

DSPL4 NEWSLETTER

AUTISM AND ADHD



Hertfordshire
Children and Young
People's
Neurodiversity
Service Directory.

DSPL4



MEET US

Wed 5th Nov SPACE Hoddesdon
11-12.30pm,
St Cuthbert's Church, Rye Park
Whitley Road Hoddesdon EN11 0PU

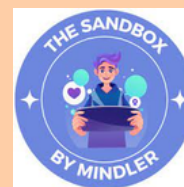
SCH NURSE

School Nursing Duty Line
Tel: 0300 123 7572
Monday to Friday 9am -
5pm

MENTAL HEALTH



Hertfordshire Children and
Young People's Mental Health
Service Directory.



DSPL4 CONTACTS

Adrienne and Laura - DSPL4 Manager - dspl4manager@wormleyprimary.co.uk
Lisa- DSPL4 SEND Lead - llee@wormleyprimary.co.uk
Sandra - DSPL4 Post 16 Transition Coordinator- smahoneyl@hrc.ac.uk

DSPL4 NEWSLETTER

HAVEN CAFE

Herts Haven Cafe have listened to the young people who use their service and are hosting wellbeing workshops throughout term time now, not just during the holidays. The workshops are for 10-18-year-olds (YEAR 5 - YEAR 13) are free to attend, and each will focus on a different wellbeing topic, supporting young people to learn new skills in managing their own wellbeing, to feel heard and connected and to access support if needed. See flyer for more information.

SEND NEWS

Please click on this link to read the latest [SEND NEWS](#) in Herts.



SPEECH AND LANGUAGE



Hertfordshire Community
NHS Trust

CYP THERAPY

Occupational therapy, physiotherapy and speech and language therapy.



Hertfordshire Community
NHS Trust

LEISURE DIRECTORY

[HERTS SEND ACTIVITIES AND LEISURE DIRECTORY](#)

POTENTIAL
KIDS



SEND ADVICE SERVICES



Herts Parent
Carer Involvement



Disabled children
say we can

DSPL4 NEWSLETTER

FAMILY SUPPORT



BCW SCHOOLS

PARTNERSHIP



EARLY YEARS



Hertfordshire
**Family Centre
Service**

Early Years SEND Advice Line

Sometimes it's just easier
to pick up the phone...

If you think it would be helpful to
talk to someone about your
concerns, you can call our Advice
Line and speak to a specialist.



Tel: 01442 453920
Weds 9 - 12.30pm
Thurs 1.30 - 4pm
(term time only)

EHCP

Herts EHCP Plans

IPSEA Advice

SENDIASS Advice

POST 16

**Services for
Young People**

Further Education

SEND ADVICE LINES

Early years (0 - 5) 01442 453 920 Wed 9-12pm Thurs 1.30-4pm

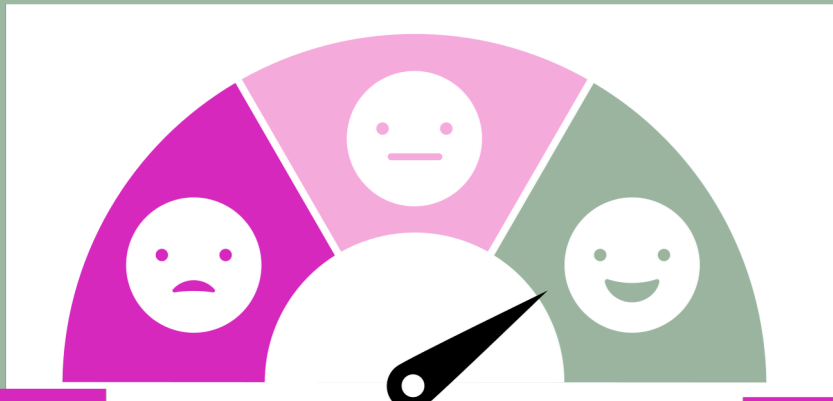
Physical and neurological impairment team (PNI) 01442 453 920

