> / Telephone: 07940 224165	
<a href="#">The Hertfordshire Local Offer</a>	Local Offer This short video (less than a minute) is designed to give an understanding of what the Local Offer website is, and what kind of information and resources they can find on there. You can see the video on Youtube here: <a href="https://youtu.be/hmcGbFqmsl8">https://youtu.be/hmcGbFqmsl8</a>	Local Offer
NHS		

<p><a href="#">Services</a> for Young People</p>	<p>Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin young People's Centre. Ages 13-17  Wednesdays, 6:30pm to 8:30pm / Term Time Only / Bookings always needed - FREE  Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD  <a href="mailto:sfyp.northherts@hertfordshire.gov.uk">sfyp.northherts@hertfordshire.gov.uk</a> / 01438 843340 or text: 07860 065 178  <a href="#">Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin Young People's Centre   The Services for Young People North H...</a>   <a href="#">Services for Young People Listings</a></p>	<p>Young People with Learning Disabilities</p>
<p>Family Centre SEND Drop-In</p>	<p>First Thursday of each month – booking via Eventbrite <a href="#">Herts Family Centre Service - North Herts District Events   Eventbrite</a>   <a href="#">School nurses in Hertfordshire (hertsfamilycentres.org)</a></p>	<p>Family Centre SEND Drop-In School Nurses</p>
<p><a href="#">Herts Disability Sports Foundation - Herts Disability (hdsf.co.uk)</a></p>	<p>Herts Disability Sports Foundation is proud to promote the development of disability sport in Hertfordshire.  We provide a wide variety of sports activities for people with a disability and pride ourselves on being able to adapt activities to suit the needs of the participants.  We work with Individuals, groups, schools and businesses. See website to find activities.</p>	<p>Disability Sports</p>
<p>Mental Health Support</p>	<p>Young Minds – young people’s mental health  <a href="#">Parents' Guide to CAMHS   Guide for Parents   YoungMinds</a></p>	<p>Young People’s Mental Health</p>



<p><a href="http://hertfordshire.gov.uk">If your child is too anxious to go to school (hertfordshire.gov.uk)</a>  School Avoidance/Anxiety - Webinar and Resources: <a href="http://Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)"><b>Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</b></a></p>	<p>Too anxious to go to school</p>
<p><a href="#">Togetherall</a> clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register</p>	<p>Peer support 16+</p>
<p><b>Just Talk Herts</b>  <a href="http://justtalkherts.org">Just Talk (justtalkherts.org)</a>  <a href="#">Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)</a></p>	<p>Resources</p>
<ul style="list-style-type: none"> <li>• <a href="#">NHS England » What to do if you're a young person and it's all getting too much</a></li> <li>• <a href="#">NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health</a></li> <li>• <a href="http://hwehealthiertogether.nhs.uk"><b>Home :: Hertfordshire and West Essex Healthier Together (hwehealthiertogether.nhs.uk)</b></a></li> <li>• <a href="http://hertfordshire.gov.uk"><b>Services for Mental health and wellbeing (hertfordshire.gov.uk)</b></a></li> </ul>	<p>Support</p>
<p><a href="#">Skills for Carers - First Steps ED</a></p>	<p>Body Image</p>

SEND Support

- [Contact a SEND service \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk)
- [ISL SEND Advice for Parents/Carers \(hertfordshirefamiliesfirst.org.uk\)](https://www.hertfordshirefamiliesfirst.org.uk)
- [Guest Blog SFYP - Moving on from school \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk)
- [Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](https://www.hertsparentcarers.org.uk)
- [Webinars | Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](https://www.hertsparentcarers.org.uk)
- [Preparing for adulthood \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk)
- [Help for children who aren't attending school regularly \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk)
- [Caring for your health into adulthood \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk)
- [Deaf and Hearing Support Service \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk)
- [SEND documents and resources \(hertfordshire.gov.uk\)](https://www.hertfordshire.gov.uk)
- [The Dyslexia-SpLD Trust - Parents](https://www.hertfordshire.gov.uk)

SEND Support

SPACE Herts	<p>All ages, borrow sensory, educational practical</p> <p>If you live in Hertfordshire and your child has additional needs, SPACE operate <a href="#">Hertfordshire's only specialist equipment ending library</a>. Visit them to:</p> <ul style="list-style-type: none"> <li>• borrow sensory, educational and practical resources for free</li> <li>• get some friendly advice and help on equipment for your child's specific needs</li> <li>• find a listening ear for emotional and practical support</li> <li>• benefit from signposting: knowledge and understanding of local resources, as well as community and statutory services</li> </ul> <p>Stay for a drink and a chat with the SPACE team and other parents /carers. Children are welcome! <b>Mondays, Wednesdays and Saturdays 9.30am - 12.30pm - Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE</b> For more information or queries please follow our <a href="#">Lending SPACE Facebook page</a> or email <a href="mailto:lendingspace@spaceherts.org.uk">lendingspace@spaceherts.org.uk</a>.</p>	Lending Library
<p>The Abilities in Us</p> <p>Book range based on real families and conditions.</p>	<p><a href="#">The Abilities In Us - The Abilities In Me</a></p>	