

Dear Parent/Carers,

This is the latest Dacorum Parent/Carers Courses and Support newsletter, we hope you find it useful. Kind Regards,

DSPL 8 Team – Ruth Mason, Faye Lyness & Jennifer McCarthy

<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
Angels: Autism & ADHD support	Angels offers a variety of workshops, activities and support for parents/carers with neurodivergent children. www.angelsupportgroup.org.uk
Herts Young Homeless: Mediation	Herts young homeless are offering mediation services where a trained, professional mediator tries to help you resolve arguments. They have created a short video to help explain what the sessions look like: https://youtu.be/lazTKRoQlCc?si=SzEXactK1lQ-yUcH You can access a referral form by clicking the link below: https://dacorumdspl.org.uk/hyh-mediation-referral-form-dec-2024/
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
Navigating Transitions by Bounce Forward	Navigating Transitions is built on our unique approach to develop psychological fitness (mental resilience and emotional wellbeing), using a series of high quality activities that support children through times of change or uncertainty. The online sessions start 2 nd June, for more information and to book on please click this link: https://bounceforward.com/our-courses/navigating-transitions-dacorum/
Supporting Links	Parents & Carer Support: 'ASD & ADHD' courses- these can be booked through the Eventbrite: https://www.eventbrite.co.uk/o/supporting-links-15053924960 Parents & Carer Support 'Talking' courses- to book a course please quote the ID code for the selected course & contact:07512 709556 or bookings@supportinglinks.co.uk



<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
Potential Kids	The may timetable for all the activities and events Potential Kids are running this month, as well as half term activities. To book click the link below: https://potentialkids.org.uk/events/
Family lives	Family Lives are running online parenting groups and workshops covering different topics affecting families on a daily basis. For more information, please contact Louise or Lesley on 0204 522 8700/8701 , or email services@familylives.org.uk . Please scan our QR code for our referral form. 
Neurodiversity Support Hub	This service is for parents, carers and professionals in Hertfordshire that offers support, signposting and guidance covering a range of topics. Check our page 13 for specific opening hours. Phone: 01727 833963 Email: supporthub@add-vance.org 
SPACE	SPACE offer a variety of parenting course online and face to face. Check out their Eventbrite page: SPACE Eventbrite
ADD-Vance	ADD-vance have created some new sessions for the rest of the summer term. To book on to the courses or support groups go to: http://add-vance.eventbrite.com/ OR http://www.add-vance.org/



Angels: Autism & ADHD support

Managing Meltdowns and Rage

Join our friendly, informative workshop to better understand meltdowns and rage.

We will look at why this happens and look at ways to help when they do.



www.angelssupportgroup.org.uk



20th May 10am-11am
Online Workshop

11am-12pm - we will open for discussions/support on any subject/concern



Parent/Carer Evening Support Group

Talk about your child's needs in an open, caring and non-judgemental online environment.

Online Thursday evenings 7.30-8.30pm on the following dates:



22nd May
19th June
10th July

www.angelssupportgroup.org.uk



Letchworth Garden City
Heritage Foundation

MEET UP AND CHAT

BROADWAY GALLERY, 2 THE ARCADE, LETCHWORTH SG6 3ES

**TOGETHER
WE ARE
STRONGER.**

Come along to our friendly group meetings and share what is difficult or what is going well. Have a coffee and chat to other parents/carers.

Thursday 10am-12noon on:

24th April
8th May
5th June
26th June
17th July

www.angelssupportgroup.org.uk



MEET UP AND CHAT

HOME START, 5 BEDWELL PARK
STEVENAGE SG1 1NB

**TOGETHER
WE ARE
STRONGER.**

Come along to our friendly group meetings and share what is difficult or what is going well. Have a cuppa and chat to other parents/carers.

Thursday 10am-12noon on:

15th May
12th June
3rd July

www.angelssupportgroup.org.uk



Angels: Autism & ADHD support



Charity no: 1117059

**Weekly online Workshop and Support:
Every Tuesday 10am-12pm during term time.**



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.



Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats" on Spotify or Apple Podcasts or listen on our website: <https://angelsupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelsupportgroup.org.uk



Charity no: 1117059

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
22nd April Autism and Anxiety	Thu 24th April Meet Up and Chat		
29th April What is an EP and what is their role with Sarah Lewis-Hayes		Thu 1st May Meet Up and Chat	1st May Evening Parent/Carer Support Group
6th May Understanding and supporting ADHD	Thu 8th May Meet Up and Chat		
13th May Understanding PDA		Thu 15th May Meet Up and Chat	
20th May Managing Meltdowns			22nd May Evening Parent/Carer Support Group

HALF TERM 26th May-1st June

For support during this period please contact **The Neurodiversity Support Hub:**

Tel: 01727 833963

Lines are open from 9am-1pm weekdays

www.add-vance.org/parents/neurodiversity-support-hub/

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
3rd June Emotionally Based School Absence	Thu 5th June Meet Up and Chat		
10th June Q&A with EP Sarah Lewis-Hayes		Thu 12th June Meet Up and Chat	
17th June Charley Cross - Specialist Advisors Support Service - Transitions			19th June Evening Parent/Carer Support Group
24th June Tribunals	Thu 26th June Meet Up and Chat		
1st July Supporting your child's sensory needs		3rd July Meet Up and Chat	
8th July NudMeet Ya - Rejection Sensitive Dysphoria			10th July Evening Parent/Carer Support Group
15th July Surviving the summer holidays	Thu 17th July Meet Up and Chat		

SUMMER HOLIDAYS 23rd July - 1st Sept

For support during this period please contact **The Neurodiversity Support Hub:**

Tel: 01727 833963

Lines are open from 9am-1pm weekdays

www.add-vance.org/parents/neurodiversity-support-hub/



Herts Young Homeless: Mediation

What is Mediation?

Mediation is where a trained, professional mediator tries to help you resolve arguments following 5 basic steps:

- Gathering Information
- Identifying Key Issues
 - Exploring Issues
- Generating Options
- Making Agreements



Mediators...

Do not judge
or take sides

Aim for a fair
outcome for all

Support difficult
conversations

Do not
give advice

Are not
therapeutic

Help you find
solutions



We offer up to 6
sessions, lasting
approx. 1 hour a
week



Sessions are
conducted in a
neutral venue or
virtually



Mediators will
ensure you feel safe
and comfortable
within the sessions

We know that a lot of young people and their families can be hesitant about engaging with services, particularly mediation as they have prebuilt ideas of what it will be like.

Our mediation service has recently created a short film that depicts a typical, mediation session to provide an insight into what a mediation session can look like and to help manage expectations of what our service can offer.

Below is the link to our "Mediation in Action" film. Please circulate the video with colleagues and families who may benefit from accessing our mediation service.

<https://youtu.be/lazTKRoQlCc?si=SzEXactK1lQ-yUcH>

Just a reminder that mediation is not a therapeutic service, rather we focus on improving communication and managing conflict in a more effective way by allowing each party to have an opportunity to share their views to find practical ways of moving forward.

Link to referral on our website:

<https://dacorumspl.org.uk/hyh-mediation-referral-form-dec-2024/>



Families in Focus CIC



Handling anger of children with Autism & ADHD

(and those on assessment pathways)
Our award winning online, interactive course
for parents of children aged 4 to 11 will:
help parents to increase understanding
of Autism, ADHD, Sensory needs and
how to achieve children's
emotional regulation.

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

Monday morning 9.30am to 11.30am
June 2, 9, 16, 23, 30 & July 7

Email Francine and Lesley today:
bookings@familiesinfocus.co.uk



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



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Monday afternoon 12.30pm to 2pm
June 2, 9, 16, 23, 30 & July 7

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bookings@familiesinfocus.co.uk



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available for Hertfordshire parents



**Families in Focus evidence based, award winning courses
free for parents living in Hertfordshire**

Handling anger in your family

for parents of children with no SEN needs.
Increase understanding of why children react with anger and learn tried
and tested techniques to support children to de-escalate and change
reactions to trigger situations to bring harmony and calm for the whole
family.

