



DSPL 9 Weekly Newsletter

Parent, Carer and Family Newsletter

9.11.2022

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

- Supporting Links have opened bookings for another 8 courses funded by HCC.
- SPACE are providing online workshops throughout November and December
- A flyer from SPACE :Hertfordshire's only specialist equipment library: sensory, educational, and practical resources loaned to families for FREE
- Families in Focus have a number of online and/or face to face courses available free of charge to Hertfordshire parents.
- A flyer advertising a relaxed performance of Aladdin and an accompanying Social Story.

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

- Families Feeling Safe have limited availability on their online course for Dads, Step Dads and male carers.
- Supporting Links have opened booking for their Spring Term courses .
- Places are still available on 2 Family Lives online parenting groups funded by Herts County Council in the Autumn term

Parent & Carer Support TALKING ASD & ADHD Online Workshops Spring Term 2023

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

STRESS and ANXIETY

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal 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.
- Where to access further help and support, both locally and nationally.

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

Follow on:



Workshops are open to parents and carers living in Hertfordshire



**Tuesday 10th January
9.30-11.30am**

Workshop 559 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-559-registration-458379604737>

**Wednesday 22nd February
7.30-9.30pm**

Workshop 560 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-560-registration-458562411517>



**Monday 16th January
7.30-9.30pm**

Workshop 562 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parentscarers-in-herts-562-registration-458706843517>

**Tuesday 7th March
12.30-2.30pm**

Workshop 561 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parentscarers-in-herts-561-registration-458592962897>

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

COPING with CHANGE

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies.
- How children learn from new experiences and what to expect.

TECH USE

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.

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.
- How to work with your school in your child's best interests.



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a speaker or headphones. We will help you get set up if you haven't used Zoom before. No special skills are needed.



Parents are welcomed to self-refer and book places via Eventbrite.

<https://www.eventbrite.co.uk/o/supporting-links-15053924960>



**Monday 23rd January
7.30-9.30pm**

Workshop 564 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-564-registration-457025805487>



**Monday 20th March
9.30-11.30am**

Workshop 563 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-coping-with-change-for-parentscarers-in-herts-563-registration-458747164117>



**Monday 27th February
9.30-11.30am**

Workshop 565 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-565-for-parentscarers-in-herts-registration-457067209327>



**Tuesday 31st January
7.30-9.30pm**

Workshop 566 Pre-booking essential via Eventbrite Link:
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-566-registration-458728999787>

All course titles and dates.

Talking ASD/ADHD: Anxiety and Stress - 10th January or 22nd February 2023

Talking ASD/ADHD: Responding to Anger - 16th January or 7th March 2023

Talking ASD/ADHD: The Teenage Years - 23rd January 2023

Talking ASD/ADHD: Coping with Change - 20th March 2023

Talking ASD/ADHD: Tech Use - 27th February 2023

Talking ASD/ADHD: School Avoidance - 31st January 2023



NOVEMBER / DECEMBER WORKSHOPS AND COURSES

| | | |
|--|-------------------|---------------|
| Therapeutic Thinking "What Lies Beneath Behaviour" | Thursday 3rd Nov | 10:00 - 12:00 |
| Starting SPACE (2 weeks) | Friday 4th Nov | 10:00 - 12:00 |
| Raising Self Esteem | Wednesday 9th Nov | 10:00 - 11:30 |
| ASD and Tourettes Talk | Thursday 10th Nov | 10:00 - 11:30 |
| Navigating the SEND World | Thursday 10th Nov | 19:00 - 21:00 |
| Understanding ADHD | Friday 18th Nov | 10:00 - 12:00 |
| Puberty and Neurodiversity | Tuesday 22nd Nov | 10:00 - 12:00 |
| Talking SENSory (2 weeks) | Tuesday 22nd Nov | 19:00 - 21:00 |
| Navigating the SEND World | Friday 25th Nov | 10:00 - 12:00 |
| Navigating the SEND World - Post-16 | Monday 28th Nov | 10:00 - 12:00 |
| Sleep | Thursday 1st Dec | 19:00 - 21:00 |
| Autism and Complex Needs | Monday 5th Dec | 10:00 - 12:00 |
| The EHCP Process - Submission to Finalisation | Thursday 8th Dec | 19:00 - 21:00 |
| Understanding and Supporting Emotional Regulation | Monday 12th Dec | 18:30 - 20:00 |

