

Dear Parent/Carers,

We hope you are keeping safe and well.

Further SEND Surgeries and ADD-vance Consultation are now available to book via Eventbrite - www.dspl8.eventbrite.com Please see the flyers below for more information.

Stay safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

Website - www.dacorumdspl.org.uk Email – dspl@kls.herts.sch.uk

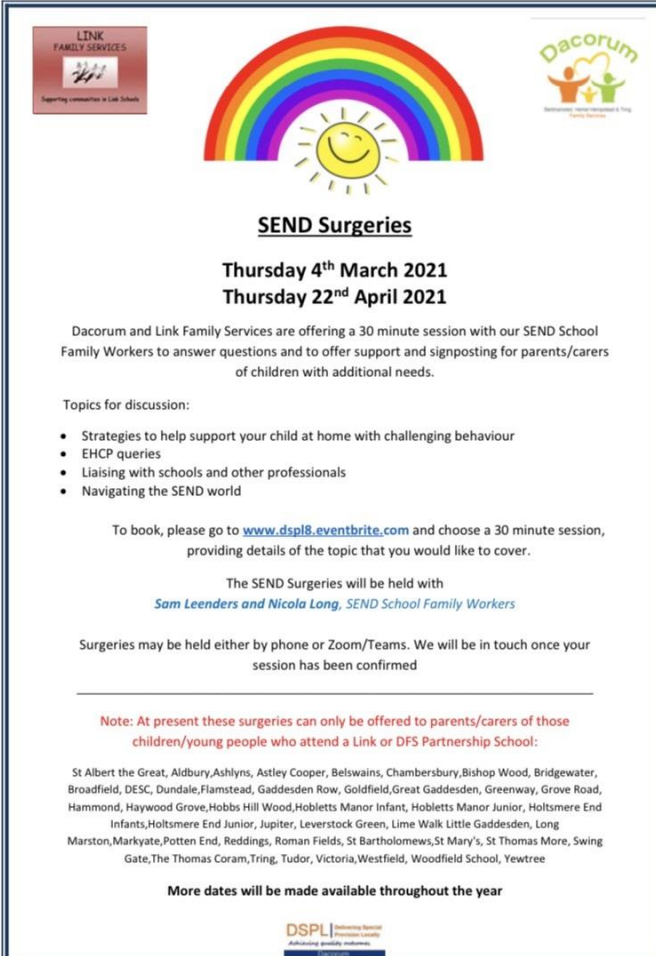
Facebook - www.facebook.com/dspldacorum Instagram – [dspl_dacorum](https://www.instagram.com/dspl_dacorum)

COURSES, WORKSHOPS & SUPPORT

SEND Surgeries

Dacorum and Link Family Services are offering a 30-minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs. Please see the flyer for more information and a list of school in this Partnership.

Book your 30 minute session via - www.dspl8.eventbrite.com



LINK FAMILY SERVICES
Supporting connections in Link Schools

Dacorum
Education, Employment & Training

SEND Surgeries

Thursday 4th March 2021
Thursday 22nd April 2021

Dacorum and Link Family Services are offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to www.dspl8.eventbrite.com and choose a 30 minute session, providing details of the topic that you would like to cover.

The SEND Surgeries will be held with
Sam Leenders and Nicola Long, SEND School Family Workers

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a Link or DFS Partnership School:

St Albert the Great, Aldbury, Ashlyns, Astley Cooper, Belswains, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk Little Gaddesden, Long Marston, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

More dates will be made available throughout the year

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes
Dacorum

COURSES, WORKSHOPS & SUPPORT

Mini Consultations for Parent/Carers of Children with Autism/ADHD - March

Please find below dates for Consultations in March 2021. Book a 30-minute session via:

www.dspl8.eventbrite.com

**Free mini consultations for
parent/carers in Dacorum**

**Facilitated by ADHD/Autism
Specialist Coaches
from ADD-vance**



Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—www.dspl8.eventbrite.com for one of the following dates and times:

Wednesday	03/03/2021	19:00 - 20:30
Thursday	04/03/2021	10:00 - 11:30
Tuesday	09/03/2021	10:00 - 11:30
Thursday	18/03/2021	10:00—11:30
Wednesday	24/03/2021	10:00—11:30

You will receive an email with a zoom invite link nearer the date.

