

DSPL4 NEWSLETTER

TRANSITION

Are you concerned or anxious about your child's transition to secondary school?
Come along to our Parent/Carer Transition Meeting on either:
Monday 20th April 9-10.30 at High Leigh

The Ask Sali Team have arranged for Secondary school representatives, parent support workers and us (DSPL4) to attend, to offer you information, support and guidance.

DSPL4



SPEECH

Support for speech language and communication for children, young people and young adults:
[CLICK HERE FOR WEBSITE](#)

SPACE

SPACE run a parental support group in Cheshunt;
Last Tuesday of the Month
10-12pm
Oakview Primary, EN7 6LB
SEE FLYER ATTACHED

MENTAL HEALTH



Hertfordshire Children and
Young People's Mental Health
Service Directory.



DSPL4 CONTACTS

Adrienne and Laura - DSPL4 Manager - dspl4manager@wormleyprimary.co.uk
Lisa- DSPL4 SEND Lead - llee@wormleyprimary.co.uk
Sandra - DSPL4 Post 16 Transition Coordinator- smahoneyl@hrc.ac.uk

DSPL4 NEWSLETTER

POTENTIAL KIDS

Potential Kids have opened up THE ZONE, in the Galleria, Hatfield.

This is a free wellbeing space for neurodivergent children and young people and their families.

Fridays
Early Years Wellbeing 10.30-11.30
Wellbeing Sessions 12.00-2.00

Tuesdays 5+ - 4.30-6.00
Thursdays 11+ - 4.30-6.00

Please see the attached flyers! for more information.

SEND NEWS

Please click on this link to read the latest SEND NEWS in Herts.



BEHAVIOUR

Free Courses to support families with protective behaviours are available. Please see attached flyers

CYP THERAPY

Occupational therapy, physiotherapy and speech and language therapy.



LEISURE DIRECTORY

HERTS SEND ACTIVITIES AND LEISURE DIRECTORY



SEND ADVICE SERVICES



DSPL4 NEWSLETTER

FAMILY SUPPORT



H·A·B·S
STRENGTH IN MIND
THERAPEUTIC SERVICES



BCW SCHOOLS

PARTNERSHIP



Families In Focus CIC



EARLY YEARS



Hertfordshire
**Family Centre
Service**

Early Years SEND Advice Line

Sometimes it's just easier
to pick up the phone...

If you think it would be helpful to
talk to someone about your
concerns, you can call our Advice
Line and speak to a specialist.



Tel: 01442 453920
Weds 9 - 12.30pm
Thurs 1.30 - 4pm
(term time only)

SEND ADVICE LINES

Early years (0 - 5) 01442 453 920 Wed 9-12pm Thurs 1.30-4pm

Physical and neurological impairment team (PNI) 01442 453 920

Monday 1.30pm - 4pm

Education Support for Medical Absence (ESMA) 01442 454 802

esmaenquiries@hertfordshire.gov.uk

Neurodiversity Hub 01727 833963 Monday to Friday 9am - 1pm

DSPL4 NEWSLETTER

AUTISM AND ADHD



Pathological Demand
Avoidance
Part of the
Autism Spectrum



Hertfordshire

Children and Young

People's

Neurodiversity

Service Directory

EHCP

Herts EHCP Plans

IPSEA Advice

SENDIASS Advice

POST 16

Services for
Young People

Further Education

DSPL4 CONTACTS

Adrienne and Laura - DSPL4 Manager - dspl4manager@wormleyprimary.co.uk

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DSPL4 Parent Carer Coffee Morning

The Move To Secondary School

You are invited to a relaxed and supportive coffee morning designed to offer valuable information with a focus on the move to Secondary School

Monday 20th April
9:00-10:30am
High Leigh Primary School
EN11 8GF

This event promises to be both informative and enriching with a range of professionals available to you; we encourage you to bring any questions or topics you would like to discuss.

We look forward to seeing you there and fostering a strong, supportive community together!



CHESHUNT SUPPORT GROUP

for Parent/Carers of neurodivergent children and young People

Whether you're looking for advice, a listening ear, or simply a friendly chat over a cup of tea, our groups are here for you. No diagnosis is necessary.



Come along for a relaxed and friendly chat with other parents and carers on a similar journey. Whether your child has a diagnosis, you're just beginning the process, or you're somewhere in between, this is a space to find information, understanding and support.