Monday 1.30pm - 4pm

Education Support for Medical Absence (ESMA) 01442 454 802

esmaenquiries@hertfordshire.gov.uk

Neurodiversity Hub 01727 833963 Monday to Friday 9am - 1pm



**CLICK
HERE:
FULL
SURVEY**

THE 2025 HPCI SURVEY IS OPEN

**CLICK
HERE:
SHORT
SURVEY**

**Our survey is for all
Herts parent carers of
children & young
people with SEND, age
0-25.**

**The more people take
our survey, the more
powerful our voice
becomes.**



**We use the results in
our work with
Hertfordshire health,
education & social
care services.
Decision makers
value the data we
collect.**

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/>

Workshops Autumn 2025



Workshops are FREE to parents and carers living in Hertfordshire and aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder 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 risk assessment.
- Help teens 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 best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-783-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 method 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



FREE for parents and carers living in Hertfordshire

TALKING TEENS

6 weekly sessions for parents and carers of children aged **2-19** covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Tuesdays 7.45 - 9.15pm

16th Sep – 21st Oct

Online Course: ID 778

Thursdays 7.45 - 9.15pm

6th Nov – 11th Dec

Online Course: ID 777

TALKING ANGER in TEENS

6 weekly sessions for parents and carers of children aged **1-19** supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Tuesdays 7.45 - 9.30pm

4th Nov – 9th Dec

Online Course: ID 775

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

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



Wednesdays 7pm - 9pm

5th Nov – 10th Dec

Course ID 771

Reddings Family Centre,
Bushey, WD23 3PE

Wednesdays 9.45 - 11.15am

17th Sep – 22nd Oct

Course ID 770

strengthening families strengthening communities

For Parents of teenagers only starting 15/10/25 @11.30am

Want to get some new ideas to help
you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Stronger Relationships

For parents and other adult carers living together or apart
For parents of neurodivergent children only. Group starting 5 November at 1:00pm



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: sfscparent@racefound.org.uk



October 2025 Activities

**SESSIONS FOR NEURODIVERGENT
CHILDREN/YOUNG PEOPLE AND SIBLINGS**

| Date | | Sessions | Time |
|------|------|--|-------------|
| 2nd | Thu | Bushcraft/Stem Home Ed 4 + yrs | 10.30-12.00 |
| 2nd | Thu | Trampolining - Gosling sports centre 5+ | 17.30-18.30 |
| 3rd | Fri | Welcome Space Community Drop-In | 11.00-12.30 |
| 4th | Sat | Free Family Football Drop-In Birchwood | 16.00-17.00 |
| 10th | Fri | Welcome Space Community Drop-In | 10.00-12.30 |
| 10th | Fri | Youth Group 16 + | 18.30-20.30 |
| 11th | Sat | Soft Archery 8+ Birchwood | 16.00-17.00 |
| 16th | Thur | Trampolining - Gosling sports centre 5+ | 17.30-18.30 |
| 17th | Fri | Welcome Space Community Drop-In | 11.00-12.30 |
| 18th | Sat | Basketball 8+ Birchwood | 16.00-17.00 |
| 21st | Tue | Bushcraft/Stem Home Ed 4 + yrs | 18.00-19.30 |
| 23rd | Thur | Welcome Space Community Drop-In | 10.30-12.00 |
| 24th | Fri | Skateboarding Pioneer Club Age 9+yrs | 11.00-12.30 |
| 24th | Fri | Free Family Football Drop-In Birchwood | 17.30-18.30 |
| 25th | Sat | Train Club PK Hub Age 12+ | 16.00-17.00 |
| 25th | Sat | | 12.00-14.00 |

**POTENTIAL
KIDS**

**BOOKINGS at
potentialkids.org.uk/events**

PK Hub & Garden



Danecroft Stables



**Pony Days
(holidays only)**



Visit us here



OUR OFFER

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

**Communication,
Learning & Social
Support for All**



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

the galleria

OCN Accredited Training
Provider of OCN London
Qualifications



For Neurodivergent Children, Young People
Their Siblings and Parents/Carers

THE ZONE

POTENTIAL KIDS

Welcome To

THE ZONE brings opportunities to connect with others, build confidence, make friends in an inclusive, safe, welcoming environment.



CONNECT GROUP

A welcoming Session for neurodivergent young people and their siblings to connect, relax, make friends, and have fun with Lego, board games, themed crafts, and chill-out and chat areas. Time to unwind in a friendly space!

