



Delivering Special Provision Locally

DSPL9 Parent, Carer and Family Newsletter

13th September 2023

Welcome to this first DSPL9 newsletter for the academic year 2023/24 .

This provides school colleagues and families with all recent and current local SEND information with a focus on **Parents and Families**.

This newsletter will be published fortnightly. Next edition 27.09.23

Please contact Triage enquiries@dsplarea9.org.uk 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 or Triage are unable to make any bookings for you.

New this edition

- Supporting Links have opened bookings for their Autumn Term Online courses
- Add- Vance are recruiting and share their autumn courses.
- **Advisory teachers from the Speech Language Communication and Autism team are offering consultations**
- Family Centres in Hertfordshire would like to hear your views on the service
- Nessie share details of their Chat and Connect sessions along with HCC funded Autumn term courses.

For Dads

A free 6-week course for dads & male carers

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



Talking Dads and Talking Families for Dads courses

Wednesdays 7.45-9.15pm 1-12yrs

13th Sep to 18th Oct

Online Course ID 602



Tuesday 7.45-9.15pm

12-19yrs

31st Oct to 5th Dec

Online Course ID 606



Parents of 0-12-yr-olds

6-week course for parents and carers of children aged 0-12

- Manage challenging behaviour with consistency.
- Encourage positive behaviour.
- Build your child's self esteem.
- Set and maintain boundaries.
- Respond to tantrums and difficult feelings in children.
- Develop a strong parent/child relationship now and for the future.



Tuesdays 8.00-9.30pm

12th Sep to 17th Oct

Online Course ID 600



Mondays 7.00-9.00pm

30th Oct to 4th Dec

FACE TO FACE Course 599

The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD



Thursdays 9.45-11.15am

2nd Nov to 7th Dec

Online Course ID 598



Talking Anger in Families

6-week course for parents and carers of children aged 0-19

- Understand why children and 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.



Wednesdays 8.00-9.30pm

1st Nov to 6th Dec

Online Course ID 601



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk



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



Parent & Carer Courses

Autumn Term 2023



FREE Courses open to parents and carers living in Hertfordshire

Parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19



- 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.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

Mondays 7.45-9.15pm

11th Sep to 16th Oct

Online Course ID 603



Wednesdays 7.45-9.15pm

13th Sep to 18th Oct

Online Course ID 604



Tuesdays 7.45-9.15pm

31st Oct to 5th Dec

Online Course ID 605



Parents of children with Additional Needs

Talking Additional Needs & Talking Families for AN courses

A free 6 week course for parents and carers of children with any kind of additional need.



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

Tuesdays 9.45-11.15am 1-12yrs

12th Sep to 17th Oct

Online Course ID 597



Wednesdays 8.00-9.30pm -19yrs

13th Sep to 18th Oct

Online Course ID 595



Tuesdays 9.30-11.30am 1-19yrs

31st Oct to 5th Dec

FACE TO FACE Course 596

St Albans Fire Station



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:

07512 709556 or bookings@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



Helpdesk Support Workers - New Job Opportunities at ADD-vance!

We are delighted to announce two exciting new opportunities to join our team as part of a pilot project extending our helpdesk service.

WE ARE RECRUITING!

Helpdesk Support Workers x 2

Part time – 27.5 hours per week, Monday to Friday 9am – 2.30pm

Hourly rate between £10.50 and £11.95 per hour depending on experience

Initial one year contract starting as soon as possible

An exciting opportunity has arisen for two new workers to join our team as part of a pilot project extending our helpdesk service. Based in our office in Hatfield, you would work as part of the team answering our helpline and responding to families and professionals who contact ADD-vance looking for information and support.

You will have excellent listening skills and a great telephone manner alongside a genuine desire to make a positive impact in the lives of neurodivergent families. With up to date knowledge of local SEN services and strong organisation and record keeping skills, you will act as the first point of contact for families and professionals.

For a full job description and person specification, please see [here](#).

To apply for this role, please send your CV with a covering letter stating how you fulfil the person specification to jobapplications@add-vance.org by the closing date of 9am on Monday 25th September.

We will be running a recruitment day on Thursday 28th September 2023 in Hatfield.



FREE ONLINE AUTUMN 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Diagnosing ADHD and/or Autism	Parents/carers	Mon	11.9.23	19:00 - 20:30	Online
Thinking about College?	Parents/carers	Wed	13.9.23	10:00 - 11:30	Online
Thinking about University?	Parents/carers	Thu	14.9.23	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	18.9.23	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	20.9.23	10:00 - 11:30	Online
Applying for an EHCP	Parents/carers	Mon	25.9.23	10:00 - 11:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Wed	27.9.23	10:00 - 11:30	Online
Understanding Autism in Girls	Parents/carers	Mon	2.10.23	10:00 - 11:30	Online
Tips & tools to Manage Eating Difficulties	Parents/carers	Wed	4.10.23	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/carers	Thu	5.10.23	10:00 - 11:30	Online
Preparing for an EHCP Annual Review	Parents/carers	Mon	9.10.23	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Wed	11.10.23	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	16.10.23	19:00 - 20:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	18.10.23	10:00 - 11:30	Online
Half Term					
Working in Partnership with School	Parents/carers	Mon	30.10.23	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	1.11.23	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Thu	2.11.23	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	6.11.23	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	8.11.23	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	13.11.23	19:00 - 20:30	Online
Tips & Tools to Support Emotional Literacy	Parents/carers	Wed	15.11.23	10:00 - 11:30	Online
Tips & Tools to Build Self Esteem	Parents/carers	Mon	20.11.23	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	22.11.23	10:00 - 11:30	Online
Understanding Neurodiverse Teens	Parents/carers	Mon	27.11.23	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	29.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	30.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Mon	4.12.23	10:00 - 11:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	6.12.23	19:00 - 20:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing. I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only



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DSPL 9

Speech Language Communication and Autism Team

Parent consultation sessions



Advisory teachers from the Speech Language Communication and Autism team are offering consultation time where they can answer your questions about helping young people with speech, language, communication and autism who may have difficulties at school.

