

DSPL4 NEWSLETTER

TRANSITION

Are you concerned or anxious about your child's transition to secondary school?

Come along to one of our Parent/Carer

Transition Meetings on either:

Monday 26th January 9-10.30 at Brooklands

Monday 20th April 9-10.30 at High Leigh

The Ask Sali Team have arranged for Secondary school representatives, parent support workers and us (DSPL4) to attend, to offer you information, support and guidance.

DSPL4



ANGELS

Angels are holding free weekly Workshops on Tuesdays 10-12.

They are also offering 1:1 support sessions. Please see the flyers attached for more info.

HAVE YOUR SAY!!

Give Hertfordshire County Council feedback on their new proposed SEND Strategy 2026-29. Have your say in shaping SEND support [Read it Here!](#) [Have your Say!](#)

MENTAL HEALTH



Hertfordshire Community NHS Trust

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

POTENTIAL KIDS

Potential Kids have opened up THE ZONE, in the Galleria, Hatfield.

This is a free wellbeing space for neurodivergent children and young people and their families.

Fridays
Early Years Wellbeing 10.30-11.30
Wellbeing Sessions 12.00-2.00

Tuesdays 5+ - 4.30-6.00
Thursdays 11+ - 4.30-6.00

Please see the attached flyers! for more information.

SEND NEWS

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



SPEECH



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



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)

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

DSPL4 NEWSLETTER

AUTISM AND ADHD



Hertfordshire
Children and Young
People's
Neurodiversity
Service Directory



Pathological Demand
Avoidance
Part of the
Autism Spectrum



EHCP

Herts EHCP Plans

IPSEA Advice

SENDIASS Advice

POST 16

**Services for
Young People**

Further Education

DSPL4 CONTACTS

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Lisa- DSPL4 SEND Lead - llea@wormleyprimary.co.uk

Sandra - DSPL4 Post 16 Transition Coordinator- smahoneyl@hrc.ac.uk

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.

Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see programme for dates



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://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelssupportgroup.org.uk

**Zoom every
Tuesday
10am-12noon**

**Letchworth
Wednesday
10am-12noon**

**Stevenage
Wednesday
10am-12noon**

**Zoom
Thursday eve
7.30pm- 8.30pm**

6thJan
Women and Girls

7th Jan
Meet Up and Chat

13thJan
Understanding and
Supporting ADHD

14th Jan
Meet Up and Chat

20thJan
Speaker: Dr Sarah
Lewis-Hayes
What should be in an EP
report.

22ndJan
Evening Parent/Carer
Support Group

27thJan
Speaker: Charley Crowe
(SAAS) Social Stories
and Comic Strip Convos

28th Jan
Meet Up and Chat

3rdFeb
EBSA

4th Feb
Meet Up and Chat

10thFeb
Understanding PDA

12th Feb
Evening Parent/Carer
Support Group

FEBRUARY HALF TERM - 16th - 22nd Feb

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

24th Feb
Speaker: PaulChambers
Poets In - Wellbeing

25th Feb
Meet Up and Chat

3rd March
Speaker:Helen Nice2Meetya
Rejection Sensitive
Dysphoria (RSD)

4th March
Meet Up and
Chat

10th March
SENSupport: Ordinary
Available Provision
(OAP)and EHCPs

12th March
Evening Parent/Carer
Support Group

17th March
Helping to reduce
meltdowns

18th March
Meet Up and Chat

24th March
Supporting Sensory Needs

25th March
Meet Up and
Chat

EASTER HOLIDAYS 30th March - 13th April

For supportduringthisperiodpleasecontact **TheNeurodiversitySupport Hub:**

Tel: 01727 833963

lines are open from 9am-1pm weekdays

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



Angels
AUTISM & ADHD SUPPORT

ONE-TO-ONE SUPPORT

Facing challenges can be overwhelming, but you don't have to go through it alone. Our team is here to help. We're available for one-on-one video calls, can meet with you in person to help with tricky paperwork, and even provide support at meetings with professionals. We're a team with lived experience who truly understand, and hold professional qualifications like IPSEA SEND Law training to give you the best possible guidance.

Various time slots available.



