

## Fortnightly Communication for Parent/Carers – 06.05.2020

Dear Parent/Carers,

Please find below some information and resources from local services. All flyers included are picture images, which you can click on to expand, save and share as you wish.

Be safe and take care,

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

Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

Website - [www.dacorumspl.org.uk](http://www.dacorumspl.org.uk)

## Hertfordshire SEND Local Offer - Brand New Resources Area



In need of some home-schooling inspiration or fun activities to keep the family entertained? The Local Offer have just published a resources area that is full to the brim with useful material, read all about it in their latest blog: [www.hertfordshire.gov.uk/SENDresourceareablog](http://www.hertfordshire.gov.uk/SENDresourceareablog)

## Online Targeted Parenting Courses Summer Term 2020

For full details of each course and how to refer to providers please go to [www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) or visit the provider's links.

**Family Services Commissioning**  
**Online Targeted Parenting Courses Summer Term 2020**

For full details of each course and how to refer to providers please go to [www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) or visit the providers links. If you have any professional questions for Family Services Commissioning, please email [EHCommissioning@hertfordshire.gov.uk](mailto:EHCommissioning@hertfordshire.gov.uk)

Provider	District	Name of course	Course Summary	Dates & Times
Add-voice	Wel/Hat	Understanding Teens with ADHD and Autism	For parents/carers of teens and pre-teens aged 11-15 with a diagnosis/suspected diagnosis. Covers a range of teen specific issues along with supporting Autism/ADHD	12 x 1 hr sessions via zoom - Tues and Thurs 28/4 to 11/6 - 10-11am <a href="https://add-voice.welhat.org.uk/understanding-teens-summer-2020-event/for-the-uk">https://add-voice.welhat.org.uk/understanding-teens-summer-2020-event/for-the-uk</a>
Add-voice	East Herts	Understanding ADHD and Autism	For parents/carers of children aged 5-14 with a diagnosis/suspected diagnosis. Learning outcomes include: understanding ADHD, autism and related conditions, understanding and managing anxiety, how to set boundaries,	12 x 1 hr sessions via zoom - Tues and Thurs 5/5 to 18/6 - 10-11am <a href="https://add-voice.welhat.org.uk/add-voice-summer-2020-event/for-the-uk">https://add-voice.welhat.org.uk/add-voice-summer-2020-event/for-the-uk</a>
Add-voice	St Albans	Understanding ADHD and Autism	Understanding ADHD, autism and related conditions, understanding and managing anxiety, how to set boundaries,	12 x 1 hr sessions via zoom - Mon and Wed 4/5 to 27/6 - 7:30-8:30pm <a href="https://add-voice.welhat.org.uk/add-voice-summer-2020-event/for-the-uk">https://add-voice.welhat.org.uk/add-voice-summer-2020-event/for-the-uk</a>
Add-voice	Stevenage	Understanding ADHD and Autism	and positive behaviour, good self esteem, managing siblings and navigating the education system	12 x 1 hr sessions via zoom - Tues and Thurs 28/4 to 11/6 - 10-11am <a href="https://add-voice.welhat.org.uk/add-voice-summer-2020-event/for-the-uk">https://add-voice.welhat.org.uk/add-voice-summer-2020-event/for-the-uk</a>
Families Feeling Safe	East Herts	Protective Behaviours for Dads & Male Carers	Dads/parents/carers of children 0-19. Strategies and ideas to help improve family life, including links between behaviour, thoughts and feelings, build on your and your child's strengths,	6 x 1 hr sessions via zoom, Thurs 4th June to 9th July - 8-9pm
Families Feeling Safe	Broxbourne	Protective Behaviours for Parents/Carers	improve communication and strategies to keep your family safe, gain problem solving skills for life	6 x 1 hr sessions via zoom, Tues 9th June to 14th July - 8-9pm
Family Lives	Hitchin	Bringing Up Confident Children for Parents/Carers of Children with ADHD	Help your child reach their full potential including, understanding behaviour, manage feelings and outbursts, learning new parenting strategies and supporting siblings	2 separate courses delivered via MS Teams 1. Mon 18th May to 29th Jun - 1-9pm 2. Mon 18th May to 29th Jun - 1-9pm

