

Dear Parent/Carers,

Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

Kind Regards, DSPL 8 Team

HPCI Parent/Carer Survey

The HPCI 2023 survey is open and waiting for your feedback.

If you are a Hertfordshire parent carer of a child or young person with SEND (age 0-25) we want to hear from you.

Last year's survey results influenced Herts Statutory SEND funding, were shared with the Area SEND inspectors and helped HPCI open discussions with new services and teams.

We're hoping 2023 will bring us even more data, so we can be even more effective in representing Herts parent carers.

Survey link: [HPCI Annual SEND Survey \(2023\) \(surveymonkey.co.uk\)](https://surveymonkey.co.uk/HPCI-Annual-SEND-Survey-2023)

The closing date of the survey is Sunday 15th October 2023.

Calling all Herts families with SEND!

The 2023 HPCI parent carer survey is open.

Please share your views via the QR code.



Children Wellbeing Practitioner Workshop: Autumn 2023

Eventbrite booking link:

<https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire-33494371787>

Children's Wellbeing Practitioner Workshops (October-December 2023)

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursingservice-hertfordshire-33494371787>

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Wednesday 22 nd November 6pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Wednesday 15 th November 6pm
Supporting your Child's Self-Esteem A workshop focused on parents/carers supporting their child to improve their self-esteem.	Monday 9 th October 10am Tuesday 5 th December 10am
Supporting with Sleep Difficulties A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.	Tuesday 3 rd October 6pm Thursday 7 th December 6pm
Supporting your Child's Resilience A workshop focused on parents/carers supporting their child to improve their resilience.	Friday 27 th October 10am Monday 18 th December 6pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 7 th November at 10am
General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.	Monday 13 th November 6pm
School Transitions A workshop supporting children and adolescents with managing school transitions.	

To access the recorded Emotionally Based School Avoidance Webinar please visit: <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>



Families Feeling Safe Online CoursesBookings via: Email: enquiries@familiesfeelingsafe.co.uk Tel: 07748 332606**Families Feeling Safe**Supporting families with Protective
Behaviours**ONLINE**
morning course
starting
5 October 2023**A FREE course for Mums,
Dads, Step-Parents and
Carers****Online Thursday mornings**
9.30am - 11.30am**5, 12, 19 Oct, 2, 9, 16, 23 & 30
Nov 2023**Please like us on Facebook for further
updates @familiesfeelingsafe**Are you looking for some strategies and new ideas
to help improve family life? This course can help
you to**

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

**Places are funded by HCC for families in Hertfordshire who
need additional support.****For eligibility and to book your FREE place please:****Email: enquiries@familiesfeelingsafe.co.uk****Tel: 07748 332606****Please quote course number O5/D2**Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.ukWebsite: www.dacorumdspl.org.ukEmail: dspl@kls.herts.sch.ukEventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: www.facebook.com/dspldacorumInstagram: https://www.instagram.com/dspl_dacorum/

Families Feeling Safe Online CoursesBookings via: Email: enquiries@familiesfeelingsafe.co.uk Tel: 07748 332606**Families Feeling Safe**Supporting families with Protective
Behaviours**ONLINE**
Thursday evenings
starting
5 October 2023**A FREE course for Dads,
Step-Dads and Male
Carers****Online**
Thursday evenings
7.00pm - 9.00pm
5, 12, 19 Oct, 2, 9, 16, 23 & 30
Nov 2023Please like us on Facebook for further
updates @familiesfeelingsafe**Are you looking for some strategies and new ideas
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**Places are funded by HCC for families in Hertfordshire who
need additional support.****For eligibility and to book your FREE place please:****Email: enquiries@familiesfeelingsafe.co.uk****Tel: 07748 332606****Please quote course number O4/02**Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

Up on Downs Autumn 2023 Newsletter

Download the full newsletter via: [Newsletter-Autumn-2023.pdf \(upondowns.com\)](https://www.upondowns.com/newsletter-autumn-2023.pdf)



Autumn 2023 Newsletter

CALENDAR DATES

- Sat 30 Sept** [Hitchin Youth Showcase](#)
Market Place, Hitchin 10.00-3.00—
Performance at 11.00am
- Sun 1 Oct** [Up on Downs Annual General Meeting](#)
Via Zoom—contact us if you would like the
link to join us—11.00am-1.00pm
- Sat 14 Oct** [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Wed 11 Oct** [New Parent Communication Chat](#)
Via Zoom 10.00—11.00am
- Sat 11 Nov** [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 2.00-4.00pm
- Sun 26 Nov** [Teen Christmas Bowling Party](#)
Hollywood Bowl, Woodside Leisure Park,
Watford WD25 7JZ—11.00am
- Sat 9 Dec** [Up on Downs Christmas Party](#)
St George's Church, Common View,
Letchworth SG6 1DA—2.00-4.00pm
- Fridays** [Choices Youth Group](#)
Hitchin Youth Trust, 111 Walsworth Rd,
Hitchin SG4 9SP 6.15-8.00pm
- Mondays** [Teen Fitness Group](#)
With Tom and Emily Enoch, via Zoom at
5.45pm
- Thursdays** [Teen Social Communication Group](#)
With Emily Enoch, via Zoom at 6.30pm



Up
On Downs

*If you have any questions
or
suggestions please
contact Sande, Jan or
Gemma at:*

[enquiries.nhdowns
@yahoo.co.uk](mailto:enquiries.nhdowns@yahoo.co.uk)

call:
07738 470634

Or visit:
www.upondowns.co.uk





**Funded mental
health
workshops,
advice and
support for
Parents and
Carers in
Hertfordshire**



NESSie In Ed

Nessie is funded by Hertfordshire County Council to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.