Tuesday mornings 9.30am to 11.30am
June 3rd, 10th, 17th, 24th & July 1st, 8th

Email Francine & Lesley: bookings@familiesinfocus.co.uk



Funded by Hertfordshire CC for Hertfordshire parents



Navigating Transitions by Bounce Forward

NAVIGATING TRANSITIONS

By Bounce Forward,
in partnership with
DSPL8



Four, 60-minute online sessions
Starting 2nd June 2025
20:00-21:00
All sessions will be recorded

[SIGN-UP HERE](#)

Navigating Transitions is built on our unique approach to develop psychological fitness (mental resilience and emotional wellbeing), using a series of high quality activities that support children through times of change or uncertainty.



Areas covered include:

- Building skills and knowledge of calm and focused strategies
- Explore the 'good' side of moving on
- Recognise the link between thoughts, feelings and behaviour
- Practise reframing unhelpful negative thoughts about change and transition
- Explore the difference between optimism and pessimism
- Practise expressing gratitude
- Developing resilience to cope well with transition and in life in the future



Free for parents, with thanks
to DSPL8 Dacorum

[FIND OUT MORE](#)



Supporting Links

Parent & Carer Support **TALKING ASD & ADHD** Workshops Summer 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

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Wednesday 14th May, 9.30-11.15am

Workshop SL762 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>

COPING with CHANGE



- How children feel about and react to change.
- Prepare children for big changes such as starting a new school.
- Coping with small day to day changes.
- Responding to children when they are struggling.
- Learn from new experiences.

Wednesday 21st May, 7.30-9.15pm

Workshop SL763 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?aff=odtdtcreator>

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.

Monday 9th June, 7.30-9.15pm

Workshop SL764 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>

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 risk assessment.
- Help teens develop independence skills.

Wednesday 25th June, 7.30-9.15pm

Workshop SL765 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>

TECH USE



Wednesday 2nd July, 9.30-11.15am

Workshop SL766 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?aff=odtdtcreator>

- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- Using devices as a reward or consequence.
- Teach children self-regulation

Follow us on:



Contact via:

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

Funded by Hertfordshire County
Council's Targeted Parenting Fund



Potential Kids

MAY 2025 ACTIVITIES SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
1st Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
2nd Fri	Welcome Space Community Drop-In	10.00-12.30
2nd Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-2.00
3rd Sat	Free Family Football Drop-In Birchwood	16.00-17.00
8th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
9th Fri	Welcome Space Community Drop-In	10.00-12.30
9th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
9th Fri	Youth Group 16 + yrs	18.30-20.30
10th Sat	Soft Archery 8+ Birchwood leisure centre	16.00-17.00
15th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
15th Thur	Trampolining 5 + yrs	17.20-18.30
16th Fri	Welcome Space Community Drop-In	10.00-12.30
16th Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
16th Fri	Youth Group 10-15yrs	18.00-19.30
17th Sat	Basketball 8+ Birchwood Leisure Centre	16.00-17.00
20th Tue	Roller Skating Roller City WGC	18.00-19.00
22nd Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
23rd Fri	Welcome Space Community Drop-In	10.00-12.30
23rd Fri	Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
24th Sat	Free Family Football Drop-In Birchwood	16.00-17.00

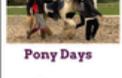
POTENTIAL KIDS

BOOKINGS at potentialkids.org.uk/events

PK Hub & Garden



Therapeutic Gardening 1:1 & Group Sessions. Volunteers Needed



OUR OFFER

Sports & Social Activities
Tutoring
Mentoring
Therapies
1:1 & Group Work
Alternative Provision Provider
EOTAS

Communication, Learning & Social Support for All

Potential to Grow



Visit us here



For further information on any of our Activities or Educational Services please email us at info@potentialkids.org



POTENTIAL KIDS SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

HALF-TERM Activities

BOOK NOW [POTENTIALKIDS.ORG.UK/EVENTS](https://potentialkids.org.uk/events)

Saturday

FAMILY FOOTBALL

24TH @ 16:00-17:00
AGE 6+ / FREE

BIRCHWOOD LEISURE

Tuesday

COOKING IN THE GARDEN

27TH @ 10:30 - 12:00
13:00 - 14:30
AGE 4+ £8

POTENTIAL KIDS GARDEN

Wednesday

FUN RINGS

28TH @ 14:00-15:00
AGE 6+ £6
(UNDER 8S MUST BE ACCOMPANIED BY AN ADULT ON SLOPES)