COMMUNITY
FUND



Hertfordshire
Community
Foundation
Funding local Causes

Letchworth
Garden City
Heritage Foundation

BOOK NOW



The Frank Litchfield
Foundation

**Stronger
Starts.**



Project
Spark



WEEKLY ONLINE WORKSHOP AND SUPPORT

10AM-12PM EVERY TUESDAY DURING TERM TIME



FREE :Workshop topic presentation opening to online support on any topic



Topic List:

- 6 Jan - Women and Girls
- 13 Jan - Supporting and understanding ADHD
- 20 Jan - Speaker: Dr Sarah Lewis-Hayes
What should be in an EP report.
- 27 Jan - Speaker: Charley Crowe (SAAS)
Social Stories and Comic Strip Convos
- 3 Feb - Emotionally Based School Absence (EBSA)
- 10 Feb - Understanding Pathological Demand Avoidance (PDA)

Scan this QR code to access our support and zoom links



www.angelssupportgroup.org.uk

JANUARY 2026 ACTIVITIES

Date		Sessions	Time	Venue
6th	Tue	Connect Primary age	4.30-6.00	The Zone@The Galleria
8th,15th 22nd,29th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30-12.00	The Zone @ The Galleria
9th,16th 23rd,30th	Fri	Early Years Stay & Play	10.30-12.00	The Zone@The Galleria
9th,16th 23rd,30th	Fri	Parent /Carer Wellbeing	12.30-2.00	The Zone@The Galleria
10th,31st	Sat	Family Football	4.00-5.00	Birchwood Leisure Centre
12th	Mon	Dungeons & Dragons (Full)	12.30-3.30	The Zone@The Galleria
TBC	Tue	Roller Skating	TBC	Roller City WGC
15th	Thur	Trampolining Age 5+	5.30-6.30	Gosling Sports Centre
16th	Fri	Youth Group 16 Plus	6.30-8.00	The Hub@The Galleria
22nd	Thur	Connect Secondary Age	5.00-6.30	The Zone@The Galleria
24th	Sat	Basketball/Archery	4.00-5.00	Birchwood Leisure Centre
29th	Thur	Trampolining Age 5+	5.30-6.30	Gosling Sports Centre
TBC	Fri	Skateboarding Age 9+	5.30-6.30	Pioneer Club St Albans
31st	Sat	Potential Tracks Train Club 10+	12.00-2.00	The Hub@The Galleria

To book visit : potentialkids.org.uk/events

For further information email: info@potentialkids.org

the galleria
OUTLET SHOPPING



SCAN FOR ALL OF OUR
IMPORTANT LINKS



CONNECT



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..!



Fridays
Early Years Session @
10:30-11:30
Wellbeing Session @
12:00-14:00

Early Years Session:

AGE: 3yrs+

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



Fully Funded Free sessions

**Join
US!**

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

potentialkids.org.uk



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

CONNECT @THE ZONE

An opportunity to connect with others, build confidence, make friends in an inclusive, safe, environment.

Cost - Free

Monthly - Tuesday Age 5+

Monthly - Thursday Age 11+

Time - 4.30 - 6pm



Game Zone!

Unit 55 The Galleria
Comet Way
Hatfield, AL10 0XR

Booking Via our website- potentialkids.org.uk/events

For further information email: info@potentialkids.org

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

Welcome To...



Games



Lego



Create



Relax & Connect..

SCAN FOR ALL OF OUR
IMPORTANT LINKS





Families In Focus CIC
LOOKING FORWARD TOGETHER

A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)
**Our free evidence-based, online, interactive courses
for Hertfordshire parents of children aged 2 to 11
years will:**

**Increase understanding of Autism, ADHD, Sensory
needs 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.**

Wednesdays

9.30am to 11.30am or 6.30pm to 8.30pm

January 7th 14th 21st 28th &

February 4th 11th 25th &

March 4th 11th

Email Francine & Lesley:

bookings@familiesinfocus.co.uk



Funded by Hertfordshire Targeted Parenting Fund



Families In Focus CIC
LOOKING FORWARD TOGETHER

**Families in Focus award winning online,
interactive courses are free for parents living
in Hertfordshire**

Handling anger in your family

**an online course for parents
of primary aged 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.**

Monday evenings from 7pm to 8.30pm

January 5th 12th 19th 26th & February 2nd 9th

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



Funded by Hertfordshire Targeted Parenting Fund



Families In Focus CIC
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March 4th 11th

Email Francine & Lesley:

bookings@familiesinfocus.co.uk



Funded by Hertfordshire Targeted Parenting Fund



1 Hour, Bitesize Workshops, Online

Answering common parenting questions

How do I get my child to eat better?