Herts Parent Carer Involvement (HPCI) –Free Online Parent/Carer Network

Please see the attached leaflet for more information on HPCI and details on how to join their free online parent carer network.

Their website is www.hertsparentcarers.org.uk and to book the upcoming webinars via - [Webinars | Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](#)

Families in Focus – Parent Network Sessions

Parent Network is for parents of children with either a diagnosed condition (Autism, ADHD, Down’s Syndrome, Cerebral Palsy etc.) and inclusive of those on assessment pathways or waiting for a diagnosis.

Parent Network is fully funded by The Lottery and sessions are online and free for parents living in England. Each Parent Network is run by a parent who cares for children/young people with SEND and have also completed our accredited training programme.

To join a Parent Network email: bookings@familiesinfocus.co.uk




Parent Network

EARLY YEARS ONLINE GROUP
FEBRUARY 3RD, 2021

**EARLY YEARS SUPPORT IN
HERTFORDSHIRE AND HOW TO
ACCESS IT**

When: 9.30 - 11.30am
Where: Online via Zoom.
Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/



Parent Network

ONLINE GROUP
MONDAY FEBRUARY 8TH, 2021

**EHCP FIRST STEPS
WITH HELENA MARKS-DWYER,
INDEPENDENT SEND ADVISOR**

When: 9.30-11.30am
Where: Online via Zoom.
Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/





Parent Network

ONLINE GROUP
WEDNESDAY FEBRUARY 10TH, 2021

**LET'S POP THE KETTLE ON
SEND CHAT, GIGGLES
AND A CUPPA**

When: 9.30 - 11.30am
Where: Online via Zoom.
Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/




Parent Network

ONLINE GROUP
THURSDAY FEBRUARY 11TH, 2021

**HOW TO GIVE SIBLINGS OF
CHILDREN WITH SEND
EMOTIONAL SUPPORT**


When: 9.30-11.30am
Where: Online via Zoom.
Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/

Spring Term Communication for Parent/Carers – 03.02.2021


Parent Network
 ONLINE GROUP
 THURSDAY FEBRUARY 11TH, 2021


UNDERSTANDING BEHAVIOURS OF CHILDREN WITH SEND

When: 7-9pm
 Where: Online via Zoom.
 Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/


Parent Network
 TEENS 15+ ONLINE GROUP
 TUESDAY FEBRUARY 16TH, 2021

BUILDING A COMMUNITY OF SHARED EXPERIENCES

When: 7-9pm
 Where: Online via Zoom.
 Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/


Parent Network
 ONLINE GROUP
 MONDAY FEBRUARY 22ND, 2021

UNDERSTANDING BEHAVIOURS OF CHILDREN WITH SEND

When: 9.30-11.30am
 Where: Online via Zoom.
 Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/


Parent Network
 ONLINE GROUP
 MONDAY FEBRUARY 22ND, 2021

JUST FOR DADS SEND CHAT AND SUPPORT

When: 7-9pm
 Where: Online via Zoom.
 Email bookings@familiesinfocus.co.uk to join
www.familiesinfocus.co.uk/parent-network/
 Funded by DSPL 9 (Radlett, Watford, Bushey, Three Rivers)

ISL Statutory SEND Duty lines

Integrated Services for Learning Statutory SEND Duty lines



A general queries and advice line for schools, parents/carers and professionals for matters relating to the Education Health and Care Plan (EHCP) process for children and young people with Special Educational Needs and Disabilities (SEND).



ISL Geographical Area Team	Main line	Alternative line
East Herts, Broxbourne, Welwyn and Hatfield	01992 588562	01438 844185
North Herts and Stevenage	01438 843758	01438 844707
St Albans and Dacorum	01442 453300	01442 453387
Watford, Three Rivers and Hertsmere	01442 454012	01442 453529

Available 9am-17:30pm Monday to Thursday and 9am-16:30pm Fridays

**For support for case specific queries, please contact your allocated SEND Officer/Caseworker assistant. **

To access a range of learning resources please click here



ADD-vance Newsletter and Courses

Please see Eventbrite for information and bookings for our courses, workshops and support groups:

<http://add-vance.eventbrite.com>.



