

Dear Professionals,

In this newsletter, please find the following training and support with the booking/information links. Please find more information on each session, in this PDF document.

<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
BeeZee	A free healthy lifestyle programmes, helping families and young people develop healthy habits that last for life. To book contact them via phone on 01707 248648 OR email: BZBinfo@maximusuk.co.uk More information on the BeeZee Website
Family Lives parenting groups	Free Autumn Term parenting groups; 6 week online groups on different topics. For more information please contact Louise on 0204 522 8700/8701 OR email: services@familylives.org.uk OR scan the QR code on page 5
Families in Focus CIC	Families in Focus offer online interactive courses to help parents/carers increase understanding of Autism, ADHD, sensory needs and emotional regulation. Email: bookings@familiesinfocus.co.uk
Families First Newsletter	Parenting and Relationship support newsletter: NEWSLETTER
Supporting Links	To see what courses are available go to: WHAT'S ON For more information or to book you can also contact: 07512 709556 or bookings@supportinglinks.co.uk
SPACE	SPACE offer a variety of parenting course online and face to face. The current course available are on page 10 and 11, with QR codes to book direct on the course. Alternatively please go to their Eventbrite page: SPACE Eventbrite
Children's Wellbeing Practitioner Workshops	Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. 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: EVENTBRITE OR scan the QR code on page 12



<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
Who's in Charge?	A FREE 8-week support group for parents and carers of young people (aged 8–18) who are beyond control, violent, or defiant. Starts <u>Tuesday 7th Oct 6.30pm - 8.30pm</u> @ The Astley Cooper School, St Agnells Lane All enquires to Deborah Collins Phone <u>01442 394141</u> OR email: d.collins@astleycooper.herts.sch.uk
ADD-Vance	ADD-vance have a selection of FREE online parenting courses, as well as support groups for parents/carers of children with a diagnosis or suspected diagnosis of ADHD and/or Autism. To book on to the courses or support groups go to: http://add-vance.eventbrite.com/ OR http://www.add-vance.org/
Mental Health Signposting information	Provided by MHST (Mental Health Support Team) this is a useful list of resources to support Children's mental health for signposting.



BeeZee

Looking for fun, free, ways to get healthier?

Beezee *in Hertfordshire*

Sign up to Beezee today!

We run **free** healthy lifestyle programmes, commissioned by Hertfordshire County Council. We help families and young people develop healthy habits that last for life.

How we can help you:

Beezee **FAMILIES**

- Free 12 week programme – in person or online – running three times a year
- Cooking lessons and physical activity sessions
- Tailored support for 5-15 year olds.



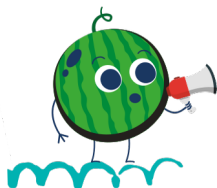
- Free programme in person or online
- Explores 5 themes across 8 weeks
- Help parents provide a healthy start for their child
- For families with under 5 year olds.

Beezee **YOUTH**

- Free 10 week programme – in person or online – running three times a year
- Explores how to look after physical, social and mental wellbeing
- Tailored support for 13-17 year olds.

We also offer 1:2:1 appointments with our Wellbeing Coordinator and Nutritionists - available all year round.

Please contact us on:



- ☎ 01707 248648
- @ BZBinfo@maximusuk.co.uk
- 🌐 hrt.maximusuk.co.uk



Eligibility criteria apply, please see our website for more details

24-2265



Family Lives parenting groups



Family Lives Free Autumn Term Parenting Groups

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Friday 26th September to 7 November 9.45am to 11.45am OR

Tuesday 14 October to 25 November 7.00pm to 9.00pm

If your child has ADHD/ASD, or you think they might, join our free online group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Thursday 2 October to 13 November 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group

Wednesday 5 November to 10 December 7.00pm to 9.00pm

Calling all Dads - join our free online group, come along and receive support from other dads and learn how to change the way you communicate with your child, respond better and feel more in control.

Anxiety around ADHD Online Workshop

Autumn term dates to be confirmed

Reducing Conflict Online Workshop

Autumn term dates to be confirmed

Sibling Rivalry Online Workshop

Autumn term dates to be confirmed



SCAN ME!

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.



Families in Focus courses



Families In Focus CIC
LOOKING FORWARD TOGETHER

A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)

Our evidence-based, online, interactive courses for
parents of children aged 2 to 11 years will:

Increase understanding of Autism, ADHD, Sensory
Processing and children's behaviours.