Hertfordshire

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Provider	District	Name of Course	Course Summary	Dates & Times
Family Lives	Borehamwood	Getting on with your Teens/Pre Teens	Suited for parents/carers who are concerned about risky behaviour through social media, gang involvement, alcohol, drugs,	2 separate courses delivered via MS Teams 1. Tues 19th May to 30th Jun - 1-9pm 2. Tues 19th May to 30th Jun - 7-9pm
Family Lives	East Herts	Getting on with your Teens/Pre Teens	self harming, aggressive behaviour and crime. Learn how to manage teenage behaviour, set boundaries and support mental health, emotional needs and the pressures of 21st century parenting	2 separate courses delivered via MS Teams 1. Wed 20th May to 1st Jul - 7-9pm 2. Wed 20th May to 1st Jul - 7-9pm
Family Lives	Broxbourne	Getting on with your Teens/Pre Teens	health, emotional needs and the pressures of 21st century parenting	2 separate courses delivered via MS Teams 1. Thurs 21st May to 2nd Jun - 8-9pm 2. Thurs 21st May to 2nd Jun - 7-9pm
Families in Focus	Stevenage	Complete Guide to Parenting Children with SEND	For parents/carers of children with any SEND. Build understanding how to manage feelings and behaviours and strategies to build self esteem and confidence for all the family	Thursday 12:00 - 2:00 June 4th - July 2nd Sept 10th - Oct 8th - <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a>
Families in Focus	Dacorum	Handling Anger in Your Family	Evidence based anger management strategies for parents and children.	June 3rd - July 8th 6.30-8.30 <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a>
Families in Focus	Watford	Handling Anger in Your Family	Step by step approach, techniques to calm down tantrums and meltdowns	June 2nd - July 7th 6.30-8.30 <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a>
Families in Focus	Stevenage	Handling Anger in Your Family	Creative ways to help children express anger safely, active listening skills and how to build good parent/child relationships	June 3rd - July 8th 12-2pm <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a>
Natural Flair	Three Rivers	Natural Steps to Stronger, Safer Families	Protective behaviour approach to emotional wellbeing for parents/carers of children of all ages. Interactive, fun course	2nd June - 7th July 9.30-11am <a href="http://www.naturalflair.com">www.naturalflair.com</a>
Natural Flair	East Herts	Natural Steps to Stronger, Safer Families	providing a safe place to explore feelings, be heard and understood and put in place achievable goals for your family	19th May - 23rd June 7-8.30pm <a href="http://www.naturalflair.com">www.naturalflair.com</a>

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Provider	District	Name of Course	Course Summary	Dates & Times
Supporting Links	Broxbourne	Talking Families	Parents/carers of children 0-12. Managing and encouraging positive behaviour, building your child's self esteem,	Mon 1st Jun-6th Jul 2-3pm <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>
Supporting Links	North Herts	Talking Families	boundaries, responding to tantrums and difficult feelings.	Thurs 14th May - 18th Jun 8-9pm <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>
Supporting Links	Dacorum	Talking Teens	Parents/carers of teens 12-19, covering the teen brain and recognising physical, emotional and behaviour changes	Thurs 4th Jun - 9th Jul 10-11am <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>
Supporting Links	Stevenage	Talking Teens	learning good communication skills, negotiate conflict, understand risky behaviour around drugs, alcohol and gang culture.	Wed 13th May-17th Jun 8-9pm <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>
Supporting Links	St Albans	Talking Dads	Dads/male carers of children 0-19, increase parenting confidence, improving relationships, listening and communication skills	Tues 12th May - 16th Jun 8-9pm <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>
Natural Flair	Herts	My Teen Brain	Explore how to support your teen by developing strategies for coping and understanding behaviour. Understand the teen brain, sleep, hormones and puberty	Wed 10th Jun to 1st Jul - 7-8.30pm <a href="http://www.naturalflair.com">www.naturalflair.com</a>

Strengthening Families, Strengthening Communities targeted ONLINE course will be delivered in the summer term... Details of delivery will follow shortly.




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**Families in Focus – Online Courses**


See the fliers below for Families in Focus course available to all Parent/Carers via Zoom. Families in Focus will contact all parents wishing to join them, helping make sure connecting to Zoom and participating is made as easy and stress free as possible. If you have any questions you can contact them directly via email: [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

Parent/Carers can also join on their closed facebook group:  
<https://www.facebook.com/groups/184975381651870/>



