

QUICK LINKS				
SEND	Local Offer	Up on Downs	DS Achieve	Lending SPACE
	North Herts Family Centre	Abilities in Me		
Autism, ADHD, Neurodiversity	Angels Support Group	ADD -vance	SPACE in Herts	Potential Kids
	Ambitious About Autism	Autism Hertfordshire Transition Service for 16-20 year olds	SPRINGBOARD	
Mental Health & Wellbeing	NESSie	NHS Herts Community Trust	Children's Wellbeing Practitioners Courses and Resources	NHS HPFT IAPT Improving Access to Psychological Therapies – online portal for mental health services
	Just Talk Herts	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network)	First Steps ED
	The Ollie Foundation	Carers in Herts (CAMHS Support)	Togetherall	BeeZee Bodies
Parenting & Young People	Family Lives	Families in Focus	Supporting Links	Families Feeling Safe
	Services for Young People			
Further Signposting	<ul style="list-style-type: none"> • Contact a SEND service (hertfordshire.gov.uk) • ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk) • Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk) • Herts Parent Carer Involvement (hertsparentcarers.org.uk) • Webinars Herts Parent Carer Involvement (hertsparentcarers.org.uk) 		<ul style="list-style-type: none"> • Preparing for adulthood (hertfordshire.gov.uk) • Help for children who aren't attending school regularly (hertfordshire.gov.uk) • Caring for your health into adulthood (hertfordshire.gov.uk) • Deaf and Hearing Support Service (hertfordshire.gov.uk) • SEND documents and resources (hertfordshire.gov.uk) • The Dyslexia-SpLD Trust - Parents 	

SCROLL DOWN FOR NEW AND UPCOMING COURSES

AUTISM / ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
SURVEYS	Parents of children with SEND in Year 6 to complete Secondary School Transition Information (Open Day) Survey 2022 (surveymonkey.co.uk)	Transition to Secondary School Open Day Survey
HCC Survey	Consultation on Home School Transport Hertfordshire County Council	Transport Survey
NEW SPACE Herts	Navigating the SEND World Tickets, Fri 3 Feb 2023 at 10:00 Eventbrite	Navigating the World of SEND
NEW SPACE Herts	Children's Gotta Catch Them All Art Session Tickets, Fri 3 Feb 2023 at 17:00 Eventbrite	Art Session
NEW SPACE Herts	Sensory Signs, Signals and Solutions Workshop Tickets, Mon 6 Feb 2023 at 10:00 Eventbrite	Sensory Signs, Signals and Solutions
	EHCP Annual Reviews Workshop Tickets, Fri 10 Feb 2023 at 10:00 Eventbrite	EHCP Annual Reviews Workshop
NEW NHS Herts Community Trust	Supporting Adolescents with Sleep Difficulties Tickets, Wed 15 Feb 2023 at 12:00 Eventbrite	Supporting with Sleep Difficulties
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
	Developing Your Child's Emotional Literacy Tickets, Tue 7 Mar 2023 at 10:00 Eventbrite	Emotional Literacy
NEW Angels Support Group	Virtual Meetings Via Zoom (10am to 12pm) 7 Feb – Q&A on Education issues, EHCPs, Graduated Response, including the chance to feed these back to DSPL 1 to get your voices heard. Face to Face Meeting in Stevenage (10am to 12pm) 2 Feb – Meet up and Chat Virtual Evening Meetings (7:30pm to 8:30pm) 9 Feb – Parent/Carer Support Group	Support Group
Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org 1 Feb Body Image Parents & Cares of autistic young adults (16-25) 21 Feb – Sensory Difference	16 – 25 Body Image / Sensory Difference
ADD-vance Eventbrite	Support for Dads - FREE ONLINE WORKSHOP Tickets, Mon 6 Feb 2023 at 19:00 Eventbrite	Support for Dads
ADD-vance Eventbrite	Supporting Siblings - FREE ONLINE WORKSHOP Tickets, Mon 20 Feb 2023 at 10:00 Eventbrite	Supporting Siblings
ADD-vance Eventbrite	Understanding Challenging Behaviour - FREE ONLINE WORKSHOP Tickets, Tue 21 Feb 2023 at 10:00 Eventbrite	Understanding Challenging Behaviour
ADD-vance Eventbrite	Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Mon 20 Feb 2023 at 19:00 Eventbrite	6 Week Course – Understanding ADHD/Autism