Please use the Eventbrite link below to reserve your place:

spaceherts.eventbrite.co.uk

Limited Places Available

December activities are out to book now:

- Online Christmas theme cooking with Juniors making mincemeat scrolls and an older group making a sausage plait (separate classes for our junior cooks and the slightly older, more experienced chefs)
- Christmas theme art sessions with children's session painting a fabulous snowman and teen/adult session painting a beautiful robin
- Tickets for a relaxed Christmas performance of The Snowsmith in Ware ... and more

Please use the Eventbrite link below to book onto activities:

spaceherts.eventbrite.co.uk

SPACE's November and December Workshops.

Topics left this term include the much-requested sensory workshops, Puberty, Sleep and much more - including a workshop on The EHCP Process, Navigating The SEND World, Autism and Complex Needs.

All parent/carers workshops are online and are free to attend.

Please use the Eventbrite link below to book onto the workshops:

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

DECEMBER ACTIVITIES

| | | | |
|--|--|--|---|
| | | | <p>Fri 2nd Online Childrens Art</p> <p>Sat 3rd Driving Experience</p> <p>Sun 4th Outdoor Play</p> <p>Mon 5th Junior Online Cooking</p> <p>Mon 5th Online Cooking Masterclass</p> <p>Wed 7th Online Lego Club</p> <p>Sat 10th Aerial Gymnastics</p> <p>Wed 14th Virtual Zoo</p> <p>Fri 16th Online Teen/Adult Art</p> <p>Wed 28th Christmas Show</p> |
| | | | |
| | | | |
| | | | |

spaceherts.eventbrite.co.uk

All activities are subject to change,
correct at time of printing

Looking forward to
The Snowsmith
Christmas Show





Lending SPACE Community Hub



If you live in Hertfordshire and your child has additional needs, visit us for:

- Hertfordshire's only specialist equipment Library: sensory, educational and practical resources FREE for families to borrow
- Friendly advice: help on equipment for your child's specific needs
- A listening ear: emotional and practical support
- Signposting: Knowledge and understanding of local resources, as well as community and statutory services

Stay for a drink and a chat with the SPACE team and other parent/carers. Children are welcome

Unit 19, The Maltings Business Centre, Roydon Road,
Stanstead Abbots, SG12 8HG

Mon, Wed and Sat - 9.30am - 12.30pm

lendingspace@spaceherts.org.uk

07565 258 694

spaceherts.org.uk/lending-SPACE



SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

A bit about us:

- We are a local charity who support families in Hertfordshire whose children have additional needs
- Hertfordshire's only specialist equipment library: sensory, educational, and practical resources loaned to families for FREE
- Friendly advice: help on equipment for child's specific needs
- A listening ear for emotional and practical support
- Signposted to other local resources, as well as community and statutory services
- A place to bring your child and stay for a drink



Families In Focus CIC

Company

Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"



Funded by Hertfordshire County Council

Where: Otley Way Family Centre, Otley Way, Watford, WD19 7TB

When: Wednesday mornings 10am - 12pm
January 4th, 11th, 18th, 25th
February 1st, 8th

Only 12 free places available. Places must be booked by emailing bookings@familiesinfofocus.co.uk with name and date of course

HANDLING ANGER IN YOUR FAMILY
IS ALSO AVAILABLE ONLINE ON
THESE DATES

Where: Online via Zoom
When: Wednesdays 6.30-8.30pm
January 4th, 11th, 18th, 25th
February 1st, 8th

Company

Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents

"I feel empowered by the skills we were shown on the course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged as all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas. We learnt each week."



