

DSPL4 Parent/Carer Newsletter



What's Happening This Month

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

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!

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



Workshops and Activities

Families Feeling Safe 8 Week Course

Friday Mornings 9.30-11.30am

See Flyer Attached

Understanding and Managing Anger in Primary School Children with Aurtim and ADHD 6 Week Course.

See Flyer Attached
Tuesdays Mornings, Afternoons or Evenings.

Handling Anger in Your Family 5 Week Course Monday Evenings 7-8.30pm

See Flyer Attached

A Complete Guide to Parenting Children with Autism and ADHD 9 Week Course.

See Flyer
Wednesday Mornings or Evenings.

SPACE workshops and activities

POTENTIAL KIDS activities

HERTS SEND workshops and activities

DSPL4 Contact

Managers - dspl4manager@wormleyprimary.co.uk

SEND Lead - llee@wormleyprimary.co.uk

Post 16 Coordinator - smahaney1@hrc.ac.uk

SEND Advice Services

[Herts Parent Carers](#)

[Herts Local Offer](#)

[Herts SENDIASS](#)

[IPSEA](#)

[Kids](#)

[SOS SEN](#)

Mental Health Services

[Youth Talk](#)

[Sandbox - Minder](#)

[NHS School Nurse](#)

[Wellbeing Practitioner](#)

[Just Talk Herts](#)

[MIND - With Youth](#)

Family Support

Family Support Workers:

[HABS](#)

[CHEXS](#)

[BCW](#)

Other Types of Family Support:

[Supporting Links](#)

[Families First](#)

[Families in Focus](#)

[SPACE](#)

[ADD-VANCE Neurodiversity Support Hub](#)

SEND Advice Line

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

Families Feeling Safe

Supporting families with Protective Behaviours

BROXBOURNE
starting
April 2026

**A FREE course for Mums, Dads,
and Carers of children 5-19yrs**



Are you looking for some strategies and new ideas to help improve family life? This 9 week fully-funded term time course can help you to:

- Understand how Feelings, Thoughts and Behaviour link together
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- 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

Friday mornings
9.30am—11.30am
24th April to 26th June
(excluding half term)

At
Wormley School Community
Room
Cozens Lane East,
Broxbourne, EN10 6QA

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

<https://forms.office.com/e/iz949mReq8>

or email: enquiries@familiesfeelingsafe.co.uk

Funded by
Hertfordshire
County Council



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

Understanding & Managing Anger in Primary Children with Autism & ADHD

FREE Online Course for Parents in Hertfordshire

Why join Francine & Lesley on this course?

**Understand more about Autism, ADHD,
and sensory needs**

**Learn what's happening in your child's brain
during anger**

Gain practical tools for emotional regulation

Build calmer routines and reduce daily stress

Connect with other parents in a supportive space

6 x Tuesdays: 9.30am to 11.30am or

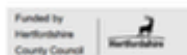
6 x Tuesdays: 12.30pm to 2pm or

6 x Tuesdays: 6.30pm to 8.30pm

April 14th 21st 28th & May 5th 12th 19th

✉ Email Francine & Lesley:

bookings@familiesinfocus.co.uk





Families In Focus CIC
LOOKING FORWARD TOGETHER

**Award winning online, interactive courses with
Francine & Lesley**

Handling Anger in Your Family

**A FREE Online Course for Hertfordshire Parents
of Primary-Aged Children (No SEN Needs)**

**This course will support you to create more
calm & connection at home**

- **Understand why children react with anger**
- **Recognise what's happening beneath the
behaviour**
- **Learn tried and tested techniques to help
children de-escalate**
- **Support your child to change reactions to
trigger situations**

Monday evenings from 7pm to 8.30pm

April 13th 20th 27th & May 11th 18th

**Email Francine & Lesley:
bookings@familiesinfocus.co.uk**



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with Autism & ADHD

(Including children on assessment pathways)

FREE Online Course for Hertfordshire Parents of
Children Aged 2-11

Support, Understanding & Practical Strategies for Family Life Living with Neurodivergent Children

This evidence-based course helps you:

Increase understanding of Autism, ADHD, and
sensory needs

Make sense of your child's behaviour and emotional
responses

Learn practical, tried-and-tested strategies for
calmer days

Support siblings with understanding and connection

Navigate EHCPs, and local services

Wednesday mornings 9.30-11.30 or
evenings from 6.30pm to 8.30pm

April 15th 22nd 29th & May 6th 13th 20th & June 3rd 10th 17th

Funded by
Hertfordshire
County Council



MARCH 2026 ACTIVITIES

Date		Sessions	Time	Venue
2nd,16th 30th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.00	The Zone@The Galleria
3rd	Tue	Connect Primary age	4.30 6.00	The Zone@The Galleria
4th,11th 18th,25th	Fri	Early Years Stay & Play	12.30 2.00	The Zone@The Galleria
5th,12th 19th,26th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
5th	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
6th,20th 27th	Fri	Parent /Carer Wellbeing	12.30 2.00	The Zone@The Galleria
7th,21st 28th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre
9th,23rd	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.00	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	Sat	Basketball/Archery	4.00 5.00	Birchwood Leisure Centre
19th	Thur	Connect Teens yr7 plus	5.00 6.30	The Zone@The Galleria
27th	Fri	Skateboarding Age 9+	5.30 6.30	Pioneer Club St Albans
28th	Sat	Potential Tracks Train Club 10+	12.00 2.00	The Hub@The Galleria

To book visit : potentialkids.org.uk/events

For futher information email: info@potentialkids.org

SCAN FOR ALL OF OUR
IMPORTANT LINKS