ADD-vance Eventbrite	Understanding ADHD and Autism in the Early Years - FREE ONLINE 6 WK COURSE Tickets, Thu 23 Feb 2023 at 09:30 Eventbrite	6 Week Course – Understanding ADHD/Autism – Early Years
ADD-vance Eventbrite	Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE FOR DADS Tickets, Wed 22 Feb 2023 at 19:00 Eventbrite	6 Week Course – Understanding ADHD/Autism for DADS
ADD-vance Eventbrite	Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Tue 21 Feb 2023 at 19:00 Eventbrite	6 Week Course – Understanding Teens with ADHD/Autism.
NHS Herts Community Trust Children's Wellbeing Practitioners Service	Supporting Adolescents with Sleep Difficulties Tickets, Wed 15 Feb 2023 at 12:00 Eventbrite	Supporting with Sleep Difficulties
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
SEND		
Provider	Course/Booking NEW LISTING	Key Topics
Woolgrove School	Sign along Course £150 per person, incl certificate provided from Signalong, on completion of the course and a Phase 1 Signalong book. (FREE to Woolgrove School Staff and Parents, a book and certificate can be purchased for £40) Max 12 spaces. 7 Sessions 1:15pm to 2:45pm Tuesdays from 7 Feb to 28 March (not incl half term). Venue: Woolgrove School, Letchworth. Suitable for Parents and Professionals. Booking: training@woolgrove.herts.sch.uk	Sign Along Course
Woolgrove School	Play and Learn How to support children with additional needs and young children in the Early Years to develop independent play skills to support learning. Wednesday, 1 February 2023 4pm to 5:30pm at Woolgrove School. £10 per person includes a sample pack of resources. Booking: training@woolgrove.herts.sch.uk (Reference PAL)	Play and Learn
MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
Nip In the Bud	https://youtu.be/uMdDB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
HPFT IAPT	HPFT IAPT Virtual Workshop Registration Form HPFT IAPT Services (hpft-iapt.nhs.uk)	Managing Worry – For Adults

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Supporting Links	Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (566) Registration, Tue 31 Jan 2023 at 19:30 Eventbrite	Autism/ADHD – School Avoidance
	Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (560) Registration, Wed 22 Feb 2023 at 19:30 Eventbrite	Autism/ADHD – Anxiety / Stress
	Talking ASD and ADHD: Tech Use (565). For parents/carers in Herts. Registration, Mon 27 Feb 2023 at 09:30 Eventbrite	Autism/ADHD – Tech Use
	Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts (561) Registration, Tue 7 Mar 2023 at 12:30 Eventbrite	Autism/ADHD – Responding to Anger
	Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30 Eventbrite	Autism/ADHD – Coping with Change
Family Lives	Building resilience in children and teens Family Lives	Infographic – building resilience
	Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks) <ul style="list-style-type: none"> • 26 Jan to 9 Mar 7pm to 9pm • 21 Feb to 28 Mar 7pm to 9pm . services@familylives.org.uk or call us on 0204 522 8700	Confident Children – for parents/carers of children with ADHD/Autism
	Time to Talk about Pre Teens / Teens (6 weeks – face to face) <ul style="list-style-type: none"> • Thursday evening 3 21 Feb to 28 Mar 9:30am to 11:30am Hatfield, Herts services@familylives.org.uk or call us on 0204 522 8700	Getting on with Pre-Teen / Teenager
Families Feeling Safe	Bringing Up Confident SEN Children – Online (6 weeks) <ul style="list-style-type: none"> • Weds 25 Jan to 8 Mar 7pm to 9pm services@familylives.org.uk or call us on 0204 522 8700	Confident Children – for parents/carers of children with SEN
	A FREE Online course for Dads, Step-Dads and Male Carers • Families Feeling Safe	Mums, Dads, Step-Parents and Carers
	A FREE course for Mums, Dads, Step-Parents and Carers of children pre-birth-11yrs • Families Feeling Safe	Pre-birth to 11 years