Funded by Hertfordshire County Council

Where: Online via Zoom

When: Monday evenings 6.30-8.30pm
January 9th, 16th, 23rd, 30th
February 6th

Only 12 free places available. Email bookings@familiesinfofocus.co.uk with name and date of course

HANDLING ANGER IN YOUR
PRIMARY AGED CHILD WITH ASD or
ADHD IS ALSO AVAILABLE ONLINE
ON
THESE DATES

Where: Online via Zoom
When: Thursday mornings 9.30-11.30am
January 5th, 12th, 19th, 28th
February 3rd, 10th



LOOKING FORWARD TOGETHER

Parenting with empathy for primary aged children with SEND

Funded by DSPL9 and FREE for parents and carers in Bushey, Radlett, Watford and Three Rivers, this three session course is for those parenting children from three to 11 years.

Facilitated by Lesley and Francine, trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.

A proven therapeutic approach to increase positive family communication to manage behaviours that challenge, reducing behaviours that challenge and building your family's emotional wellbeing.

This course will enable you and your family to:

- ✓ Discover what empathic listening is and how and why it builds strong attachments in families
- ✓ Build a positive emotional language when managing anger and/or 'emotional traffic jams'
- ✓ Learn to use empathy to set clear expectations and boundaries to enable children to feel safe

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

Free and funded by DSPL Area 9: Bushey, Radlett, Watford & Three Rivers. FIF working in partnership for parents of DSPL9

Where: Online via Zoom

When: Wednesday mornings 9.30-11.30am

November 30th, December 7th, 14th, 2022

Places are free for parents and carers in the areas listed and must be booked by emailing bookings@familiesinfocus.co.uk

When: Monday afternoons 12-2pm
January 16th, 23rd, 30th, 2023

LOOKING FORWARD TOGETHER

Managing anxiety in your primary aged child

Funded by DSPL9 and FREE for parents and carers in Bushey, Radlett, Watford and Three Rivers, this three session evidence-based course is for those parenting children from four to 11 years.

Facilitated by Lesley and Francine, trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.

Anxiety can look like this...



And it can also look like this...



This course will enable you and your family to:

- ✓ Increase your understanding of why children feel anxious
- ✓ Develop a greater understanding of the range of emotions that may be hidden & the effects on the whole family
- ✓ Understand triggers which increase anger and anxiety in children
- ✓ Learn helpful tips, ideas and creative ways to help children to communicate their emotions
- ✓ Learn strategies for parents to keep calm under pressure
- ✓ Help children to understand what calm is all about and how to achieve their best version of calm
- ✓ Use empathy to set clear rules and boundaries
- ✓ Develop supportive ways to respond to children's difficult feelings
- ✓ Helping children to become more emotionally literate & build strong attachments

Where: Online via Zoom

When: Monday evenings 6.30-8.30pm
November 28th, December 5th, 12th, 2022

Places are free for parents and carers in the areas listed and must be booked by emailing bookings@familiesinfocus.co.uk

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

Free and funded by DSPL Area 9: Bushey, Radlett, Watford & Three Rivers. FIF working in partnership for parents of DSPL9

For all booking and further enquires please email bookings@familiesinfocus.co.uk or visit their website <https://www.familiesinfocus.co.uk/current-parent-courses/>

From last week .Places may still be available.



We have a few spaces available on our online course for Dads, Step-Dads and Male Carers 'Supporting Families with Protective Behaviours' starting after half-term on 3rd November 7.30pm – 9.00pm. The course is funded by HCC Targeted Parenting Fund for Dads, Step-Dads and Male Carers with existing needs.

The Dates are: Thursdays 3, 10, 17, 24 Nov, 1 & 8 December 7.30pm – 9.00pm

The course can help to:

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing their child's behaviour
- Respond to a range of feelings e.g., stress, anger, anxiety and worries
- Improve communication and build better relationships
- Build their own and their child's strengths
- Learn strategies to help them and their family feel safe and have problem-solving skills for life

[Please click here for the course flyer...](#)

[Please click here for our parent registration form...](#)

Please send registration forms and enquiries to: enquiries@familiesfeelingsafe.co.uk

From last week. Places may still be available.

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:



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

- 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.

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:



Diagnosis
not
essential

- 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.

Wednesdays 9.30-11.30am
22nd Feb – 29th Mar
8th Oxhey Course 530
8th 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

Please visit the Supporting Links website for further details of their offer.

<https://www.supportinglinks.co.uk/index.html>

Bookings are made via Supporting Links. Visit the What's On page to find booking links and/or details for each course.