Our Cheshunt Support Group runs monthly during term time. Each session offers a welcoming space to share experiences, meet members of the SPACE Hertfordshire team and, at times, hear from guest speakers on topics relevant to our community.

Where:

Rose Lodge, Oakview Primary School, Andrews Lane, Cheshunt, EN7 6LB

When:

10am - 12pm - Last Tuesday of the month (term time only)

2026 Dates

Tuesday 27th January
Tuesday 24th February
Tuesday 24th March
Tuesday 28th April
Tuesday 19th May
Tuesday 30th June
Tuesday 21st July
Tuesday 29th September
Tuesday 20th October
Tuesday 24th November



Scan to book

All groups are subject to change, correct at time of printing.
Please check 'SPACE Hertfordshire' on Eventbrite to book and for latest information. Unfortunately we can not accommodate children at our groups, please email: events@spaceherts.org.uk if you have any questions



Autism | ADHD
Neurodiverse Conditions

Supporting Dads with Protective Behaviours

For Dads & Male Carers

Online course
starting
February 2026



Thursday evenings

5 Feb—26 March

7.00pm—9.00pm
(excluding half term)

Are you looking for strategies and new ideas to help improve family life?

This fully funded 7-week term time course can

help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

For eligibility and to book your fully funded place please use this link or the QR code

<https://forms.office.com/e/AhqfPJUW6T>

or email: enquiries@familiesfeelingsafe.co.uk



Please like us on Facebook for further updates @familiesfeelingsafe

Funded by
Hertfordshire
County Council



Supporting Families with Protective Behaviours

For Mums, Dads & Carers

Online courses
starting
February 2026



Are you looking for strategies and new ideas to help improve family life?

This fully funded 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

Build on your own and your child's strengths

Learn strategies to help you and your family feel safe

**Wednesday
mornings**

4 Feb—25 March
9.30am—11.30am
Or

**Wednesday
evenings**

4 Feb—25 March
7.00pm—9.00pm



For eligibility and to book your fully funded place please use this link or the QR code:

<https://forms.office.com/e/AhqfPJUW6T>

or email: enquiries@familiesfeelingsafe.co.uk



Please like us on Facebook for further updates @familiesfeelingsafe

Funded by
Hertfordshire
County Council



TALKING TEENS

6, weekly sessions for parents and carers of children aged **2-19** covering:

- The Teen Brain: physical and emotional changes and why behaviour changes.
- The link between behaviour & feelings.
- Maintain your relationship & communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

TALKING ANXIETY

6, weekly sessions for parents and carers of children **3-19**, supporting you to:

- Understand why children & 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.

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **1-12** sharing tips on:

- Managing behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to difficult feelings
- Developing a strong parent/child relationship now and for the future.



Thursdays
7.45 - 9.15pm

Not half term

5th Feb to 19th Mar

Online Course: ID 803

Wednesdays

7.45 - 9.15pm

Not Easter

11th Mar to 29th Apr

Online Course: ID 802



Wednesdays
9.45 - 11.30am

Not half term

4th Feb to 18th Mar

Online Course ID 801



Thursdays
9.45 - 11.15am

Not half term

5th Feb to 19th Mar

Online Course ID 798

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

FEBRUARY 2026 ACTIVITIES



Date		Sessions	Time	Venue
2nd, 9th, 23rd	Mon	Dungeons & Dragons (Full)	12.30-3.30	The Zone@The Galleria
3rd	Tue	Connect Primary age	4.30-6.00	The Zone@The Galleria
5th, 12th, 26th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30-12.00	The Zone @ The Galleria
5th	Thur	Teens Group@The Hub	5.00-6.30	The Hub@The Galleria
6th, 13th, 27th	Fri	Parent /Carer Wellbeing	12.30-2.00	The Zone@The Galleria
7th	Sat	Basketball/Archery	4.00-5.00	Birchwood Leisure Centre
11th, 25th	Wed	Early Years Stay & Play	12.30-2.00	The Zone@The Galleria
12th, 26th	Thur	Trampolining Age 5+	5.30-6.30	Gosling Sports Centre
13th	Fri	Youth Group 16 Plus	6.30-8.00	The Hub@The Galleria
14th, 21st	Sat	Family Football	4.00-6.00	Birchwood Leisure Centre
17th	Tue	Roller Skating	7.30-10.30	Roller City WGC
18th	Wed	Connect under 12s	12.30-1.00	The Zone@The Galleria
18th	Wed	Connect 12 Plus	3.00-6.30	The Zone@The Galleria
19th	Thur	Soft Play	8.00-5.30	Birchwood Leisure Centre
TBC	Fri	Skateboarding Age 9+	6.30-12.00	Pioneer Club St Albans
28th	Sat	Potential Tracks Train Club 10+	2.00	The Hub@The Galleria