Also included, how to understand and support
siblings, understanding EHCP's, and up to date
information on local service's and how to access
them.

We provide tried and tested strategies to increase
understanding for a calmer and happier family life.

Tuesdays

9.30am to 11.30am or 6.30pm to 8.30pm

September 9, 16, 23, 30 &

October 7, 14 &

November 4, 11, 18,

Email Francine & Lesley:

bookings@familiesinfofocus.co.uk



Funded by Hertfordshire CC
and free places for Hertfordshire parents



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger of children with Autism & ADHD

(and those on assessment pathways)

Our evidence based online, interactive course
for parents of children aged 4 to 11

help parents to increase understanding of
Autism, ADHD, Sensory needs and
children's emotional regulation.

We provide tried & tested strategies for a
calmer and happier family life or all.

Wednesdays

9.30am to 11.30am or

12.30pm to 2pm or

6.30pm to 8.30pm

September 10th 17th 24th & October 1st 8th 15th

Email Francine and Lesley today:

bookings@familiesinfofocus.co.uk



Funded by Hertfordshire CC with limited free places available for
Hertfordshire parents



Families First Newsletter

Families **First** News



Parenting and Relationship support newsletter

The Autumn targeted parenting courses are now available to book.

If you are a professional and you have any questions for Strategic Partnerships Commissioning (*previously Early Help Commissioning*), please email: CSStrategic.Partnerships@hertfordshire.gov.uk

Families First Newsletter



Supporting Links Workshops

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- 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.



Wednesdays 8.00 - 9.30pm

17th Sep – 22nd Oct

Online Course ID 774

Thursdays 9.45 - 11.15am

18th Sep – 23rd Oct

Online Course ID 772

Tuesdays 8.00 - 9.30pm

4th Nov – 9th Dec

Online Course ID 773

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Tuesdays 7.45 - 9.30pm

16th Sep – 21st Oct

Online Course ID 776

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45 - 9.15pm

17th Sep – 22nd Oct

Online Course: ID 779

Wednesdays 7.45 - 9.15pm

5th Nov – 10th Dec

Online Course: ID 780

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. 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



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Supporting Links Workshops

Parent & Carer Support

TALKING ASD & ADHD



Workshops Autumn 2025



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the 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.

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach teens to develop independence skills.

Tuesday 23rd September, 9.30-11.15am
Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

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 and look after yourself.
- How to work with your school in your child's interests.

Monday 10th November, 7.30-9.15pm
Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm
Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

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

Funded by Hertfordshire County
Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

SPACE

NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online courses

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

6:30pm-8:30pm Tuesdays 9th, 16th, 23rd and 30th September



Book via Eventbrite: SPACE Hertfordshire



PRIMARY STEPS

in person in Sawbridgeworth

Free 6-week Course for Parents and Carers of Autistic Children in the Primary Years.

Course content

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions
- Understanding and supporting behaviour
- Supporting and promoting independence skills

No diagnosis necessary

Great St Mary's, Sawbridgeworth

10am-12pm, Friday Mornings 12, 19, 26 September and 3, 10, 17 October



Book via Eventbrite: SPACE Hertfordshire



BRIGHT BEGINNINGS

in person in Stanstead Abbots

Free 6-week play-based course for Parents and Carers and their children in the early years

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions.
- Get tailored guidance on local activities, services, workshops, and educational support.

Your programme assesses optional family support and benefits from specialised advice for key transitions like starting or changing schools and so much more.

No diagnosis necessary

Stanstead Abbots

1:15-2:15pm Wednesdays 8, 15, 22 October and 5, 12, 19 November



Book via Eventbrite: SPACE Hertfordshire



TALKING SENSORY

3 Week Online Courses



Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

18:30-20:30 Mondays 6, 13, 20 October



Book via Eventbrite: SPACE Hertfordshire



SLEEP TIGHT

3 weeks online course

10am-12pm Tuesdays 11, 18, 25 November

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



Book via Eventbrite: SPACE Hertfordshire



PARENTING ADHD

3 week online course

10:00am-12:00pm Tuesdays 2, 9, 16 December

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



Book via Eventbrite: SPACE Hertfordshire



SPACE

UNDERSTANDING MY AUTISM AND ADHD

One fully-funded 6-week course for your DSPL area

Our tailored 6-week programmes are designed to support young people in school years 5-6, 7-9 and 10-11 to better understand and embrace their neurodiversity.