Secondary school Age Session
@The Zone (ground floor of galleria)
Tuesday 28th October 2-3.30pm
Halloween themed crafts
Cost £5

Booking @ potentialkids.org.uk/events



Unit 55 The Galleria
Comet Way
Hatfield, AL10 0XR

For times & dates please see
our website

SCAN FOR ALL OF OUR
IMPORTANT LINKS

For further information email: info@potentialkids.org

PotentialKids Limited Registered in England and Wales Company No. 10912345
Registered Charity No. 1182917



You're invited.



Come and Explore our new wellbeing space for neurodivergent young people, their families and the community!

Wellbeing Session:

Self-Care ideas, Mindful Moments, Relaxation, Coffee and Chat, Creative & Quiet areas, Professional Support and more..!



Early Years Session:

AGE: 3yrs+

Free play, exploration and social time. Parents and carers can also access professional guidance and support.



Friday 24th October

Join US!

**UNIT 55 (Next to JD Sports)
The Galleria, Ground Floor
Commet Way, Hatfield
AL10 0XR**

potentialkids.org.uk

Parent & Carer Support

Spring Term 2026



FREE to parents and carers living in Hertfordshire

TALKING TEENS

6 weekly sessions for parents and carers of children aged **2-19** covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Mondays 7.45 -9.15pm

5th Jan to 9th Feb

Online Course: ID 804

Wednesdays 7.45 -9.15pm

4th Feb to 18th Mar

F2F Course: ID 802

St Albans (venue tbc)

Thursdays 7.45 -9.15pm

5th Feb to 19th Mar

Online Course: ID 803

TALKING ANGER in TEENS

6 weekly sessions for parents and carers of children aged **1-19** supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Tuesdays 7.45 -9.30pm

6th Jan to 10th Feb

Online Course: ID 805

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

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



Tuesdays 8.00 -9.30pm

6th Jan to 10th Feb

Online Course ID 797

Tuesdays 9.45 -11.15am

3rd Feb to 17th Mar

Online Course ID 796

Parent & Carer Support

Spring Term 2026



FREE to parents and carers living in Hertfordshire

TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Mondays 7.45 - 9.15pm

5th Jan to 9th Feb

Online Course: ID 804

Wednesdays 7.45 - 9.15pm

4th Feb to 18th Mar

F2F Course: ID 802

St Albans (venue tbc)

Thursdays 7.45 - 9.15pm

5th Feb to 19th Mar

Online Course: ID 803

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



Tuesdays 7.45 - 9.30pm

6th Jan to 10th Feb

Online Course: ID 805

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

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



Tuesdays 8.00 - 9.30pm

6th Jan to 10th Feb

Online Course ID 797

Tuesdays 9.45 - 11.15am

3rd Feb to 17th Mar

Online Course ID 796

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.



Thursdays 8.00 - 9.30pm

8th Jan to 12th Feb

Online Course ID 799

Thursdays 9.45 - 11.15am

5th Feb to 19th Mar

Online Course ID 798

Thursdays 8.00 - 9.30pm

5th Feb to 19th Mar

Online Course ID 800

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, 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.



Wednesdays 9.45 - 11.30am

4th Feb to 18th Mar

Online Course ID 801

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

7th Jan to 11th Feb

Online Course: ID 806

Mondays 7.45 - 9.15pm

2nd Feb to 16th Mar

Online Course: ID 807

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



Termtime Workshops

 **Mind**
Hertfordshire
Network
Charity no. 112487

Come along to Herts Haven Café and join our free mental health workshops!

These friendly sessions are all about boosting your wellbeing, learning new ways to cope, and connecting with others who understand.

- 22nd October – **Settling into secondary school**
- 3th December – **Maintaining positive mental health during the winter holidays**
- 11th February – **The value of nature for good mental health**
- 15th April – **Understanding and coping with neurodivergence**
- 3rd June – **Communication and boundaries**
- 1st July - **Transitions - Settling into secondary school**
- 22nd July - **Journalling for Wellbeing**

These Workshops run from **4pm - 5:30pm**, and are **free to attend – no referral needed!**

If you would like to come along to a workshop, please let our friendly

**Herts
Haven
Café**