



DSPL 9 Weekly Newsletter

Parent, Carer and Family Newsletter

2.11.2022

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

- 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 .

New This Week



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 your 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

New This Week

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:

- 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

8th Oxhey Course 550
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



Thursdays 8.00-9.30pm

5th Jan – 9th Feb

Online Course 553

- 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 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



Thursdays 7.00-9.00pm

5th Jan – 9th Feb

Watford Course 556
Beechfield Family Centre

- 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.

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

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