Please note that these sessions are with an advisory teacher from the SLCA team and not a speech therapist. For further details of who the team support please click [here](#)

Appointments are being offered both face to face and virtually.

Face to face consultations will be held at Abbots Langley Primary on **3rd October 2023** with Beverly Hamilton.

Times available will be:

9.30am – 9.50am
10.00am – 10.20am
10.30am – 10.50am
11.00am – 11.20am
11.30am – 11.50am

Virtual consultations will be held via MS Teams on **9th November 2023** with Eilish Foley.

Times available will be:

9.30am – 9.50am
10.00am – 10.20am
10.30am – 10.50am
11.00am – 11.20am
11.30am – 11.50am

To book an appointment please email admin@dsplarea9.org.uk. Bookings will be taken on a first come first served basis in the following way:

- Email admin@dsplarea9.org.uk with 3 dates and times that you would like in order of preference
- You will be contacted to confirm the successful date and time

So we can use the time best, please decide on the question you want to ask and tell us or email it when you book so we can have a focussed discussion.



We really want to hear your views on our proposals for Family Centres in Hertfordshire. The consultation will be available from Tuesday 18 July 2023 until Tuesday 10 October 2023.

Our vision and ambition is that every Hertfordshire child has the best possible start in life. Let us know your views on the Family Support Service within Family Centres and how they should be designed in the future. For more info and to share your opinion visit www.hertfordshire.gov.uk/familycentreconsultation

Have your say on the future of the Family Centre Service in Hertfordshire

The Family Centre Service is for children, young people, their parents, families and carers.

Staff work with midwives, GPs, health visitors, family support, childcare providers, and community groups providing a range of opportunities and support.

Our vision and ambition is that every Hertfordshire child has the best possible start in life.

Have your say on the future of the Family Centre Service in Hertfordshire



Consultation opens: Tuesday 18 July 2023
Consultation closes: Tuesday 10 October 2023

We want your views on the Family Support Service within Family Centres



For more information and to respond to the consultation scan the QR code

To request an easy read or translated version email:
familycentres@hertfordshire.gov.uk

What is this consultation for?

In 2024/2025, the Council's contracts for the Family Centre Service are due to finish. The Family Centre Service is made up of Family Support Services and Public Health Nursing. This consultation only focuses on the Family Support Service element.

We need to design how the Family Support Service will work from January 2025, and we want to capture the voice of children, parents, carers, and other professionals through this consultation process. We will use the feedback to develop a new service and to confirm which of the current premises we should continue to use.

We are proposing that the service will continue to:

- Offer support, information, and access to childcare
- Offer support to live healthy lives and have healthy relationships (e.g. antenatal support, parenting, infant feeding)
- Offer support for parents/carers to return to work, education, and volunteering
- Support parents/carers whose children have special educational needs and disabilities (SEND)
- Provide information, advice, and guidance across a range of services and partners
- Promote public health messages (e.g. introducing solid food, promoting healthy lifestyles, emotional and mental wellbeing, supporting oral health)
- Include the family voice in the way services are delivered locally.

What are we consulting on?

As a result of previous parents/carers and professionals feedback, we are prioritising the following:

- Retaining the universal group sessions but charging families who can afford to pay for these
- Reviewing the premises we use to make sure they are fit for purpose, can be accessed by local families, and offer flexibility
- Supporting all families, but especially those children, young people and families who need it most
- Looking at where there is overlap, duplication, or inconsistency across the current service
- Learning from what has worked well in other local authorities.



Parent/Carer Chat and Connect Session - Hertfordshire



OVERVIEW:

This monthly, regular online drop in offers an informal space to share and connect with other parents/carers who have similar experiences supporting their child's mental health.

These sessions are facilitated by Specialist Family Support Workers who can offer advice and support.

Each month we will cover a different topic, please follow our social media posts for updates.

DATES & VENUE

Tuesdays:

14th Nov

12th Dec

Time: 6:30pm - 8:00pm

Venue: Online via Microsoft Teams

Cost : Free (funded by Cambridgeshire county council and Peterborough city council)

TO BOOK A PLACE: Please [CLICK HERE](#)
Or visit: nessieined.com

Helping children and young people thrive

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Upcoming Free Online Parent/Carer Workshops in Hertfordshire

Tuesday
26th Sep

Self Harming Behaviours

9:30am -
11:00am

Wednesday
11th Oct

Anxiety

6:30pm -
8:00pm

Wednesday
8th Nov

Anxiety

9:30am -
11:00am

Wednesday
22nd Nov

Self Harming Behaviours

9:30am -
11:00am

Wednesday
6th Dec

**When Children and Young People
Struggle to Attend School**

9:30am to
11:00am

To book, please click on the workshop title above or visit nessieined.com



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