To book visit: potentialkids.org.uk/events

For further information email: info@potentialkids.org



SCAN FOR ALL OF OUR
IMPORTANT LINKS



Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.

Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see programme for dates



Our podcasts series “Neurodiversity Chats” cover a wide range of topics, search “Neurodiversity Chats” on Spotify or Apple Podcasts or listen on our website:
<https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelssupportgroup.org.uk

**Zoom every
Tuesday
10am-12noon**

**Letchworth
Wednesday
10am-12noon**

**Stevenage
Wednesday
10am-12noon**

**Zoom
Thursday eve
7.30pm- 8.30pm**

6thJan
Women and Girls

7th Jan
Meet Up and Chat

13thJan
Understanding and
Supporting ADHD

14th Jan
Meet Up and Chat

20thJan
Speaker: Dr Sarah
Lewis-Hayes
What should be in an EP
report.

22ndJan
Evening Parent/Carer
Support Group

27thJan
Speaker: Charley Crowe
(SAAS) Social Stories
and Comic Strip Convos

28th Jan
Meet Up and Chat

3rdFeb
EBSA

4th Feb
Meet Up and Chat

10thFeb
Understanding PDA

12th Feb
Evening Parent/Carer
Support Group

FEBRUARY HALF TERM - 16th - 22nd Feb

For support during this period please contact The Neurodiversity Support Hub:

Tel: 01727 833963

lines are open from 9am-1pm weekdays

www.add-vance.org/parents/neurodiversity-support-hub/

Zoom every Tuesday
10am-12noon

Letchworth
10am-12noon

Stevenage
10am-12noon

Zoom
Thursday eve
7.30pm- 8.30pm

24th Feb
Speaker: PaulChambers
Poets In - Wellbeing

25th Feb
Meet Up and Chat

3rd March
Speaker:Helen Nice2Meetya
Rejection Sensitive
Dysphoria (RSD)

4th March
Meet Up and
Chat

10th March
SENSupport: Ordinary
Available Provision
(OAP)and EHCPs

12th March
Evening Parent/Carer
Support Group

17th March
Helping to reduce
meltdowns

18th March
Meet Up and Chat

24th March
Supporting Sensory Needs

25th March
Meet Up and
Chat

EASTER HOLIDAYS 30th March - 13th April

For supportduringthisperiodpleasecontact **TheNeurodiversitySupport Hub:**

Tel: 01727 833963

lines are open from 9am-1pm weekdays

www.add-vance.org/parents/neurodiversity-support-hub/



Angels
AUTISM & ADHD SUPPORT

ONE-TO-ONE SUPPORT

Facing challenges can be overwhelming, but you don't have to go through it alone. Our team is here to help. We're available for one-on-one video calls, can meet with you in person to help with tricky paperwork, and even provide support at meetings with professionals. We're a team with lived experience who truly understand, and hold professional qualifications like IPSEA SEND Law training to give you the best possible guidance.

Various time slots available.



COMMUNITY
FUND



Hertfordshire
Community
Foundation
Funding Local Causes

Letchworth
Garden City
Heritage Foundation

BOOK NOW



The Frank Littlefield
Foundation

**Stronger
Starts.**



Project
Spark



WEEKLY ONLINE WORKSHOP AND SUPPORT

10AM-12PM EVERY TUESDAY DURING TERM TIME



FREE :Workshop topic presentation opening to online support on any topic



Topic List:

- 6 Jan - Women and Girls
- 13 Jan - Supporting and understanding ADHD
- 20 Jan - Speaker: Dr Sarah Lewis-Hayes
What should be in an EP report.
- 27 Jan - Speaker: Charley Crowe (SAAS)
Social Stories and Comic Strip Convos
- 3 Feb - Emotionally Based School Absence (EBSA)
- 10 Feb - Understanding Pathological Demand Avoidance (PDA)

Scan this QR code to access our support and zoom links



www.angelssupportgroup.org.uk

CONNECT



Come and Explore our new wellbeing space for neurodivergent young people, their families and the community!