GOSLING SPORTS CENTRE

Thursday

TRAMPOLINING

29TH @ 17:20-18:30
AGE 5+ £6.50

GOSLING SPORTS CENTRE

Friday

PONY MORNING

30TH @ 10:00-12:00
AGE 6-11 £25

DANESCROFT STABLES WELWYN

Friday

INFLATABLES

30TH @ 17:00-18:00
AGE 8+ £8.95

HATFIELD LEISURE CENTRE



Family Lives: Summer Term programme

Family Lives Summer Term Programme 2025



Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 15 May to 26 June 9.30am - 11.30am

If your child has ADHD/ASD, or you think they might, join our online 6-week 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.

Getting on with Your Pre Teen/Teenager (6 weeks) Online group

Wednesday 4 June to 9 July 7.00 pm - 9.00 pm

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Less Shouting, More Cooperation (6 weeks) Online group

Friday 6 June to 11 July, 9.30 am - 11.30 am

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 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Sorting Out Family Arguments (6 weeks) Online group

Tuesday 10 June to 15 July 7.00pm - 9.00pm

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

Anxiety around ADHD Online Workshop

Date TBC

A workshop that helps parents understand ADHD and provides strategies to help support you and your child.

Reducing Conflict Online Workshop

Date TBC

A workshop that explores different types of conflict between couples and families.

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

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



Scan Me!



Neurodiversity Support Hub

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not

limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

No
Diagnosis
Required

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a
Parent, Care
or
Professional?



01727 833963 

 suppothub@add-vance.org

Term Time Opening Hours

9AM - 1PM - Monday, Wednesday & Friday

9AM - 3PM - Tuesday & Thursday

7PM - 9PM - Wednesday (By Appt)

9AM - 1PM - During School Holidays



We Can't:

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors

Here to support, reach out for a listening ear 



Herts Mental Health, Learning Disability and Autism Health and Care Partnership



SPACE Courses

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 29th April and 6th, 13th, 20th May or
10:00am-12:00pm Thursdays 5th, 12th, 19th, 26th June



Book via Eventbrite: SPACE Hertfordshire



PARENTING ADHD

3 week online course

7:00-9:00pm Mondays 23rd, 30th June and 7th July

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



Book via Eventbrite: SPACE Hertfordshire



STARTING SPACE

in person in Stanstead Abbots

2 week courses

10am-12pm Thursdays :
24th April and 1st May
or Thursday, 26th June and 3rd July

The Maltings Business Centre
Roydon Road, Stanstead Abbots SG12 8HG

Do you have a child aged 0-6 with additional needs?

Join us for an opportunity to meet other families in a similar situation to you and see a brief overview of how SPACE can offer guidance & support to you and your family