Through interactive and engaging sessions, young people will:

- Discover what being neurodivergent means to them, building greater self-awareness and understanding.
- Explore their strengths and learn strategies to overcome challenges.
- Learn how to articulate their needs, empowering them to advocate for themselves.
- Gain strategies to support their well-being, equipping them to navigate daily life with confidence.
- Celebrate their uniqueness and build self-esteem, embracing their neurodiversity so they can live their best lives

Suitable for neurodivergent children and young people, with or without a formal diagnosis

To arrange your free programme or find out more, please contact Chris Russell: chris.russell@spaceherts.org.uk



SPACE are offering one fully funded course of Understanding My Autism and ADHD to each DSPL area. The programme has been developed by neurodivergent facilitators for neurodivergent children and young people, and aims to empower children to understand their own needs, advocate for themselves, reduce isolation and foster a better sense of self.

The course is run in a school for cohorts of up to 8 children/young people in the following year groups:

**Years 5-6,
Years 7-9,
or Years 10-11.**

The sessions run over 7 weeks. The first week is online for parent carers to attend with the following 6 sessions to be delivered in-person and onsite.

This initial programme is fully funded by the charity as we have seen the benefit to the young people who have attended, further sessions are available for commission.



SPACE Workshops

SPACE HERTFORDSHIRE

AUTUMN TERM 2025 **FREE ONLINE WORKSHOPS**

4th September	18:30-20:00	Understanding Tics and Tourettes
8th September	18:30-20:00	Access Arrangements
10th September	18:30-20:30	Sensory Signs, Signals and Solutions
11th September	10:00-12:00	ADHD in Girls and Women
12th September	10:00-12:00	Understanding Behaviour as Communication
15th September	18:30-20:30	Navigating the SEND World
17th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
25th September	10:00-11:30	Understanding and Supporting Executive Functioning
25th September	18:30-20:30	EHCPs: New Applications
26th September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
30th September	10:00-12:00	Sleep Workshop
1st October	10:00-12:00	Therapeutic Thinking for Parent/Carers
2nd October	18:30-20:30	Puberty and Neurodiversity
8th October	10:00-12:00	Anxiety and SEND
9th October	10:00-12:00	Navigating the SEND world Post-16
10th October	10:00-12:00	PDA, ODD and ADHD
13th October	10:00-11:30	Understanding Dyslexia
14th October	10:00-11:00	Understanding Autism
15th October	10:00-12:00	Sensory Signs, Signals and Solutions
16th October	10:00-11:00	Understanding ADHD
21st October	10:00-11:30	Autistic Girls
22nd October	10:00-12:00	Understanding Behaviour as Communication
HALF TERM		
3rd November	18:30-20:30	ADHD in girls and Women
4th November	10:00-11:30	Encouraging Neurodiversity in Neurodiverse Young People (ages 8-18)
6th November	10:00-11:30	Understanding Tics and Tourettes
7th November	10:00-12:00	Understanding Behaviour as Communication
10th November	18:30-20:00	Understanding and Supporting Executive Function
12th November	10:00-12:00	PDA, ODD and ADHD
13th November	10:00-12:00	Navigating the SEND World
14th November	10:00-12:00	EHCPs: Submission to Finalisation
18th November	18:30-20:00	Understanding OCD
19th November	10:00-12:00	Anxiety and SEND
25th November	18:30-19:30	Understanding Autism
27th November	18:30-20:30	Sleep Workshop
1st December	18:30-20:30	Navigating the SEND World Post-16
3rd December	10:00-12:00	Understanding Emotionally Based School Avoidance (EBSA)
4th December	10:00-11:30	Understanding and Supporting Emotional Regulation
4th December	18:30-19:30	Understanding ADHD
5th December	10:00-12:00	Sensory Signs, Signals and Solutions
8th December	18:30-20:00	Understanding Dyslexia
10th December	10:00-12:00	ADHD in girls and Women
10th December	18:30-20:00	EHCPs: Annual Reviews
11th December	18:30-20:00	Autistic Girls
12th December	10:00-12:00	Puberty and Neurodiversity
15th December	10:00-12:00	Anxiety and SEND



Children's Wellbeing Practitioner Workshops



Hertfordshire Community
NHS Trust

Children's Wellbeing Practitioner Workshops October – December 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with 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 <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Tuesday 18th November 6-8pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 27th November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 27th October 6-8pm Tuesday 16th December 10am-12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 15th October 6-8pm Tuesday 2nd December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 21st October 10am-12pm Thursday 6th November 6-8pm Wednesday 10th December 10am-12pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 8th October 6-8pm Tuesday 11th November 10am-12pm Thursday 18th December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>



Hertfordshire Community
NHS Trust



Step2Skills

Who's in Charge?