<https://www.supportinglinks.co.uk/whatson.html>

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

Previously shared. Places are still available.

Referrals from professionals as well as self-referrals. Please click here [referral form](#) for the online referral form or call Louise Voyce on 0204 522 8700 to go through the form together.



Time to Talk about Pre-Teens and Teens Online group

Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free 6 week online group for valuable advice and help on how to support and manage their behaviour.

When: Thursday 3rd November to 8th December

Time: 7.00pm - 9.00pm

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

We build better family lives together

www.familylives.org.uk



@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.

Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks)

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/ASD - 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) – Online (6 weeks)

This programme provides support, information and resources to parents/carers and adult family members who's Pre Teen / Teen may be feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free 6-week online group for valuable advice and help on how to support and manage their behaviour.



Bringing up confident children for parents of children with ADHD/ASD (online group)

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

When: Wednesday 9th November to 14th December

Time: 9.30am - 11.30am

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

We build better family lives together



Find us on Facebook @FamilyLivesHertsandBeds


www.familylives.org.uk



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.

Watersmeet in association with Jordan Productions present

Relaxed Performance



Aladdin

For those who would benefit from a more relaxed environment, such as pre-school age children, those with an autism spectrum condition, learning disability or sensory/communication disorder and their families to engage with live performance and theatre.

11AM Saturday 31 December 2022

Box Office: 01923 711063

watersmeet **watersmeet.co.uk**

Watersmeet, High Street, Rickmansworth WD3 1EH

THREE RIVERS DISTRICT COUNCIL

Watersmeet Panto, Pure Genie-us!!

Aladdin

Widow Twankey wants a husband, evil Abanazaar wants the magic lamp, Aladdin wants adventure and Wishee Washee wants some Spiderman Pants! Can the Genie grant their wishes?

Don't miss this fabulous festive family treat that promises to take you on a magical carpet ride that you won't forget!

BOOK NOW!!! - Make your wish come true!

| | | | |
|-----------------------|------------------|--------|----------|
| Friday 9 December | | | 6:30pm |
| Saturday 10 December | | 1:30pm | 5:30pm |
| Sunday 11 December | | 1:30pm | 5:30pm |
| Monday 12 December | NO PERFORMANCE | | |
| Tuesday 13 December | 10:00am | 2:00pm | |
| Wednesday 14 December | 10:00am | 2:00pm | |
| Thursday 15 December | 10:00am | 2:00pm | |
| Friday 16 December | 10:00am | | 6:30pm |
| Saturday 17 December | | 1:30pm | 5:30pm |
| Sunday 18 December | | 1:30pm | 5:30pm |
| Monday 19 December | NO PERFORMANCE | | |
| Tuesday 20 December | 10:00am | 2:00pm | |
| Wednesday 21 December | 10:00am | | 6:30pm |
| Thursday 22 December | | 1:30pm | 5:30pm |
| Friday 23 December | | 1:30pm | 5:30pm |
| Saturday 24 December | 11:00am | 3:00pm | |
| Sunday 25 December | HAPPY CHRISTMAS! | | |
| Monday 26 December | | 1:30pm | 5:30pm |
| Tuesday 27 December | | 1:30pm | 5:30pm |
| Wednesday 28 December | | 1:30pm | 5:30pm |
| Thursday 29 December | | 1:30pm | 5:30pm |
| Friday 30 December | | 1:30pm | 5:30pm S |
| Saturday 31 December | 11:00am R | 3:00pm | |
| Sunday 1 January | | 1:00pm | 3:30pm |

All/schools: £11

Adult: £20

Child/concession: £18

Family: £72

Group 10+: £18

Adult: £21.50

Child/concession: £19.50

Family: £78

Group 10+: £19.50

Adult: £23.50

Child/concession: £21.50

Group 10+: £23.50

Family tickets are only available on red and blue performances and are for 1 adult & 3 children or 2 adults & 2 children. Groups and Schools tickets: Buy 10, get the 11th FREE. Children aged 2 and under go FREE when seated on an adult's lap but they will need a Babes in Arms ticket.

S Signed Performance

R Relaxed Performance

A Social Story to accompany this event is attached with our Newsletter.