Wellbeing Session:

Self-Care ideas, Mindful Moments, Relaxation, Coffee and Chat, Creative & Quiet areas, Professional Support and more..!



Fridays
Early Years Session @
10:30-11:30
Wellbeing Session @
12:00-14:00

Early Years Session:

AGE: 3yrs+

Free play, exploration and social time. Parents and carers can also access professional guidance and support.



Fully Funded Free sessions

**Join
US!**

UNIT 55 (Next to JD Sports)
The Galleria, Ground Floor
Commet Way, Hatfield
AL10 0XR

potentialkids.org.uk



For Neurodivergent Children, Young People
Their Siblings and Parents/Carers

CONNECT @THE ZONE

An opportunity to connect with others, build confidence, make friends in an inclusive, safe, environment.

Cost - Free

Monthly - Tuesday Age 5+

Monthly - Thursday Age 11+

Time - 4.30 - 6pm

Welcome To...



Games



Lego



Create



Game Zone!



Relax & Connect..

Unit 55 The Galleria
Comet Way
Hatfield, AL10 0XR

Booking Via our website- potentialkids.org.uk/events

For further information email: info@potentialkids.org

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Registered Charity No. 1182917

SCAN FOR ALL OF OUR
IMPORTANT LINKS





1 Hour, Bitesize Workshops, Online

Answering common parenting questions

How do I get my child to eat better?

No matter how restrictive your child's diet is

Thursday, 4th December 2025, 10-11am

What is going on in my teenager's head?

How & why adolescent development affects teen behaviour

Thursday, 15th January 2026, 7-8pm

Why does my child give up so easily?

Build resilience and encourage them to have a go, or keep trying

Monday, 19th January 2026, 7-8pm

How do I get my child to listen to me?

Encouraging your child to listen to you and talk to you

Thursday, 29th January 2026, 7-8pm

How can my child learn to manage their feelings?

Teaching emotional regulation to young people

Monday, 23rd March 2026, 10-11am

How do I talk to my teen or preteen about?

Having difficult conversations about sex, drugs & social media

Wednesday, 25th March 2026, 7-8pm

Recordings will be available to parents who attend or on request.

[Book your place here](#)



**1.75hr Online Workshops
for Parents of Children with ASD or ADHD**

Responding to Anger

Help your child manage angry feelings and behaviour
Thursday, 22nd January 2026, 7.30-9.15pm

The Teenage Years

Support your neurodivergent teenager
Monday, 20th January 2026, 7.30-9.15pm

Sibling Struggles

Juggling the different needs in your family
Tuesday, 24th February, 7.30-9.15pm

Tech Use

Managing your child's use of tech
Tuesday, 24th March, 9.30-11.15am

Recordings will be available to parents who attend or on request.

[Book your place here](#)

EMPOWERING PARENTS TO HELP CHILDREN THRIVE



Bounce Forward, in collaboration with the Harry Kane Foundation, are gifting a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.

What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

17,000+ parents highly rate this programme

"It was so amazing, I looked forward to the sessions each week, learnt a lot of mind blowing information, that I have applied to my life and have seen improvements! Wish there was more sessions, so sad that it has ended!

I have loved learning about my strengths, the ABCs, process praise, the growth mind set, being aware of my gremlins, it has been wonderful learning, and these sessions have been apart of my self care!

Thank you ever so much!"

REGISTER HERE

Termtime Workshops

 **Mind**
Hertfordshire
Network
Charity no. 112487

Come along to Herts Haven Café and join our free mental health workshops!

These friendly sessions are all about boosting your wellbeing, learning new ways to cope, and connecting with others who understand.

- 22nd October – **Settling into secondary school**
- 3th December – **Maintaining positive mental health during the winter holidays**
- 11th February – **The value of nature for good mental health**
- 15th April – **Understanding and coping with neurodivergence**
- 3rd June – **Communication and boundaries**
- 1st July - **Transitions - Settling into secondary school**
- 22nd July - **Journalling for Wellbeing**

These Workshops run from **4pm - 5:30pm**, and are **free to attend – no referral needed!**

If you would like to come along to a workshop, please let our friendly

**Herts
Haven
Café**