**Email Lesley & Francine to book your free place**  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

Title of award winning course	Times and Dates	How to book your free place
Handling anger in your family (all children 5-11 years) "online Zoom course"	Watford Tuesdays 6.30pm to 8.30pm (6 sessions) June 2nd, 9th, 16th, 23rd, 30th July 7th	Book via Eventbrite: <a href="https://www.eventbrite.co.uk/e/handle-anger-in-your-family-primary-aged-children-tickets-9886546511">https://www.eventbrite.co.uk/e/handle-anger-in-your-family-primary-aged-children-tickets-9886546511</a> or email: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>
Handling anger in your family (all children 5-11 years)	Dacorum Wednesdays 6.30pm to 8.30pm (6 sessions) June 3rd, 10th, 17th, 24th July 1st, 8th	Email Francine & Lesley: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>
Handling anger in your family (all children 5-11 years)	Stevenage Wednesday 12pm to 2pm (6 sessions) June 3rd, 10th, 17th, 24th July 1st, 8th	Email Francine & Lesley: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>
Complete guide to parenting children with SEND Inclusive of those on assessment pathways/awaiting diagnosis (child 2-11 years)	Stevenage Thursdays 12pm to 2pm (10 sessions) June 4th, 11th, 18th, 25th July 2nd September 10th, 17th, 24th October 1st, 8th	Email Francine & Lesley: <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a>



**Families in Focus CIC**  
*Online, virtual*  
**Handling Anger in Your Family**

A CANparent quality, evidence based course providing proven & practical strategies to reduce anger in your family

This very popular, effective and award winning anger management course includes:

- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children & parents
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective communication techniques to reduce angry outbursts
- ✓ A personal/family toolkit to support healthy anger management

Where:  
**Online via Zoom**

When:  
**Tuesdays 6.30pm to 8.30pm (6 sessions)**  
  
June 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>  
July 7<sup>th</sup>

Book via Eventbrite for our online, virtual course:  
<https://www.eventbrite.co.uk/e/handle-anger-in-your-family-primary-aged-children-tickets-9886546511>  
or email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

www.familiesinfocus.co.uk info@familiesinfocus.co.uk  
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"I now have the right techniques for me and my children and our whole house is much calmer."

"This course really has changed me and my family. I am more confident that I have the knowledge & strategies to deal with any anger issues that may arise."

**FREE places for parents living in Hertfordshire and caring for children 5 years to 11 years old**

**Online Check in and Chat with SPACE**

We have some online "Check in and Chat" groups available in May where you can get together with your local group and SPACE team facilitators - we miss you guys!

Everyone is welcome regardless of where you live so book a free ticket for the SPACE lounge, snacks and wine are optional!

- ★ For Croxley Green please book here: <https://www.eventbrite.co.uk/e/102799897260>
- ★ For St Albans and Hemel Hempstead please book here: <https://www.eventbrite.co.uk/e/102800025644>
- ★ For Welwyn Garden City and Hatfield please book here: <https://www.eventbrite.co.uk/e/102800569270>
- ★ For Bishop's Stortford and Ware please book here: <https://www.eventbrite.co.uk/e/102801947392>
- ★ For Cheshunt and Hoddesdon please book here: <https://www.eventbrite.co.uk/e/102802605360>

YOUR INVITATION TO Check In and Chat

LINK OPENS  
**20:00**

LINK CLOSSES  
**21:00**

Welcome to  
**SPACE Check In and Chat**

ONLINE FROM YOUR HOME  
**#SPACEhometogether**

Please join us on our online Check In and Chat groups, where you can catch up with your local group and SPACE team facilitator. We know these are very strange times and support is needed even more... looking forward to a drink and chat.



DATES

CROXLEY GREEN  
- Tuesday 5th May

HEMEL HEMPSTEAD & ST ALBANS  
- Thursday 7th May

WELWYN GARDEN CITY & HATFIELD  
- Friday 15th May

BISHOP'S STORTFORD & WARE  
- Monday 18th May

CHESHUNT & HODDESDON  
- Wednesday 20th May

Limited spaces available

NAME OF PASSENGER

SPACE PARENT /CARER

DATE:  
**MAY 2020**

CLASS  
**FIRST**

SEAT  
**Take Your pick!**

Please bring a drink and snacks

## **Herts Help**



Herts Help are coordinating support for all vulnerable people in the county who are struggling to get medication and food during the coronavirus outbreak.

This service will aim to help all people who are struggling, not just for those who are self-isolating. This includes families who are struggling because of the needs of their children – whether that be due to shielding a family member with underlying health needs, or due to a child's unpredictable behaviours in public making it hard to ensure social distancing.

For any family who is worried about how they will get food or medication, they can contact Herts Help to discuss whether support can be made available.

Contact Herts Help on: 0300 123 4044 or email [info@hertshelp.net](mailto:info@hertshelp.net)

<https://www.hertshelp.net/>

## **Young People Helpline**

If you are 10-17 years old and experiencing a dip in your mental health and wellbeing, and would like someone to talk to, you can call our **Young People's Helpline**.

