

DSPL4 Parent/Carer Newsletter



DSPL4

What's Happening

'Introduction to the SEND Local Offer website' - webinar

The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.

(For professionals AND parent carers) **Wednesday 30 September 8pm - 8.45pm** [Introduction to the Local Offer](#) | [Meeting-Join](#) | [Microsoft Teams](#)

Hertfordshire's Digital Mental Health Services

Children and young people registered with a Hertfordshire GP can access support for emotional wellbeing and mental health through a range of free digital services. These include [WithYouth](#) for 5-18 year olds, including the Lumi Nova game, and [Sandbox](#) for 10-25 year olds

Workshops and Activities

FAMILIES IN FOCUS:

- A complete Guide to Parenting Children with Autism and ADHD - SEE FLYER
- Handling Anger in your Family
- Handling Anger of children with Autism and ADHD

HERTS SEND LOCAL OFFER - Workshops and Activities

SPACE workshops and activities

POTENTIAL KIDS activities

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

HERTS SEND workshops and activities

DSPL4 Contact

Managers - dspl4manager@wormleyprimary.co.uk
SEND Lead - llee@wormleyprimary.co.uk
Post 16 Coordinator - smahaney1@hrc.ac.uk

SEND Advice Services

Herts Parent Carers

Herts Local Offer

Herts SENDIASS

IPSEA

Kids

SOS SEN

Mental Health Services

Youth Talk

Sandbox - Minder

NHS School Nurse

Wellbeing Practitioner

Just Talk Herts

MIND - With Youth

Family Support

Family Support Workers:

HABS

CHEXS

BCW

Other Types of Family Support:

Supporting Links

Families First

Families in Focus

SPACE

ADD-VANCE Neurodiversity Support Hub

SEND Advice Line

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

The Hertfordshire Local Offer

Letting parents and young people know what special educational needs services are available in Hertfordshire

... and who can access them.



www.hertfordshire.gov.uk/localoffer



SEPTEMBER 2026 ACTIVITIES

Date		Sessions	Time	Venue
3rd,10th 24th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
4th,11th 25th	Fri	Gardening for Wellbeing	10.30 12.00	Potential to Grow Garden
5th	Sat	Tech support	10.00 1.00	The Zone@The Galleria
7th,14th, 21st,28th	Mon	Dungeons and Dragons Age 12+ & 18+ Groups	12.30 3.30	The Zone@The Galleria
8th,15th 22nd,29th	Tue	Coding & Game Design Home Ed 6-12yrs	1.00 2.30	The Zone@The Galleria
15th,22nd 29th	Tue	Coding & Game Development 3 week course Age 6-12	4.30 5.30	The Zone@The Galleria
10th 24th	Thur	Trampolining 5+	5.30 6.30	Gosling Sports Centre WGC
11th,18th 25th	Fri	Parent /Carer Wellbeing	12.30 2.00	Potential to Grow Garden
17th	Thur	Youth Club 11-15yrs	5.30 7.00	The Hub@The Galleria
18th	Fri	Youth Group 17+	6.30 8.30	The Hub@The Galleria
22nd	Tue	Roller Skating 8+	6.00 7.30	Roller city The campus WGC
26th	Sat	Learn to play Dungeons and Dragons Age 11-15yrs	10.00 1.00	The Zone@The Galleria
26th	Sat	Potential tracks 10+	1.00 2.00	The Hub@The Galleria
26th	Sat	Family Football 7+	4.00 5.00	Birchwood Leisure Centre Astro Turf

To book visit : potentialkids.org.uk/events
For futher information email: info@potentialkids.org



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



A Complete Guide to Parenting Children with Autism & ADHD

(Including children on assessment pathways)

FREE Online Course for Hertfordshire Parents of
Children Aged 2-11

Support, Understanding & Practical Strategies for Family Life Living with Neurodivergent Children

This evidence-based course helps:
Increase understanding of Autism, ADHD, and sensory
differences

Make sense of your child's behavioural responses
Learn tried-and-tested strategies for calmer days
Support siblings with understanding and connection
Navigate EHCPs, and local services and much more...