Does your child threaten, hurt, or intimidate you?
 Do you feel you are losing control?
 Do you want to handle conflict better?



Reclaim respect and your family!

Join our 8-week support group

For parents and carers of young people (aged 8-18) who are beyond control, violent, or defiant



What you'll gain:

A safe and supportive space to share experiences and ideas
 Reduced guilt and shame which most parents feel
 Practical strategies for managing your child's behaviour
 Explore ways of Increasing safety and well-being
 Help you to feel more in control and less stressed

Starts: Tuesday 7th October 2025

Time: 6:30pm - 8:30pm

Location: The Astley Cooper School, St Agnells Lane

Dates: October 7, 14, 21. November 4, 11, 18, 25 and 2 December 2025

Cost: FREE

Enquires:

Deborah Collins

Phone 01442 394141

E-mail d.collins@astleycooper.herts.sch.uk



ADD-Vance



UNDERSTANDING MY AUTISM


Empowerment Course for Children and Young Teens in Hertfordshire

Join us for an online transformative 6-week group course designed to empower children and young teens with a diagnosis of Autism. Through interactive sessions, participants will explore what being Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.

COURSE DETAILS

AUTISM PRIMARY Tues 16/09 - 21/10 (Years 4-6)
AUTISM SECONDARY Thu 18/09 - 23/10 (Years 7-8)

add-vance.org/children-young-people



UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS OF TEENS

ABOUT THE COURSE
 This interactive course is designed for parents/carers of children aged 12 to 15 yrs (or 11 and already in secondary) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE
 Dates: Tuesdays, 9/9 to 14/10
 Time: 10 am - 12 pm
ONLINE VIA ZOOM

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 <http://www.add-vance.org/>
 These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.



UNDERSTANDING ADHD & AUTISM FOR DADS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE
 These interactive courses are designed for dads /male carers of children aged 5 to 14 with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE
 Dates: Wednesdays, 17/9 to 22/10
 Time: 7 - 9 pm
Sopwell Family Centre, Mandeville Drive, St Albans, AL1 2LE
 Dates: Mondays, 3/11 to 8/12
 Time: 7 - 9 pm
ONLINE VIA ZOOM

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 <http://www.add-vance.org/>
 These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.



UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE
 This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

TIME AND PLACE
 Dates: Mondays, 15/9 to 20/10
 Time: 7 - 9 pm
ONLINE VIA ZOOM
 Dates: Wednesdays, 5/11 to 10/12
 Time: 7 - 9 pm
ONLINE VIA ZOOM
 Dates: Tuesdays, 11/11 to 16/12
 Time: 10 am - 12 pm
ONLINE VIA ZOOM

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 <http://www.add-vance.org/>
 These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.




UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS

ABOUT THE COURSE
 This interactive course is designed for parents/carers of girls aged 5 to 14 yrs (or 4 and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE
 Dates: Tuesdays, 9/9 to 14/10
 Time: 10 am to 12 pm
ONLINE VIA ZOOM
 Dates: Thursdays, 13/11 to 18/12
 Time: 10 am to 12 pm
ONLINE VIA ZOOM

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 <http://www.add-vance.org/>
 These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.



UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS

ABOUT THE COURSE
 This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE
 Dates: Tuesdays, 4/11 to 9/12
 Time: 9.30 to 11.30 am
ONLINE VIA ZOOM

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 <http://www.add-vance.org/>
 These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.