No matter how restrictive your child's diet is

Thursday, 4th December 2025, 10-11am

What is going on in my teenager's head?

How & why adolescent development affects teen behaviour

Thursday, 15th January 2026, 7-8pm

Why does my child give up so easily?

Build resilience and encourage them to have a go, or keep trying

Monday, 19th January 2026, 7-8pm

How do I get my child to listen to me?

Encouraging your child to listen to you and talk to you

Thursday, 29th January 2026, 7-8pm

How can my child learn to manage their feelings?

Teaching emotional regulation to young people

Monday, 23rd March 2026, 10-11am

How do I talk to my teen or preteen about?

Having difficult conversations about sex, drugs & social media

Wednesday, 25th March 2026, 7-8pm

Recordings will be available to parents who attend or on request.

[Book your place here](#)



**1.75hr Online Workshops
for Parents of Children with ASD or ADHD**

Responding to Anger

Help your child manage angry feelings and behaviour
Thursday, 22nd January 2026, 7.30-9.15pm

The Teenage Years

Support your neurodivergent teenager
Monday, 20th January 2026, 7.30-9.15pm

Sibling Struggles

Juggling the different needs in your family
Tuesday, 24th February, 7.30-9.15pm

Tech Use

Managing your child's use of tech
Tuesday, 24th March, 9.30-11.15am

Recordings will be available to parents who attend or on request.

[Book your place here](#)

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



EMPOWERING PARENTS TO HELP CHILDREN THRIVE



Bounce Forward, in collaboration with the Harry Kane Foundation, are gifting a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.

What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

17,000+ parents highly rate this programme

"It was so amazing, I looked forward to the sessions each week, learnt a lot of mind blowing information, that I have applied to my life and have seen improvements! Wish there was more sessions, so sad that it has ended!

I have loved learning about my strengths, the ABCs, process praise, the growth mind set, being aware of my gremlins, it has been wonderful learning, and these sessions have been apart of my self care!

Thank you ever so much!"

REGISTER HERE

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**



FREE Healthy Lifestyle support for families in Hertfordshire

Our FREE 12 week in-person and online programmes
start on week commencing 19th January 2026



Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9QD 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:30 - 7:30pm	WALTHAM CROSS St Joseph's Church 204 High Street, EN8 7DP 4:30 - 6:30pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **



Sign up today!



BZBinfo@maximusuk.co.uk



01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.



Winter Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

Mondays

In Person (Morning)

Starting 26th January

10am - 12noon

High Trees Family Centre,
Broxbourne, EN10 6AE
(c/o Hertford Regional
College, Broxbourne
Centre)

Tuesdays

Online (Morning)

Starting 27th January

10am - 11.15am

Online

Wednesdays

Online (Morning)

Starting 28th January

10am - 11.15am

Online

Wednesdays

Online (Evening)

Starting 28th January

5.30pm - 6.45pm

Online

All programmes run for 8 weeks with a break.

Free crèche facilities available for in-person sessions.



Beezee
in Hertfordshire

Find out more:

01707 248648

herfordshire@henry.org.uk

www.henry.org.uk/hertfordshire



Winter Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

Mondays

In Person (Morning)

Starting 26th January

10am - 12noon

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Online (Morning)

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10am - 11.15am

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Wednesdays

Online (Morning)

Starting 28th January

10am - 11.15am

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in Hertfordshire

Find out more:

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www.henry.org.uk/hertfordshire





FOR PARENTS & CARERS

HEALTHY FAMILIES: RIGHT FROM THE START

FREE 8-SESSION PROGRAMME

**SIGN UP
TODAY!**

Helping families give their little ones the best start in life.

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special – together.

Programme details:

Upcoming programmes start
the week commencing 26 January 2026:

- **Mondays** (in person): 10am–12 noon, Broxbourne
- **Tuesdays** (online): 10am–11.15am
- **Wednesdays** (online): 10am–11.15am or 5.30pm–6.45pm

Find more details and book your free place at www.henry.org.uk/hertfordshire.



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

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Find out more:

- ☎ 01707 248648
- ✉ herfordshire@henry.org.uk
- 🌐 www.henry.org.uk/hertfordshire



In partnership with:

Beezee
in Hertfordshire

