



## DSPL 9 Weekly Newsletter Parent, Carer and Family Newsletter

01.3.2023

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**.

Please contact Triage (Jan Crook [jancrook@dspl9.org.uk](mailto: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**

- Hertfordshire Constabulary and the local Community Safety Partnerships invite you to attend a Youth Crime Awareness Evening.

### **From last week or previously advertised. Places may still be available to book.**

- Two Online Parenting Courses Fully Funded By Herts County Council Family Services Commissioning Team
- Free workshops available to parents of CYP with disordered eating.
- Sharing here a useful website for parents concerned about exposure to certain age inappropriate material on social media <https://parentzone.org.uk/article/tiktok>
- DSA Achieve offer a support group for siblings of CYP with SEND and an online course on annual reviews.
- The Family Centre Service have announced the dates of their NEW Baby Fairs
- SPACE advertise their Spring Term workshops

In response to the growing national youth violence crisis, and a rise in reported knife-related crime across the country, Hertfordshire Constabulary and the local Community Safety Partnerships (CSPs) are working with local schools.

We would like to invite all you to a Youth Crime Awareness Evening. The evening will comprise of presentations from a number of professionals working in the area of youth violence. They will provide a local context and raise awareness on a number of topics including:

- Knife crime
- Gang culture
- County Lines
- Social media exploitation
- Positive choices
- Staying safe
- Exploitation of young people
- Impact of Youth Violent crime

The evening will take place on **Tuesday 14<sup>th</sup> March 2023, between 5:30pm and 8:00pm** at Queens' School, Aldenham Road, Bushey, WD25 2TY.

To book on to the event please email: [WHTYouth@herts.police.uk](mailto:WHTYouth@herts.police.uk)

If you are a parent/carer please specify which school your child attends and how many seats you require.

Be fearless...  
Say  
Knives not knives - No  
...Be a leader

HERTFORDSHIRE  
CONSTABULARY

**“We’re Just Chillin’ - Arent we?”**  
**“It’s what everyone does - Don’t they?”**  
**“They’re my friends, they have my back - Right?”**  
**“They say I have to protect myself, no matter what the cost - Don’t I?”**  
**YOU DON’T UNSURE?**  
**Come, listen and talk to the real people who have a lived experience of knife crime and gang culture.**

**Tuesday 14<sup>th</sup> March 2023 at Queens’ school, Aldenham Road, Bushey Herts WD23 2TY – (North Side Main Hall)**  
Refreshments will be available and the session will start at 5:30pm and close at 8:00pm.

During the evening you will hear from guest speakers who will talk about:  
• Gangs • County lines\* • Knife crime • Social media • Positive choices •

To book your place please contact via email [WHTYouth@herts.police.uk](mailto:WHTYouth@herts.police.uk)

\*County lines is a national issue involving the use of a mobile phone line by groups to extend their drug dealing business into new locations outside of their home areas. It almost always involves the exploitation of vulnerable people, including both children and adults.

**Alison Cope**  
ANTI VIOLENCE CAMPAIGNER

**Impressionable**  
working with our future *Minds*



*Two Online Parenting Courses Fully Funded By Herts County Council Family Services Commissioning Team*

## **AVAILABLE TO ANY REFERRED PARENTS ACROSS HERTFORDSHIRE**

**Course 1:** A Protective Behaviours Approach To Emotional Safety and Wellbeing For Families

[Click here for details](#)

**Course 2:** The Secrets to Parenting Your Teenager

[Click here for details](#)

**These online parenting courses have been released for SpringTerm 2023**

**Course1: Protective Behaviours**

Each Tues from 21st Feb at 7pm - 9pm for 6 weeks

**Course 2: The Secrets to Parenting Your Teenager**

Each Thurs from 23rd Feb at 7pm - 9pm for 6 weeks (Only 4 Places Left)

[Click here to refer and book](#)

[OR Click here to make an email enquiry](#)

First Steps ED is a leading eating disorder charity providing **hope, opportunities, and choices** to lives affected by eating difficulties and disorders...



## Join us!

**If you are a parent, carer, or loved ones of someone with disordered eating, you can refer yourself for our 4-week workshop.**

**To self-refer, use the QR code or visit <https://form.jotform.com/220964041104343>**

We believe in early intervention and prevention of eating difficulties and disorders which is why we're passionate about supporting parents, carers, families and professionals to help them play an effective role in recognising the signs of an eating disorder, and providing effective supporting and guidance.

Workshops are available monthly. To register your interest in any upcoming series please scan the QR code or contact our team at [info@firststepsed.co.uk](mailto:info@firststepsed.co.uk)



### Skills for Carers Workshop

What we'll cover:

Our 'Skills for Carers' course is a four-week course for parents, partners and siblings who wish to understand their role in a loved one's recovery. Each session will offer practical tips and information to help you develop self-reflective and care-giving skills to help support a loved one.