ADD-vance
The ADHD and Autism Trust

Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963

NEWSLETTER
February
2021

At ADD-vance we are passionate about supporting families!

This is because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, Autism and related conditions. In our opinion, nobody understands living with additional needs more than parents and carers who 'walk the walk' every day! But sometimes we all need a helping hand, whether that's a simple chat or something a bit more structured. We want to help you develop plans and strategies that work for your family. Get in touch to find out more about our range of services in Hertfordshire.

We are delighted to announce our new programme of
FREE ONLINE Workshops for Parents/Carers
Running from January to March 2021 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.

THE SEND JOURNEY WORKSHOPS

- Identifying ADHD and/or Autism in your Child
- Caring for your Neurodiverse Child (and Yourself!)
- Working in Partnership with School to Support your Neurodiverse Child
- Applying for an EHCP for your Neurodiverse Child
- Preparing for an EHCP Annual Review for your Neurodiverse Child
- Supporting Siblings
- Support for Dads
- Managing the transition to Primary School
- Managing the transition to Secondary School
- Preparing Neurodiverse Young People for Adulthood (14-)
- Preparing Neurodiverse Young People for Adulthood (16-)
- Preparing Neurodiverse Young People for Adulthood (18-)

PSYCHO-EDUCATION WORKSHOPS

- Understanding ADHD
- Understanding Autism
- Understanding Pathological Demand Avoidance (PDA)
- Understanding Sensory Differences
- Understanding ADHD in Girls
- Understanding Autism in Girls
- Understanding Challenging Behaviour
- Understanding Anxiety
- Understanding Teens with ADHD/Autism

SKILL-BUILDING WORKSHOPS

- Tip and tools to build your child's self-esteem
- Tip and tools to help your child manage sensory differences
- Tip and tools to support communication with your child
- Tip and tools to teach your child about emotions and self-regulation
- Tip and tools to help your child deal with change (transitions)
- Tip and tools to support your child's learning (executive function)
- Tip and tools to support your child's social skills
- Tip and tools for managing anger
- Tip and tools for managing anger
- Tip and tools for positive behaviour
- Tip and tools for sibling
- Tip and tools for sleep
- Tip and tools for supporting your child through puberty
- Tip and tools for managing self-harm

"I feel so much better prepared for what lies ahead"

"I have some great new ideas to try at home"

"I finally understand my child!"


Need someone to talk to about ADHD or Autism?



Please call the ADD-vance Telephone Helpline
01727 833963

For parents and professionals
Lines are open from 9am-1pm Monday to Friday
Alternatively you can email herts@add-vance.org

Need information or support right now?



Please post your query on the **ADD-vance Private Facebook Page** and get ideas from over 4500 parent and professional members of ADD-vance!

To join the group click:
<http://www.add-vance.org/parents/>
and follow the Facebook link.
You will be asked 3 simple questions to verify your identity.

The group is moderated by Specialist Family Coaches and Trainers from ADD-vance.

Please note, this is not an emergency service.

Want to understand your child better?



Please sign up for one of our **FREE ONLINE Five-Week Courses** funded by Herts County Council.

Nine courses will be running from w/c 20 February 2021 including one specifically for dads one for parents of girls and two for parents of teens.

These interactive courses will be delivered via Zoom with a maximum of 12 participants per group. All sessions must be attended.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>

Worried about your child ?




Please join us for our weekly **FREE ONLINE Support Groups** via Zoom

We have separate groups for:
Parents of primary-aged children
Parents/carers of secondary-aged children
Parents/carers of young people aged 15-25 yrs

Maximum 10 participants per group.

Find out more and book your place at:
<http://add-vance.eventbrite.com/>

Wondering if you or your child has ADHD?




Please book in for a **QbCheck at ADD-vance**

This online test measures the three core symptoms of ADHD. It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit www.add-vance.org/adhd_service/qbcheck/ for more information or to arrange a booking.

Feeling stuck as a family?



Please enquire about the ADD-vance **Family Coaching Service** currently being delivered online via Zoom.

For tailored one-to-one support to move your family forward email coaching@add-vance.org to discuss the options and costs.


Need help with your EHCP application or annual review?