ADD-Vance



FREE ONLINE AUTUMN 2025 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/Carers	Mon	8.9.25	10:00 - 11:30	Online
Understanding Autism	Parents/Carers	Wed	10.9.25	19:00 - 20:30	Online
Understanding ADHD and Autism in the Early Years	Parents/Carers	Fri	12.9.25	10:00 - 11:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/Carers	Mon	15.9.25	10:00 - 11:30	Online
Understanding ADHD	Parents/Carers	Wed	17.9.25	19:00 - 20:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/Carers	Fri	19.9.25	10:00 - 11:30	Online
Understanding Self Harm	Parents/Carers	Mon	22.9.25	10:00 - 11:30	Online
Understanding PDA	Parents/Carers	Wed	24.9.25	19:00 - 20:30	Online
Tips & Tools for Sleep	Parents/Carers	Mon	29.9.25	10:00 - 11:30	Online
Support for Dads	Parents/Carers	Wed	1.10.25	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/Carers	Fri	3.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/Carers	Mon	6.10.25	10:00 - 11:30	Online
Preparing for Adulthood (14+)	Parents/Carers	Wed	8.10.25	19:00 - 20:30	Online
Understanding Sensory Differences	Parents/Carers	Mon	13.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/Carers	Wed	15.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/Carers	Fri	17.10.25	10:00 - 11:30	Online
Understanding Medication Options	Parents/Carers	Mon	20.10.25	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/Carers	Wed	22.10.25	10:00 - 11:30	Online
Half Term					
Applying for an EHCP	Parents/Carers	Mon	3.11.25	10:00 - 11:30	Online
Preparing for an EHCP Review	Parents/Carers	Wed	5.11.25	19:00 - 20:30	Online
Working in Partnership with School	Parents/Carers	Fri	7.11.25	10:00 - 11:30	Online
Tips & Tools to Manage School Absence	Parents/Carers	Mon	10.11.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/Carers	Wed	12.11.25	19:00 - 20:30	Online
Understanding Anxiety	Parents/Carers	Mon	17.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/Carers	Wed	19.11.25	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/Carers	Fri	21.11.25	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/Carers	Mon	24.11.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/Carers	Wed	26.11.25	19:00 - 20:30	Online
Supporting Siblings	Parents/Carers	Fri	28.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/Carers	Mon	1.12.25	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/Carers	Wed	3.12.25	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/Carers	Fri	5.12.25	10:00 - 11:30	Online
Tips & Tools for Positive Behaviour	Parents/Carers	Mon	8.12.25	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/Carers	Wed	10.12.25	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



Mental Health Signposting information

ALTERNATIVE LIST OF HELP

In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.

ChildLine:

Help and advice from a trained counsellor for under 19's, through their helpline and webchat anytime, about anything. Tel: 0800 1111. www.childline.org.uk

Samaritans: 116 123 free to call anytime any age about anything.

Papyrus: Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text webchat HopeLine UK 0800 0684141. <https://www.papyrus-uk.org/>

Shout: Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258. www.giveusashout.org

Young Minds: In urgent need text free 24/7 to 85258 www.youngminds.org.uk

NHS – Hertfordshire NHS Foundation Trust – Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line.

Anytime, any age 0800 6444 101

ONLINE HELP

SANDBOX: Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online. <https://sandbox.getcerebral.co.uk/>

Stop. Breathe. Think. Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258 <https://www.stopbreathethink.org.uk/>

With YOUTH (Mind Hertfordshire CYP) – children and young people's digital wellbeing service 5-18 years <https://www.withyouth.org/>

Big White Wall/Scope: On-line service for mild Mental Health issues for over 18's, 24/7 www.bigwhitewall.com

Stayalive.app – an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. www.stayalive.app

HELP LINES

YoungMindsHelpline – 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. www.hertfordshiremind.org.uk

JustTalk – helping young people in Hertfordshire to talk about their mental health – www.justtalkherts.org

Health for Teens – advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services. www.healthforteens.co.uk

Saneline: Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness – including family, friends and carers www.sane.org.uk Tel 0300 304 7000. Open from 4pm to 10pm.

The Mix: Under 25s Free information and support for mental health issues 0808 808 4994 www.themix.org.uk

Anxiety UK: Help and support for anxiety www.anxietyuk.org.uk

COUNSELLING

Contact your GP who can assess your needs and make a referral if appropriate.

