



DSPL 9 Weekly Newsletter

Parent, Carer and Family Newsletter

30.11.2022

Welcome to this DSPL9 newsletter which provides school colleagues and families with all recent and current local SEND information with a focus on **Parents and Families**. This edition and those from previous weeks can also be viewed by visiting the Parent, Carers and Families page of the DSPL9 website -

<http://dsplarea9.org.uk/parentscarers-families/>

Please contact Triage (Jan Crook jancrook@dspl9.org.uk or 07715 415894) if your child or young person has multi complex needs that you require further support with.

Please note: all booking links, emails, phone numbers are given alongside each course detail.

DSPL9 Triage are unable to make any bookings for you.

New This Week

- SPACE Hertfordshire have a selection of training courses and workshops available
- Family Lives are providing a programme of online and face to face parenting groups

From last week (or previously shared). Places may still be available.

- Family Support Services are launching Baby Fairs.
- Supporting Links are continuing to offer a broad range of online and face to face courses
- Everyone Active's HAPpy Camp is available to book
- Families Feeling Safe are running Protective Behaviours courses for Parents, Step Parents and Carers, starting in January.
- BeeZee Bodies are running families programmes starting January.

New This Week



Space Hertfordshire have a number of workshops coming up between now and Christmas:

<https://www.eventbrite.co.uk/cc/training-courses-and-workshops-5469>

These include:

NEW! Navigating the SEND World: Post-16

A workshop for parents and carers where you can find out what happens when your young person turns 16 and the services both you and they need to be aware of to ensure you all continue to get support:

<https://www.eventbrite.co.uk/e/379655528907>

NEW! The EHCP Process: From submission to finalisation

This new workshop will cover the typical process following your request for a needs assessment. What happens if they refuse to assess? What happens if they agree to assess? How does the assessment take place? What happens if they agree/don't agree to issue? How do I input into the draft plan? What do I do if I'm not happy with the plan? We will go through all this and more.

<https://www.eventbrite.co.uk/e/379665649177>

As well as some of our most popular workshops including:

Sleep

Supporting parents and carers to make positive changes to your child's sleep patterns, which will enable the whole family to benefit from more sleep.

<https://www.eventbrite.co.uk/e/377247416177>

Autism and Complex Needs

Explores Autism alongside other co-occurring conditions, such as moderate learning disabilities, mental health needs, speech and language needs, and more.

<https://www.eventbrite.co.uk/e/379686541667>

Navigating the SEND World: 0-16

Our flagship Navigating the SEND World workshop - designed to help parents and carers feel more confident and able to navigate the complexities of the SEND world, so you can access the support you need for your family.

<https://www.eventbrite.co.uk/e/378579380117>

Puberty and Neurodiversity

It's not unusual for puberty to start as young as 7 or 8. This workshop helps parents and carers prepare for Puberty and leave equipped with strategies and approaches to support your young people.

<https://www.eventbrite.co.uk/e/463561674447>

New This Week

Family Lives **Spring 2023** programme of parenting groups for Herts parents which will be delivered online via Teams and face to face in Hatfield.

These groups are funded by Herts County Council for targeted parents/carers

Bringing Up Confident SEN Children – Online (6 weeks)

Wednesday 25th January to 8th March 7.00pm – 9.00pm

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 :

- * Understanding your child's behaviour
- * Helping your child to 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

Bringing Up Confident ADHD/ASD Children – Online (6 weeks)

26.1.23 to 9.3.23 7.00pm – 9.00pm **and** 21.2.23 to 28.3.23 7.00pm – 9.00pm

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

Time to Talk about Pre Teens / Teens (6 weeks) – Face to Face (6 weeks)

21.2.23 to 28.3.23 9.30 – 11.30am (Hatfield, Herts)

This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of:

- * Risky behaviour online through social media
- * Attraction to or involvement in gangs
- * Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour

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, must be password-protected before returning to services@familylives.org.uk with the password sent in a separate email

Parents can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.

Family Lives Spring Term Programme



Worried about your child? Join our free online and face to face groups and get support to help your child feel more confident and happier. The groups are for six weeks and delivered via Microsoft Teams or face to face.

Getting on with your Teens / Pre-teens

Face to Face in Hatfield

Tuesday 21st February to 28th March 2023
from 9.30am to 11.30am

Bringing up Confident SEN Children

Online Wednesday 25th Jan – 8th March 2023
from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Tuesday 21st Feb – 28th March 2023
from 7.00pm to 9.00pm

Bringing up Confident ADHD/ASD Children

Online Thursday 26th Jan to 9th March 2023
from 7.00pm to 9.00pm

**For more information, contact
Louise on 0204 522 8700/8701 or
email services@familylives.org.uk**

We build better family lives together

www.familylives.org.uk



Find us on Facebook @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.
Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

From last week (or previously shared). Places may still be available.



BABY FAIR

A FREE event for expectant parents or parents of a child under 1 year

- Baby play activities
- Meet other local parents
- Refreshments
- Stalls from local partners
- Find out what's on
- Baby clothing swap
- Meet the team
- Free support & advice

Scan the QR code for dates and more info!
<https://qrco.de/fcsbabyfair>

    www.hertsfamilycentres.org
0300 123 7572

A FREE event for expectant parents or parents of a child under 1 year.

The Family Centre Service have just announced the dates of their NEW Baby Fairs!

Marlborough Road Methodist Church, St Albans, AL1 3XG

Friday 2nd December 2022, 14:00 - 16:00

**nearest car park is The Maltings Car park*

The BECC Family Centre, Borehamwood, WD6 2FD

Tuesday 6th December 2022, 13:30 - 15:30

**parking available onsite and nearby*

They will be running a baby clothes swap at the Fairs and would be delighted to receive your donations in sizes newborn to 12 months.