What we offer:

- **Free online and face-to-face workshops on a range of mental healths that affect children and young people**
- **Parent Support line**
Tel: 07932 651319
(open Thursdays 9 am - 12 pm or by appointment)
- **Private moderated Facebook support groups:**
- **NESSie Parent/Carer Support Group**
- **1-1 support and advice sessions**
- **Peer support groups:** A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

For more information, please [CLICK HERE](#)



@nessieined



07932 651319



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@nessieinedcic



@NESSieinED



<https://nessieined.com/>

Helping children and young people thrive

NESSie IN ED CIC. Company registered in England & Wales number: 11719406



NESSie In Ed: Parent/Carer Chat & Connect Session

Booking link: <https://bit.ly/35pdIYW>

Website link: nessieined.com

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 Hertfordshire County Council)

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

Helping children and young people thrive

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NESSie In Ed: Free Online Parent/Carer WorkshopsBooking link: <https://bit.ly/35pdIYW>Website link: nessieined.comUpcoming Free Online Parent/Carer
Workshops in HertfordshireWednesday
11th OctSupporting Children with
Anxiety

6:30 - 8:00pm

Wednesday
8th NovSupporting Children with
Anxiety

9:30 - 11:00am

Wednesday
22nd NovPositively Supporting a Child/Young
Person with Self-Harming Behaviours

9:30 - 11:00am

Wednesday
6th DecSupporting Children/Young People
who Struggle to Attend School

9:30 - 11:00am

nessieined.com

Fit Fed, Read: Free Holiday Camp in October Half TermBooking link: [Playwaze - View Event](#)

FREE Holiday Camp October Half term

8 - 11 year olds

Lime Walk Primary
Hemel Hempstead
HP3 9LN, UK,



5 Hours FREE Holiday Camp
Includes Hot Food!

23rd - 27th
October

Mon to Fri
10 - 3pm



If your child receives Free School Meals,
get your booking code from your child's
school

Scan to book or call
01707 284229

Website: www.dacorumdspl.org.ukEmail: dspl@kls.herts.sch.ukEventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: www.facebook.com/dspldacorumInstagram: https://www.instagram.com/dspl_dacorum/

SEND Drop-in sessions

SEND Chat and Play

The BECC Family Centre, WD6 2FD, Monday 10:00 - 11:00
4th & 18th Sept, 2nd, 16th & 30th Oct, 13th & 27th Nov, 11th Dec

Sopwell Family Centre, AL1 2LD, Wednesday 11:00 - 12:00
6th Sept, 4th Oct, 1st Nov, 6th Dec

Beechfield Family Centre, WD24 5TY, Wednesday 10:00 - 11:00
13th & 27th Sept, 11th & 25th Oct, 8th & 22nd Nov, 20th Dec

Grovehill & Woodhall Farm Adventure Playground, HP2 7BA, Thursday 11:00 - 12:00
14th & 28th Sept, 12th Oct, 9th Nov & 23rd Nov, 7th Dec & 21st Dec

* Please note on the 26th October this event will take place at Cedar Tree Family Centre



www.hertsfamilycentres.org

0300 123 7572



Website: www.dacorumdspl.org.uk



Email: dspl@kls.herts.sch.uk



Eventbrite: <https://dspl8.eventbrite.co.uk/>



Facebook: www.facebook.com/dspldacorum



Instagram: https://www.instagram.com/dspl_dacorum/

SEND Drop-in sessions**Parent Support Group**

Every Wednesday

9.00am – 12

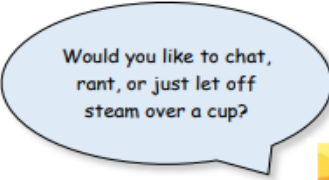
(Term time only)

@ Woodfield Coffee Shop


Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: Gemma.Tuff@woodfield.herts.sch.ukOr: Lauren.Lettis@woodfield.herts.sch.uk

01442 253476



Would you like to chat,
rant, or just let off
steam over a cup?

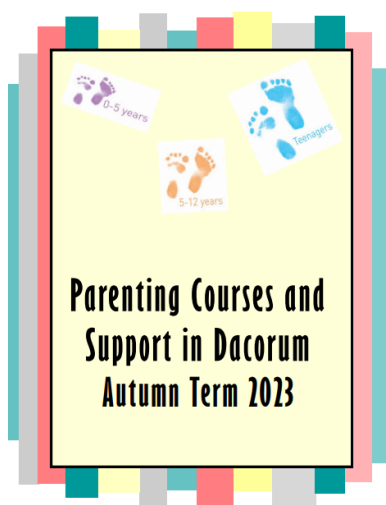



Come and join other
parents/carers and
share stories, advice
and a few laughs!



Whether your child is at mainstream school or a special school,
Diagnosed or undiagnosed, you are welcome to come along and meet
Other parents, talk to professionals, or simply drop in for a coffee and
Meet new friends who also have a child with special educational needs.
ALL WELCOME - JUST COME ALONG

Free tea, coffee and biscuits! Fancy something a bit more special? Our
coffee shop accepts card payments or cash.

Parenting Courses and Support in Dacorum Autumn Term 2023

FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting
Course Brochure via:

<https://dacorumspl.org.uk/wp-content/uploads/2023/07/Dacorum-Parenting-Course-Brochure-Autumn-2023.pdf>

For SEND courses and support, please visit either:

<https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True>

<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do>