<https://www.hertsmindnetwork.org/young-peoples-helpline>

**Hertfordshire Young People's Helpline**

Helpline opening hours:  
Mon: 1pm - 4.30pm  
Tue: 5pm - 7.30pm  
Wed: 1pm - 4.30pm  
Thu: 5pm - 7.30pm  
Fri: 1pm - 4.30pm  
Sat: 10am - 1pm

01923 256391

**mind** | Hertfordshire Network

## **Useful Apps to support Health and Wellbeing**

### **Think Ninja App for age 10+:**

<https://www.healios.org.uk/services/thinkninja1>

Great downloadable app for 10+ now with Coronavirus support content. The new COVID-19 content provides an opportunity to understand the following:

1. Fears relating to the virus
2. Isolation struggles and how to stay connected to family and friends
3. Worries about personal health and health of family members
4. Mental strength
5. Coping techniques to use during the crisis
6. Plus many other helpful tips

### **Smiling Mind:**

<https://www.smilingmind.com.au/>

A daily mindfulness and meditation guide at your fingertips

- #1 Apple Health & Wellbeing App 2018 – Australia
- Trusted by over 5m people
- 100% evidence based
- FREE Programs for children and adults
- We suggest 10 minutes a day

### **Headspace:**

<https://www.headspace.com/>

Mindfulness for your everyday life - Stress less. Move more. Sleep soundly.

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- Full Library with themed courses
- A new meditation every day
- Sleep sounds and bedtime exercises

### **Calm:**

<https://www.calm.com>

Find Your Calm - Sleep more. Stress less. Live better.

Calm is the #1 app for sleep and meditation. Join the millions experiencing better sleep, lower stress, and less anxiety

### **Stop Breathe and Think Kids:**

<https://www.stopbreathethink.com/kids/>

Help kids discover their superpowers if quiet, focus and peaceful sleep with our easy-to-use app!

### **Epic Friends**

Epic Friends supports young people who are worried about their friends emotional wellbeing.

It is specifically designed for 12-18 year olds.

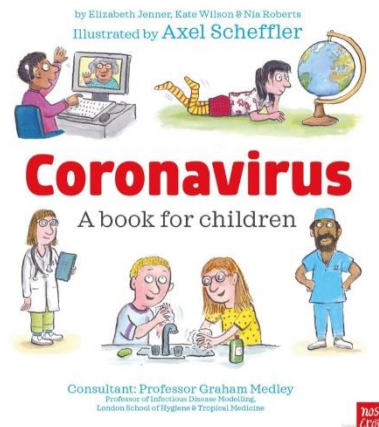
<http://epicfriends.co.uk/>



### **Coronavirus – a book for children**

A free downloadable book for children about coronavirus illustrated by Axel Sheffler (Gruffalo)

<https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf>



### **Support for Parent/Carers with Young Babies and Toddlers**

The British Psychological Society has produced information for those parents specifically with young babies during this time that may be helpful:

<https://www.bps.org.uk/blogs/guest/parenting-young-babies-whilst-self-isolating-and-social-distancing>

Zero to Three has a lot of information for parents of toddlers, including ways to talk to them about what is happening and activities you can do with them. It also has specific ideas for if you are separated from your child during this time:

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>.

### **Mental Health Websites:**

Useful websites providing advice and support with wellbeing and mental health for adults, children and young people:

<https://www.justtalkherts.org/just-talk-herts.aspx>

## **Fortnightly Communication for Parent/Carers – 06.05.2020**

Just Talk: Mental health and wellbeing information for parents, professionals and young people, including a dedicated Covid-19 page containing quality assured resources and information, and five ways to wellbeing 'at home' checklists for primary and secondary school aged children, and for adults

<https://www.nhs.uk/oneyou/every-mind-matters/>

Advice and practical tips to help you look after your mental health and wellbeing.

<https://www.annafreud.org/>

Mental Health support for Children and Families. The **Anna Freud** Centre is committed to supporting the mental health and wellbeing of infants, children and their families through the Coronavirus epidemic.

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Child Mind has a lot of information on supporting children and yourself. There is also advice aimed at single parent families - <https://childmind.org/article/single-parenting-during-thecoronavirus-crisis/>

<https://www.healthforkids.co.uk/hertfordshire/>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All of the content has been produced by school nurses, a whole range of other health and wellbeing experts, and most importantly young people.

<https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19>.

This website has a lot of information to support routines and emotional wellbeing of children at home.

<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update>

This website is aimed at parents of children with special needs, but a lot of the information is applicable to anyone. Also includes an easy-read guide to coronavirus.