

DSPL4 NEWSLETTER

AUTISM AND ADHD



Hertfordshire
Children and Young
People's
Neurodiversity
Service Directory.

DSPL4



MEET US

Wed 5th Nov SPACE Hoddesdon
11-12.30pm,
St Cuthbert's Church, Rye Park
Whitley Road Hoddesdon EN11 0PU

SCH NURSE

School Nursing Duty Line
Tel: 0300 123 7572
Monday to Friday 9am -
5pm

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- smahoney1@hrc.ac.uk

DSPL4 NEWSLETTER



LOCAL OFFER

'Introduction to the SEND Local Offer website' - webinar

The Hertfordshire SEND Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them.

There is so much more than that, too.

Thursday 9 October 8pm - 9pm (for parents and professionals): Book your free place on the webinar
www.hertfordshire.gov.uk/localoffer

SEND NEWS

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



SPEECH & LANGUAGE



Hertfordshire Community
NHS Trust

CYP THERAPY

Occupational therapy, physiotherapy and speech and language therapy.



Hertfordshire Community
NHS Trust

LEISURE DIRECTORY

HERTS SEND ACTIVITIES AND LEISURE DIRECTORY

POTENTIAL
KIDS



SEND ADVICE SERVICES



DSPL4 NEWSLETTER

FAMILY SUPPORT



BCW SCHOOLS

PARTNERSHIP



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)

EHCP

Herts EHCP Plans

IPSEA Advice

SENDIASS Advice

POST 16

Services for
Young People

Further Education

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

Children's Wellbeing Practitioner Workshops October – December 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



Workshop	Date & Time
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16)</p> <p>A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>	Tuesday 18th November 6-8pm
<p style="text-align: center;">Adolescent Self-Esteem and Resilience</p> <p>A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</p>	Thursday 27th November 6-8pm
<p style="text-align: center;">Supporting your Child's Self-Esteem and Resilience</p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	Monday 27th October 6-8pm Tuesday 16th December 10am-12pm
<p style="text-align: center;">Supporting with Sleep Difficulties</p> <p>This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	Wednesday 15th October 6-8pm Tuesday 2nd December 6-8pm
<p style="text-align: center;">Developing your Child's Emotional Literacy</p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>	Tuesday 21st October 10am-12pm Thursday 6th November 6-8pm Wednesday 10th December 10am-12pm
<p style="text-align: center;">General Emotional Wellbeing and Regulation Tips for Parents/Carers</p> <p>A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	Wednesday 8th October 6-8pm Tuesday 11th November 10am-12pm Thursday 18th December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

TALKING ASD & ADHD

Workshops Autumn 2025

Workshops are FREE to parents and carers living in Hertfordshire and aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder or Attention Deficit Hyperactivity Disorder.



← Eventbrite Page

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Tuesday 23rd September, 9.30-11.15am
Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm
Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own method of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm
Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County Council's Targeted Parenting Fund



FREE for parents and carers living in Hertfordshire

TALKING TEENS

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

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



Tuesdays 7.45 - 9.15pm

16th Sep – 21st Oct

Online Course: ID 778

Thursdays 7.45 - 9.15pm

6th Nov – 11th Dec

Online Course: ID 777

TALKING ANGER in TEENS

6 weekly sessions for parents and carers of children aged **1-19** supporting you to:

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



Tuesdays 7.45 - 9.30pm

4th Nov – 9th Dec

Online Course: ID 775

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Wednesdays 7pm - 9pm

5th Nov – 10th Dec

Course ID 771

Reddings Family Centre,
Bushey, WD23 3PE

Wednesdays 9.45 - 11.15am

17th Sep – 22nd Oct

Course ID 770

strengthening families strengthening communities

For Parents of teenagers only starting 15/10/25 @11.30am

Want to get some new ideas to help
you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Online
Course

Stronger Relationships

For parents and other adult carers living together
or apart **For parents of neurodivergent children
only. Group starting 5 November at 1:00pm**



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: sfscparent@racefound.org.uk



**strengthening
families
strengthening
communities**

October 2025 Activities

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
2nd Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
2nd Thu	Trampolining - Gosling sports centre 5+	17.30-18.30
3rd Fri	Welcome Space Community Drop-In	11.00-12.30
4th Sat	Free Family Football Drop-In Birchwood	16.00-17.00
10th Fri	Welcome Space Community Drop-In	10.00-12.30
10th Fri	Youth Group 16 +	18.30-20.30
11th Sat	Soft Archery 8+ Birchwood	16.00-17.00
16th Thur	Trampolining - Gosling sports centre 5+	17.30-18.30
17th Fri	Welcome Space Community Drop-In	11.00-12.30
18th Sat	Basketball 8+ Birchwood	16.00-17.00
18th Sat	Roller skating Campus West	16.00-17.00
21st Tue	Bushcraft/Stem Home Ed 4 + yrs	18.00-19.30
23rd Thur	Welcome Space Community Drop-In	10.30-12.00
24th Fri	Skateboarding Pioneer Club Age 9+yrs	11.00-12.30
24th Fri	Free Family Football Drop-In Birchwood	17.30-18.30
24th Fri	Train Club PK Hub Age 12+	17.30-18.30
25th Sat		16.00-17.00
25th Sat		12.00-14.00

POTENTIAL KIDS

BOOKINGS at
potentialkids.org.uk/events

PK Hub & Garden



Danecroft Stables



Pony Days (holidays only)

OUR OFFER

Sports & Social Activities
Tutoring
Mentoring
Therapies
1:1 & Group Work
Alternative Provision Provider
EOTAS

Communication, Learning & Social Support for All



Visit us here



For further information on any of our Activities or Educational Services please email us at info@potentialkids.org

the galeria

OCN Accredited Training Provider of OCN London Qualifications



Parents and Carers talk about self-harm and recovery

Please join us at an information session to learn more about self-harm and get practical ideas and strategies to help your child towards recovery

Our guest speaker will be a clinician who works at *HPFT CAMHS

Where: Online over Zoom.

Tuesday 7th October, 7pm to 9pm

When:

* Hertfordshire Partnership University NHS Foundation Trust
Child and Adolescent Mental Health Services

For more information or to book your place:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Go online: www.carersinherts.org.uk/events