NHS – Hertfordshire Partnership NHS Foundation

Trust – SPA (Single Point of Access) can put you in touch with NHS mental health services. If you call them, they will help, get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322 www.hgft.nhs.uk

Mind in Mid Herts: Over 16's counselling and group work 03303 208100 www.mindinmidherts.org.uk – covers Hertford, St Albans, Stevenage, and Hatfield

Talk in Herts – Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to maximum of £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

The Counselling Foundation – St Albans Centre: 18-25 years self-referral, sliding scale charge between £5-£50. GP referral for 16-17 years for free sessions 01727 856693 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690 www.counsellingfoundation.org

School Counselling – please speak to your individual school, college & University.

Safe Space Counselling in

Schools: The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5-19-year-olds. 01992 588796 Professional to make referral.



OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

YCT – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in Harlow and 11-19 years old in locations across East, North & West Hertfordshire including Waltham Abbey, Stansted, Hoddesdon, Ware, Bishops Cleeve, Stevenage, Letchworth 01279 414 090. <https://yctsupport.com/>

Signpost Counselling offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495. <https://oneymca.org/signpost>

Raphael House 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144. <https://www.reaphaelhouse.org.uk>

Finding private counsellors: ACP: Association of Child Psychotherapists www.childpsychotherapy.org.uk

BACP: British Association of Counselling & Psychotherapy www.itsgoodtotalk.org.uk/therapists

UKPC: UK Council for Psychotherapy www.psychotherapy.org.uk

Counselling Directory: www.counselling-directory.org.uk

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A-Dash: Help with drug/alcohol issues for under 18s <https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire/>

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SPECIFIC HELP

The Ollie Foundation – suicide prevention (information and training) www.theolliefoundation.org

Grief Encounter: Support with bereavement of a sibling/ parent 0808 802 0111 www.griefencounter.org.uk

CRUSE Support with bereavement 0808 808 1677 <https://www.cruse.org.uk/>

Winston's Wish – support with bereavement, children, and young people up to age of 35. 0808 020 021. <https://www.winstonswish.org>

The WISH Centre (Harrow) 020 3137 9044, free service for young people for self-harm. www.thewishcentre.org.uk

Young Carers In Hertfordshire – practical and emotional support to young people with caring responsibilities. www.ycgh.org 01992 58 69 69

Herts Young Homeless – advice and practical support for 16-24-year-olds who are homeless or worried they might become homeless. Tel: 18-24 years call 08000 355 775. For 16-17-year-olds call 03003 230130 www.hyh.org.uk

FRANK Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300

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Spectrum: Help with drug/alcohol issues/recovery for over 18's in Hertfordshire <https://www.changegrowthlive.org/spectrum-hertfordshire-drug-alcohol-services>

The Living Room: Daytime group therapy sessions for any addiction, 18+, 0300 365 0304 <https://www.livingroomherts.org/st-albans-hub>

Night Light Crisis Service: Over 18s, Fridays – Monday between 7pm – 2am – Out of hours mental health service 01923 256391 <https://www.stayalive.app/find-help-now/resources-by-area/en-gb/hertfordshire>

Eating disorders: Support for anyone suffering from an eating disorder. www.heateatingdisorders.org.uk

First steps ED – 5-17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+) www.firststepsed.co.uk

ADD-vance – support for ADHD and autism 01727 833963 <http://www.add-vance.org/>

Palms Hertfordshire – Positive behaviours, autism, learning disability and Mental health service. 01727 582122 <https://www.hct.nhs.uk/our-services/palms/>

Herts SARC – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net www.hertsarc.org

Herts Domestic Abuse Helpline: 0808 808 8088 9am-9pm Mon-Fri and 7am-4pm weekends

National Domestic Abuse Helpline: 0808 2000 247

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Carers in Hertfordshire

Making Carers Count

About Us

Carers in Hertfordshire is the leading countywide charity for unpaid carers looking after a partner, relative, friend or neighbour due to illness, frailty, mental health needs, disability or substance misuse.

We support all carers - children and adults - living, working or caring in Hertfordshire, and bereaved carers for three years after the death of the person they cared for.

Carers do not have to live with the person they are looking after to receive help and advice.

For more information about our services or how you can support our work, see the contact details below.

Join the online conversation!

Find us on Facebook www.facebook.com/carersinherts

Twitter @CarersinHerts and LinkedIn

www.linkedin.com/company/carers-in-hertfordshire and our Carers in Hertfordshire YouTube Channel



To contact Carers in Hertfordshire

Write to: Carers in Hertfordshire, The Red House,
119 Fore Street, Hertford, Herts, SG14 1AX.