9 x Tuesday mornings 9.30-11.30 or
9 x Tuesday evenings from 6.30pm to 8.30pm

September 8, 15, 22, 29 &

October 6, 13 &

November 3, 10, 17

Funded by
Hertfordshire
County Council





Families In Focus CIC
LOOKING FORWARD TOGETHER

Funded by
Hertfordshire
County Council



**Award winning online, interactive courses with
Francine & Lesley**

Handling Anger in Your Family

**A FREE Online Course for Hertfordshire Parents
of Primary-Aged Children (No SEN Needs)**

**This course will support you to create more
calm & connection at home**

- **Understand why children react with anger**
- **Recognise what's happening beneath the
behaviour**
- **Learn tried and tested techniques to help
children de-escalate**
- **Support your child to change reactions to
trigger situations**

**Monday mornings from 9.30am to 11.30am
November 2nd 9th 16th 23rd 30th &
December 7th**

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

Handling Anger of Children with Autism & ADHD

(inclusive of those on assessment pathways)

FREE Online Course for Parents in Hertfordshire
Join Francine & Lesley on this course to:

Understand more about Autism, ADHD,
and sensory differences

Learn what's happening in your child's brain
during anger

Explore evidence based strategies to restore calmer
days

Gain practical tools too build emotional regulation
Develop calming routines and reduce daily stress
Connect with other parents in a supportive space

6 x Mondays: 12.30pm to 2pm or 6.30pm to 8.30pm

November 2, 9, 16, 23, 30 & December 7



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bookings@familiesinfocus.co.uk

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Learn what's happening in your child's brain
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Explore evidence based strategies

Gain practical tools too build emotional
regulation

Develop calming routines and reduce daily stress

Connect with other parents in a supportive space

6 x Wednesdays: 9.30am to 11.30am **or** 6.30pm to 8.30pm

November 4th, 11th, 18th, 25th, & December 2nd, 9th



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bookings@familiesinfocus.co.uk

Handling Anger of Children with Autism & ADHD

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Learn what's happening in your child's brain
during anger

Gain practical tools too build emotional regulation

Develop calming routines and reduce daily stress

Connect with other parents in a supportive space

6 x Tuesday 'lunch & learn' 12.30pm to 2pm

***November 3rd, 10th, 17th, 24th &
December 1st, 8th***



Email Francine & Lesley:

bookings@familiesinfocus.co.uk

Parent & Carer Support

Autumn Term 2026



FREE to parents and carers living in Hertfordshire

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

15th Sep to 20th Oct

Online Course ID 864

ages
10-19

Tuesdays 9.45 - 11.15am

3rd Nov to 8th Dec

Online Course ID 859

ages
2-19

Wednesdays 7.00 - 9.00pm

4th Nov to 9th Dec

F2F Course: ID 858

Venue TBC

Hemel Hempstead

ages
2-19

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing 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

17th Sep to 22nd Oct

Online Course ID 861

Wednesdays 9.45 - 11.15am

4th Nov to 9th Dec

Online Course ID 860

TALKING ANXIETY

6, weekly sessions for parents and carers of children **3-19**, 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 7.45 - 9.30pm

4th Nov to 9th Dec

Online Course ID 862

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.



Supporting Links
Promoting Strong Family Relationships

Wednesdays 7.45 - 9.15pm

16th Sep to 21st Oct

Online Course: ID 867

Tuesdays 7.45 - 9.15pm

3rd Nov to 8th Dec

Online Course: ID 868

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

15th Sep to 20th Oct

Online Course: ID 863

TALKING TEENS

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

- The Teen Brain: the 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.



Wednesdays 7.45 - 9.15pm

16th Sep to 21st Oct

Online Course: ID 865

Wednesdays 7.45 - 9.15pm

4th Nov to 9th Dec

Online Course: ID 866

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