



South West Herts Partnership  
Family Support Service

## CALENDAR OF EVENTS

South West Herts Partnership has collated a list of parenting events happening online from our parent organisations on the following pages.





Families In Focus CIC

Enabling families to be stronger together

**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*



# Calendar

JOIN THE TEAM

**FREE** Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment.

For Bookings please visit [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

All our Parent Networks are continuing throughout lockdown, reaching parents of children with additional needs online via ZOOM.

JUNE

6.30PM

08

ONLINE  
COURSE

## COMPLETE GUIDE TO PARENTING CHILDREN WITH SEND

This **FREE** 10-week course is for those parenting children aged 2 to 11 with all Special Education Needs living in Hertfordshire. **Evening course also available on this date at 6.30pm**  
Parents must attend each session.

[Bookings@familiesinfocus.co.uk](mailto:Bookings@familiesinfocus.co.uk)

JUNE

6.30PM

09

ONLINE  
COURSE

## HANDLING ANGER IN YOUR IN YOUR CHILD WITH ADHD/AND OR AUTISM

A **FREE** six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This CANparent quality mark course for parents of primary aged children provides practical and proven techniques to reduce angry meltdowns in your family.

JUNE

9.30AM

09

ONLINE  
COURSE

## HANDLING ANGER IN YOUR FAMILY

A **FREE** 6 Week course for parents living in Hertfordshire. This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family.

**Parents must be able to attend each session**



**Families In Focus CIC**

Enabling families to be stronger together



# Calendar

**JOIN THE TEAM**

Lottery funded and therefore **FREE** support, information and knowledge for parents caring for children with SEND, with or without a diagnosis. The groups are delivered by parents, for parents. All of our facilitators have children with additional needs and are trained by Francine and Lesley. Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

**JUNE**

**09**

**9.30AM**

**ONLINE  
COURSE**

**MODELLING SELF CARE FOR YOUR CHILDREN**

ZOOM with Tracey and Georgie

**JUNE**

**14**

**7PM**

**ONLINE  
COURSE**

**THE VOICE OF THE CHILD IN EHCP  
AND IN SECONDARY SCHOOL**

ZOOM with Francine and Lesley

**JUNE**

**15**

**7PM**

**ONLINE  
COURSE**

**BUILDING A COMMUNITY  
OF SHARED EXPERIENCES**

ZOOM with Finola and Karen for Teens 15+

**JUNE**

**17**

**9.30AM**

**ONLINE  
COURSE**

**TIPS FOR BEING ASSERTIVE AND 'MEETING READY'**

ZOOM with Francine and Lesley

**JUNE**

**21**

**9.30AM**

**ONLINE  
COURSE**

**HAPPY MEAL TIME TIPS AND IDEAS  
WITH HELEN ALLEN**

ZOOM with Siobhan

**JUNE**

**23**

**9.30AM**

**ONLINE  
COURSE**

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

ZOOM with Vicky and Sharon

**JUNE**

**24**

**7PM**

**ONLINE  
COURSE**

**SENSORY ISSUES EXPLAINED**

ZOOM with Siobhann



Fully Funded By Herts County Council



# Calendar

JOIN THE TEAM

**ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM.** Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID. Contact Supporting Links on: 07512 709556 [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk) [www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

**JUNE**

**7.45PM**

**07**

**ONLINE  
COURSE**

## TALKING TEENS

A **FREE** 6 week course delivered to your home for parents and carers of children aged 12-19.

Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 438**

**JUNE**

**9.45AM**

**08**

**OR 8PM**

## TALKING FAMILIES

A **FREE** 6 week course delivered to your home for parents and carers of children aged 12-19.

Open to parents across Hertfordshire.

**Pre-booking essential—quote course ID 435 (AM)**

**Pre-booking essential—quote course ID 436 (PM)**

**JUNE**

**9.45AM**

**09**

**ONLINE  
COURSE**

## UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS

**FREE** 6 week courses for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential.

**Pre-booking essential—quote course ID 433**

**JUNE**

**7.45PM**

**09**

**ONLINE  
COURSE**

## TALKING DADS

Dads play an important role in a child's life. This **FREE** online course will help you be the Dad you want to be! 6 weekly sessions for fathers and male carers of children aged 0-19.

**Pre-booking essential—quote course ID 440**

## NATURAL FLAIR COACHING



## Calendar

JOIN THE TEAM

Natural Flair courses are funded by Herts County Council, parents need to be referred to attend.

All interactive online courses. Take advantage of what's available from the comfort of your own home.

To request a place, call: 01992 446 051

[www.naturalflair.com](http://www.naturalflair.com)

JUNE

07

7PM

ONLINE  
COURSE

### SECRETS TO PARENTING YOUR TEEN/PRE-TEEN

Six core workshops in all focusing on different areas of parenting teenagers. Areas covered include:

- Identify strategies to raise aspirations and boost self-esteem
- Emotional needs and the teenage brain
- Parenting styles and setting house rules/boundaries
- Tools for supporting anxiety and building resilience
- Communication - what works and what doesn't



JUNE

08

7.30PM

ONLINE  
COURSE

### SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** course for **Mums, Dads and Male Carers**.

Are you looking for some strategies and new ideas to help improve family life?