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk

ISL SEND Duty Lines & SEND advice lines

<https://www.hertfordshire.gov.uk/microsites/local-offer/contact-a-send-service.aspx>

ISL St Albans and Dacorum Monday – Friday: 9am – 5pm

STADAC.ISLTEAM@hertfordshire.gov.uk

Specialist advice lines

Specific Learning Difficulties (SpLD) - 01442 453 920 (term time only) Thurs, 9.30am - 12pm

Speech, Language, Communication and autism Needs (SLCA) - 01442 453 920 (term time only) Tues and Weds, 1.30pm - 4pm

Early years (0 - 5) - 01442 453 920 (term time only) Weds 9am - 12pm and Thurs 1.30pm - 4pm

Physical and neurological impairment team (PNI) - 01442 453 920 (term time only) Mondays, 1.30pm - 4pm

West team Attendance Duty - 01442 454 778 Monday – Friday 9:30am-4pm

Education Support for Medical Absence (ESMA)

<https://www.hertfordshire.gov.uk/microsites/local-offer/education-support/get-help-to-access-learning/education-support-for-medical-absence.aspx>

Children and young people's therapy services: Advice from occupational therapists, physiotherapists and speech and language therapists - 01923 470680 – select Option 3 for the therapy service. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2). Or email hct.cyptherapies1@nhs.net



SUPPORT



ADD-vance Helpdesk is open from 9am to 1pm every weekday via [01727 833963](tel:01727833963)

or email: herts@add-vance.org

Website: www.add-vance.org

Facebook: www.add-vance.org/parents/



Hertfordshire Local Offer: The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



Herts Help: a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life.

Call us on: [0300 123 4044](tel:03001234044)

Email: info@hertshelp.net



Hertfordshire SENDIASS: is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS).

Call us on: [01992 555 847](tel:01992555847)

Email: sendiass@hertfordshire.gov.uk



Hertfordshire Additional Needs Database (HAND): voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond).

Website: [Hertfordshire SENDIASS: is an impartial Special Educational Needs and Disability Information, Advice and Support Service \(SENDIASS\).](http://www.hertfordshire.gov.uk/microsites/sendias/Hertfordshire-SENDIASS)

Call us on: [01992 555 847](tel:01992555847)

Email: sendiass@hertfordshire.gov.uk or hand@hertfordshire.gov.uk



Families First: Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.

<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>



Benefit entitlement - If you care for a child or young person with a disability or if you have a disability yourself, you may be able to claim a range of benefits including Disability Living Allowance and Carers Allowance.

For more information on available benefits and entitlement go:

<https://www.carersuk.org/help-and-advice/financial-support>



SUPPORT



Carers in Hertfordshire: provides advice, information and support to unpaid carers.

Website - www.carersinherts.org.uk

Call us on: [01992 586969](tel:01992586969) (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



Hertfordshire Mind - If you are experiencing a mental health crisis and would like someone to talk to, you can call our Crisis Helpline. Available to provide emotional support 24 hours a day, every day of the week.

To contact the helpline please call us on [01923 256391](tel:01923256391)



Hertfordshire Wellbeing Service: offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress.

Website: <http://talkwellbeing.co.uk/>



Herts Parent Carer Involvement HPCI: Independent parent/carer led organisation which aims to improve services for children and young people who have SEND –

Call us on: [07840 360 245](tel:07840360245)

Website: <https://www.hertsparentcarers.org.uk/>



Healthy Young Minds in Herts: Wellbeing advice and tools for young people, parents and carers.

Website: <https://www.healthyyoungmindsinherts.org.uk/>



With YOUTH: Our digital service provides support to children and young people who are experiencing mental health needs or would like support with their emotional wellbeing. Open **Monday – Friday from 2pm – 10pm.**

Find more information via: <https://www.withyouth.org/> or

Call us on: [0208 189 8400](tel:02081898400)



Just Talk Herts: Mental Health support and advice for young people

Website: www.justtalkherts.org



Family Lives: Parenting and Family support Helpline [0800 800 2222](tel:0800800222)



Foodbanks - <https://dacorum.foodbank.org.uk/get-help/>



Samaritans: Call on [116 123](tel:116123)



ChildLine: Call on [0800 1111](tel:08001111)



Domestic Abuse Help: www.gov.uk/guidance/domestic-abuse-how-to-get-help