Get in touch to arrange a consultation with **Bridget Livsey – EHCP Specialist Advisor**

Email coaching@add-vance.org for more information and costs.

How is your school marking Neurodiversity Celebration Week?
15-21 March 2021



For ideas and resources, please see <https://www.neurodiversity-celebration-week.com/>

Whether you're looking for a brief assembly or a full programme of interactive learning email us at training@add-vance.org to discuss how we can support you.



ADD-vance

The ADD-vance ADHD and Autism Trust
Reg. Charity No. 1158968

Helpline: 01727 833963 Email: herts@add-vance.org Web: www.add-vance.org

FREE ONLINE Introductory 5-Week Courses for Parents/Carers

Understanding ADHD and Autism

This interactive course is designed for parents/carers of children aged 5 to 14 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 2.5 hour sessions over five weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Seven separate courses will be running on the following dates:

Saturdays	20 th February to 20 th March	2 - 4.30 pm	
Mondays	22 nd February to 22 nd March	10 am - 12.30 pm	
Mondays	22 nd February to 22 nd March	7 - 9.30 pm	
Wednesdays	24 th February to 24 th March	10 am - 12.30 pm	(Parents/carers in Dacorum district)
Wednesdays	24 th February to 24 th March	7 - 9.30 pm	(Dads and male carers only)
Thursdays	25 th February to 25 th March	10 am - 12.30 pm	(Parents/carers of girls only)
Fridays	26 th February to 26 th March	10 am - 12.30 pm	

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>.

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only.



ADD-vance

The ADD-vance ADHD and Autism Trust
Reg. Charity No. 1158968

Helpline: 01727 833963 Email: herts@add-vance.org Web: www.add-vance.org

FREE ONLINE 5-Week Courses for Parent/Carers of Teens

Understanding Teens with ADHD and Autism

This interactive course is designed for parents/carers of children aged 12 to 15 years (or 11 years and already in secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 2.5 hour sessions over five weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Two courses will be running on the following dates:

Tuesdays	23 rd February to 23 rd March	10 am - 12.30 pm	
Tuesdays	23 rd February to 23 rd March	7 - 9.30 pm	(Parents/carers in East Herts district)

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>.

These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only.



SUPPORT



Speech, Language, Communication and Autism - stadac.islteam@hertfordshire.gov.uk



Educational Psychologists - Use our advice line to speak to an educational psychologist or an advisory teacher if you need support. Wednesday 2 - 4.30pm 01992 588 574



Autism Helpline 10am – 3pm, Monday to Friday - 0808 800 4104 or via online contact form <https://www.autism.org.uk/enquiry>



ADD-vance Helpdesk is open from 9am to 1pm every weekday via [07716 744 662](tel:07716744662) or email to

If you would like to register for our mailing list, or be removed, please email dspl@kls.herts.sch.uk

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** or email info@hertshelp.net



Kids Hub support and information to families with children and young people with SEND. We are still open and offer support and advice to families over the phone and emails and our SEN Toy and Equipment is still available to parents. If you would like to get in contact with us please call on 01992 504013/ 01923 676549 or email us at hub.herts@kids.org.uk



Hertfordshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: sendiass@hertfordshire.gov.uk or 01992 555 847



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).

Contact via: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx> or email hand@hertfordshire.gov.uk



Families
First

Early help, brighter futures

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>



carersuk
making life better for carers

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 to:

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



Carers
in Hertfordshire

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

Website - www.carersinherts.org.uk Telephone – 01992 586969 (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



mind
for better mental health
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**.



as one

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



Leading Mental Health in Hertfordshire Schools

Healthy Young Minds in Herts - Wellbeing advice and tools for young people, parents and

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



JUST TALK

Just Talk Herts – Mental Health support and advice for young people. www.justtalkherts.org



family
lives

Family Lives – Parenting and Family support Helpline 0808 800 2222



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



Health Coronavirus - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Self-Isolating Guidance - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

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



Hertfordshire County Council Children's Services - 0300 123 4043

SAMARITANS

Samaritans - 116 123

childline

ChildLine - 0800 1111



Herts Parent Carer Involvement HPCI – Independent parent carer led organisation which aims to improve services for children and young people who have SEND – 07840 360 245

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