JUNE

09

7.30PM

ONLINE  
COURSE

### PROTECTIVE BEHAVIOURS FOR DADS AND MALE CARERS

A **FREE** course for **Dads and Carers**.

Are you looking for some strategies and new ideas to help improve family life?



# Calendar

JOIN THE TEAM

We have a range of online parenting groups funded by Herts County Council for parents of children who live or go to school in Hertfordshire. They are for parents/carers of children with ADHD, SEN and parents of pre-teens/teens who are showing challenging behaviour.

To book or for further information please call Louise on 0204 522 8700/01707 247032 or email [LouiseV@familylives.org.uk](mailto:LouiseV@familylives.org.uk)

Programmes delivered via Microsoft Teams.

JUNE

09

7PM

ONLINE  
COURSE

JUNE

10

9.30AM

ONLINE  
COURSE

## GETTING ON WITH YOUR TEENS/PRE-TEENS

Do you need support in dealing with changes in your teen's behaviour including handling anger and violence, setting boundaries, on-line safety and breaking the law? This programme is particularly suited for parents/carers of pre-teens/teens who may have FFA, CIN, CP or Youth Justice Plan.

Course will run as a series of 6x2hr sessions over 6 weeks.

## BRING UP CONFIDENT CHILDREN FOR PARENTS WITH CHILDREN WITH ADHD

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Course will run as a series of 6x2hr sessions over 6 weeks.



Healthy  
hub  
Three Rivers

Free  
support  
and  
advice

Have you seen what your local  
Healthy Hub is doing to help people?

Come along to the **Rickmansworth Food Bank**,  
Methodist Church, Berry Lane, Rickmansworth  
WD3 7HJ for an informal chat on  
**Tuesdays 12noon-3pm and Fridays 1pm-3pm.**

- One to one discussion about your emotional health & wellbeing
- Access to information sessions, workshops and activities
- Information and signposting to local organisations and support

For more information or to book an appointment call 07375 365329  
Or you can email [threerivershealthyhub@hertsmindnetwork.org](mailto:threerivershealthyhub@hertsmindnetwork.org)  
Visit [threerivers.gov.uk/healthy-hub](http://threerivers.gov.uk/healthy-hub)



Healthy  
hub  
Three Rivers

Free  
support  
and  
advice

Have you seen what your local  
Healthy Hub is doing to help people?

Come along to the **Woodlands Café**,  
Leavesden Country Park, for an informal  
chat **Wednesdays 12noon and 3pm**

- One to one discussion about your emotional health & wellbeing
- Access to information sessions, workshops and activities
- Information and signposting to local organisations and support

For more information or to book an appointment call 07375 365329  
Or you can email [threerivershealthyhub@hertsmindnetwork.org](mailto:threerivershealthyhub@hertsmindnetwork.org)  
Visit [threerivers.gov.uk/healthy-hub](http://threerivers.gov.uk/healthy-hub)





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

## ADD-vance



### JUNE

VARIOUS  
DATES

### AM/PM

VARIOUS  
TIMES

### JULY

VARIOUS  
DATES

### AM/PM

VARIOUS  
TIMES



# Calendar

JOIN THE TEAM

ADD-vance is a dedicated group of professionals, who also happen to be parents of children with ADHD and/ or Autism. Our mission is to support the families of neurodiverse children and the professionals involved in their care. We want to increase understanding and change perceptions, to help these young people reach their full potential

## FREE ONLINE WORKSHOPS

- APPLYING FOR AN EHCP
- ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF 15-24 YEAR OLDS
- UNDERSTANDING CHALLENGING BEHAVIOUR
- SOCIAL MEDIA AND MENTAL HEALTH
- UNDERSTANDING ADHD AND AUTISM
- TIPS & TOOLS FOR POSITIVE BEHAVIOUR
- TIPS & TOOLS TO MANAGE ANGER
- PREPARING FOR AN EHCP ANNUAL REVIEW
- ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF PRIMARY AGED CHILDREN
- UNDERSTANDING SENSORY DIFFERENCES
- TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES
- SUPPORT FOR DADS
- ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF SECONDARY AGED CHILDREN
- UNDERSTANDING ANXIETY
- TIPS & TOOLS TO MANAGE ANXIETY
- TIPS & TOOLS FOR MANAGING SELF-HARM
- SUPPORTING SIBLINGS
- TIPS & TOOLS TO TEACH EMOTIONAL LITERACY
- CYBERBULLYING
- UNDERSTANDING NEURODIVERSE TEENS

- TIPS & TOOLS TO SUPPORT PUBERTY
- TIPS & TOOLS TO TEACH SOCIAL SKILLS
- PREPARING FOR ADULthood (14+)
- TIPS & TOOLS TO SUPPORT LEARNING (EXECUTIVE FUNCTION)
- UNDERSTANDING PATHOLOGICAL DEMAND AVOIDANCE (PDA)
- THINKING ABOUT COLLEGE?
- THINKING ABOUT UNIVERSITY?
- TIPS & TOOLS FOR SLEEP
- UNDERSTANDING AUTISM IN GIRLS