You can bring any baby clothing donations along to any of their Baby Groups from this week (a maximum of 10 items) OR drop an unlimited number of items off at one of the Family Centre HUBs ahead of the events. These are The BECC Family Centre in Borehamwood or Sopwell Family Centre in St Albans, Monday to Friday, 8am - 6pm.

For more information click here: <https://mailchi.mp/547b604cbb0e/zram4k1ac0>

Parent & Carer Courses Spring Term 2023



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

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



Thursdays 8.00-9.30pm

5th Jan – 9th Feb

Online Course 553 

Thursdays 9.30-11.30am

23rd Feb – 30th Mar

St Albans Course 552
Fleetville Family Centre

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

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



Thursdays 7.00-9.00pm

5th Jan – 9th Feb

Watford Course 556
Beechfield Family Centre

Mondays 7.45-9.15pm

20th Feb – 27th Mar

Online Course 554 

Wednesdays 7.45-9.15pm

22nd Feb – 29th Mar

Online Course 555 

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



Dads,
Step-Dads,
Stay at
home Dads
Working
Dads...

Wednesdays 7.45-9.15pm

4th Jan – 8th Feb

Online Course 557 

Tuesdays 7.45-9.15pm

21st Feb – 28th Mar

Online Course 558 

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Diagnosis
not
essential

Wednesdays 9.30-11.30am

22nd Feb – 29th Mar

5th Oxhey Course 550

5th Oxhey Family Centre

Thursdays 8.00-9.30pm

23rd Feb – 30th Mar

Online Course 551 

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

To check eligibility and book a place, please contact

Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk

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



These courses are provided free to parents by
Hertfordshire County Council's Targeted Parenting Fund



From last week (or previously shared). Places may still be available.



December HAPpy programme will run on the 22nd, 23rd, 28th, & 29th December from 10:00 – 2:00 will provide 4 hours of free funded activity for young people aged 9 – 16 and provide a hot lunch each day at Rickmansworth Golf course.

Golf: Delivered by the PGA pro's who founded ColourPath Golf

Dance: Delivered by Kaliedoscope Dance's Principal

EVERYONE
Is HAPPY

Hertfordshire's
Holiday Activity Programme
HAPPY

Christmas Golf
with COLOUR PATH GOLF
GOLF ACADEMY 9 - 16yrs

Thurs 22nd, Fri 23rd, Thurs 28th & Fri 29th
December

Book now: sportinherts.org.uk/booking

everyone
ACTIVE

12 Spaces Available each day.
You must *book* to attend

RICKMANSWORTH GOLF COURSE
For Info: craighughes@everyoneactive.com
Rickmansworth Golf Course
Moor Lane, Rickmansworth
WD3 1QL
07355 034694

Hertfordshire HCF herts sports

EVERYONE
Is HAPPY

Hertfordshire's
Holiday Activity Programme
HAPPY

Christmas Dance
with Kaliedoscope
Dance 9 - 16yrs

Thurs 22nd, Fri 23rd, Thurs 28th & Fri 29th
December

Book now: sportinherts.org.uk/booking

everyone
ACTIVE

15 Spaces Available each day.
You must *book* to attend

RICKMANSWORTH GOLF COURSE
For Info: craighughes@everyoneactive.com
Rickmansworth Golf Course
Moor Lane, Rickmansworth
WD3 1QL
07355 034694

Hertfordshire HCF herts sports

From last week (or previously shared). Places may still be available.



For all enquiries and to make a referral please complete our parent registration form and email enquiries@familiesfeeling-safe.co.uk quoting the course number please. Please click here for the registration form (or email for non -pdf version).

Online (for parents countywide with children 0-19)

• For Mums, Dads & Carers (course OL5/01)

Tuesday mornings 9.45 – 11.45 am 10 January – 7 February

[Please click here for the poster...](#)

• For Dads and male carers (course OL4/01)

Tuesday evenings 7.15pm – 9.15pm 10 January – 7 February

[Please click here for the poster...](#)

From last week (or previously shared). Places may still be available.



BZ Families (5-15 year olds and their families)

<https://beezeebodies.com/programs/beezee-families/>

A free, fun, family-focused programme for children and their families to learn about healthy eating, exercise, and wellbeing. The programme runs for 12 weeks, each focusing on a different topic such as healthy breakfasts, snacks and portion sizes. Families will learn how to cook affordable family meals, join in with fun healthy eating sessions and get to try tasty snacks!

- Watford starts on Tuesday 25th January at St. Meryl's Primary, WD19 5BT at 5pm.

BECOME A HEALTHIER, HAPPIER FAMILY IN 2023

Come along to our fun, free healthy lifestyles courses and you will learn:



Sign up for your family's **FREE** place at
beezeebodies.com/families



or scan me with
 your smartphone
 camera

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Allum Hall WD6 3PJ 17:00 – 19:00	STEVENAGE Barnwell Middle School SG2 9XT 17:30 – 19:00	HODDESDON St. Cuthbert's Church EN11 0PU 17:30 – 19:30	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 – 19:30
WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 – 19:00	WATFORD St Meryl Primary WD19 5BT 17:00 – 19:00	WALTHAM CROSS Hurst Drive Primary EN8 8DU 17:30 – 19:30	LETCHWORTH Jackmans Community Centre SG6 2NL 17:30 – 19:30

12 week BeeZee Families courses starting in
 Hertfordshire from January 16th

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5-15 who is above their ideal healthy weight.