For more support & resources visit



[www.firststepsed.co.uk](http://www.firststepsed.co.uk)



[For detailed information and to book your place, click here.](#)



# GETTING THE MOST OUT OF THE ANNUAL REVIEW

WORKSHOP FOR PARENT CARERS

- Thursday 30th March 2023, 12:30 - 2:30pm
- Online via GoogleMeet

## THE TRAINING WILL COVER:

- THE PROCESS OF ANNUAL REVIEW: WHEN IT SHOULD HAPPEN, WHAT SHOULD HAPPEN AND WHAT MIGHT HAPPEN IN REALITY
- OVERVIEW OF THE LAW: LEGISLATION, REGS AND CODE OF PRACTICE
- EVALUATION OF ECHP CURRENTLY IN PLACE: WHAT'S WORKING AND WHAT'S NOT
- GATHERING EVIDENCE IN PREPARATION FOR THE MEETING
- WHETHER A REASSESSMENT IS NECESSARY RATHER THAN SIMPLY A REVIEW
- TRANSITION REVIEWS
- WHAT HAPPENS AFTER THE REVIEW
- APPEAL RIGHTS

## TO BOOK YOUR PLACE, VISIT:

**DSACHIEVE.ORG/EVENTS**

CONTACT: [INFO@DSACHIEVE.ORG](mailto:INFO@DSACHIEVE.ORG), 07824 467471



### TRACEY ALLEN

TRACEY IS A QUALIFIED, EXPERIENCED SOLICITOR WITH EXPERTISE IN SEND LAW AND THE EHCP PROCESS.



To book follow this link

<https://www.eventbrite.co.uk/e/ehcp-training-workshop-getting-the-most-out-of-the-annual-review-online-tickets-530365977917>

## NEW Baby Fair

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

Meriden Community Centre, Meriden Way, Watford WD25 9ET

**Tuesday 14th March 2023 14:00 - 16:00**

\*parking available onsite and nearby

There will be FREE preloved maternity clothes, baby clothes and books!

It can be a fun, easy way to de-clutter. You can drop off your unwanted, good quality maternity clothes, baby clothes and books before the event at one their Baby Groups (up to a maximum of 10 items) or an unlimited number ahead of the events at either Westfield & Littlebury Family Centre in Watford or Windmill Family Centre in Hemel Hempstead, Monday to Friday 8am - 4pm.

For more information click here: <https://qrco.de/fcsbabyfair>

# BABY FAIR



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



Baby play activities



Find out what's on



Meet other local parents



Baby clothing swap



Refreshments



Meet the team



Stalls from local partners



Free support & advice

Scan the QR code for dates and more info!

<https://qrco.de/fcsbabyfair>





Autism | ADHD  
Neurodiverse Conditions

## UPCOMING WORKSHOPS

Specific Literacy Difficulties inc Dyslexia	Mon 20th Feb	18:30-20:00
Understanding Dual Diagnosis: Autism and ADHD	Wed 22nd Feb	10:00-12:00
Navigating the SEND World: 0-16	Thu 23rd Feb	19:00-21:00
Behaviour as Communication: A Therapeutic Approach	Fri 24th Feb	10:00-12:00
Navigating the SEND World: Post 16	Tue 28th Feb	10:00-12:00
Tourettes	Thu 2nd Mar	10:00-11:30
Understanding ADHD	Fri 3rd Mar	10:00-11:00
Autistic Girls	Wed 8th Mar	10:00-11:30
ADHD in Girls and Women	Wed 8th Mar	19:00-21:00
PDA, ODD and ADHD	Fri 10th Mar	10:00-12:00
Navigating the SEND World: 0-16	Tue 14th Mar	10:00-12:00
Supporting Learners with Demand Avoidance	Tue 14th Mar	18:30-20:00
Sensory Signs, Signals and Solutions	Thu 16th Mar	19:00-21:00
Sleep Workshop	Fri 17th Mar	10:00-12:00
Anxiety and SEND	Mon 20th Mar	10:00-12:00
Understanding and Supporting Emotional Regulation	Mon 20th Mar	18:30-20:00
No Two Brains are the Same: What is Neurodiversity?	Fri 24th Mar	10:00-12:00
EHCPs: Submission to Finalisation	Mon 27th Mar	19:00-21:00
Autism Plus: Co-occurring Conditions and Cognitive Theories	Tue 28th Mar	10:00-12:00
Understanding Autism	Web 29th Mar	10:00-11:00

[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)

*Limited Places Available*