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



PRIMARY STEPS

in person in St Albans

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

Cottonmill Community and Cycle Centre

10am-12pm, Friday Mornings 6th, 13th, 20th, 27th June and 4th, 11th July



Book via Eventbrite: SPACE Hertfordshire



SPACE: Summer Term FREE online workshops

SPACE HERTFORDSHIRE

SUMMER TERM 2025 FREE ONLINE WORKSHOPS

22nd April	10:00-11:30	Autistic Girls
22nd April	18:30-20:00	Access Arrangements
23rd April	10:00-11:30	Understanding Dyslexia
24th April	19:00-21:00	Sleep Workshop
25th April	10:00-12:00	Understanding Behaviour as Communication
28th April	10:00-12:00	ADHD in Girls and Women
30th April	10:00-12:00	Sensory Signs, Signals and Solutions
2nd May	10:00-12:00	Anxiety and SEND
8th May	10:00-12:00	Navigating the SEND World Post-16
9th May	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
12th May	10:00-11:00	Understanding ADHD
19th May	10:00-11:30	Understanding Dyslexia
19th May	18:30-20:30	Navigating the SEND World
20th May	10:00-12:00	EHCPs - New Applications
22nd May	10:00-12:00	Understanding Autism
23rd May	10:00-12:00	Puberty and Neurodiversity
HALF TERM		
2nd June	18:30-20:30	ADHD in Girls and Women
3rd June	10:00-11:30	Understanding Tics and Tourettes
3rd June	19:00-21:00	Sensory Signs, Signals and Solutions
4th June	10:00-12:00	Anxiety and SEND
6th June	10:00-12:00	PDA, ODD and ADHD
9th June	10:00-11:30	Encouraging Independence in Neurodivergent Young People Ages 8+
9th June	18:30-20:00	Understanding Dyslexia
10th June	10:00-12:00	Sleep
10th June	18:30-20:00	Autistic Girls
11th June	10:00-12:00	Understanding Behaviour as Communication
13th June	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
16th June	10:00-11:30	Understanding and Supporting Emotional Regulation
16th June	18:30-20:30	Navigating the SEND World Post-16
17th June	10:00-11:30	Understanding OCD
17th June	18:30-20:00	Understanding and Supporting Executive Function
18th June	10:00-12:00	Therapeutic Thinking for Parent Carers
19th June	19:00-20:30	EHCPs - Annual Reviews
24th June	10:00-12:00	Navigating the SEND World
25th June	10:00-12:00	ADHD in Girls and Women
1st July	10:00-12:00	Sensory Signs, Signals and Solutions
3rd July	18:30-20:30	Puberty and Neurodiversity
4th July	10:00-12:00	Anxiety and SEND
7th July	10:00-11:30	Understanding and Supporting Executive Function
8th July	10:00-12:00	EHCPs - Submission to Finalisation
8th July	18:30-19:30	Understanding Autism
9th July	10:00-12:00	No two brains are the same: What is Neurodiversity
11th July	10:00-12:00	Understanding Behaviour as Communication
14th July	18:30-19:30	Understanding ADHD
16th July	10:00-12:00	PDA, ODD and ADHD



ADD-Vance: Summer 2025 Support

Our Summer second half term Support Groups for parents and carers are now open for booking:

[BOOK NOW](#)

The following page which has links to all the workshops run by ADDvance and Space as webinars - so parents or workers can access them at any time or with professionals alongside them to think about implementation for their family.

<https://www.hertfordshire.gov.uk/microsites/local-offer/resources-for-parents-and-professionals/the-neurodiversity-hub.aspx#webinars>



ADD-Vance: Summer workshops



FREE ONLINE SUMMER 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	Wed	23.4.25	1900 - 20:30	Online
Understanding Autism	Parents/carers	Fri	25.4.25	10:00 - 11:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/carers	Mon	28.4.25	10:00 - 11:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/carers	Wed	30.4.25	19:00 - 20:30	Online
Understanding ADHD	Parents/carers	Fri	2.5.25	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Wed	7.5.25	19:00 - 20:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Fri	9.5.25	10:00 - 11:30	Online
Supporting the Transition to Primary School	Parents/carers	Mon	12.5.25	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	14.5.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Fri	16.5.25	10:00 - 11:30	Online
Supporting the Transition to Secondary School	Parents/carers	Mon	19.5.25	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Wed	21.5.25	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Fri	23.5.25	10:00 - 11:30	Online
Half Term					
Applying for an EHCP	Parents/carers	Mon	2.6.25	19:00 - 20:30	Online
Preparing for an EHCP Review	Parents/Carers	Wed	4.6.25	10:00 - 11:30	Online
Working in Partnership with School	Parents/Carers	Fri	6.6.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/carers	Mon	9.6.25	10:00 - 11:30	Online
Tips & Tools to Manage School Absence	Parents/carers	Wed	11.6.25	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Fri	13.6.25	10:00 - 11:30	Online
Understanding Anxiety	Parents/carers	Mon	16.6.25	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Wed	18.6.25	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Mon	23.6.25	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	25.6.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/carers	Mon	30.6.25	10:00 - 11:30	Online
Supporting Siblings	Parents/carers	Wed	2.7.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Fri	4.7.25	10:00 - 11:30	Online
Tips & Tools to Support Emotional Development	Parents/carers	Mon	7.7.25	19:00 - 20:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Wed	9.7.25	10:00 - 11:30	Online
Tip & Tools for Positive Behaviour	Parents/carers	Fri	11.7.25	10:00 - 11:30	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



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)

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 Network

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 [0808 800 2222](tel:08088002222)



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

