DSPL9 Parent, Carer and Family Newsletter

9th October 2025

Welcome to the 3rd DSPL9 newsletter for the academic year 2025/26 .
This provides families and school colleagues with current local SEND information with a focus on **Parents and Families**.

This newsletter will is published fortnightly during term time. Next edition- 22nd October 2025

Please contact Triage enquiries@dsplarea9.org.uk if your child or young person has complex needs that you require further support with.

DSPL9 support

- DSPL9 Parent and Carer Coffee Mornings for all parents of children with SEND in October and December.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA

Other services – New this week

- Potential Kids share their October events.
- Supporting Links still have spaces on courses starting after half-term. The courses that are fully booked will be running again next term.
- Evidence based online courses from Francine & Lesley @ Families in Focus
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Other services – From previous news but places may still be available.

- Families feeling safe offer online and in person workshops
- Children's Wellbeing Practitioner Service provides a list of all the emotional wellbeing workshops being delivered by the team from October to December 2025.
- Family lives are delivering Co-parenting with care for parents with children with SEN programme during the Autumn term, funded by Herts County Council
- Super 1s are offering weekly cricket sessions for young people with SEND offering them a chance to be active, learn new skills and make new friends



DSPL9 Delivering Special Provision Locally



PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

- **TUESDAY 21ST OCTOBER 2025 10-11.30AM**
- **TUESDAY 2ND DECEMBER 2025 10-11.30AM**

ASDA WATFORD COMMUNITY ROOMS
ST ALBANS RD, WATFORD WD24 7RT

Please join the DSPL9 Triage team to find out about the support available locally and to meet other parents and carers of children with SEND.

On 21st October DSPL9 are delighted to be hosting alongside professionals from Space Herts. **SPACE** supports families of children and young people who are autistic, have ADHD or other neurodiverse conditions. No diagnosis is necessary.

If you would like to attend or to find out more please email us at-

enquiries@dsplarea9.org.uk

Delivering Special Provision Locally

DSPL 9
Emotionally Based School Anxiety Coffee Morning



DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (emotionally based school anxiety/avoidance).

The event will be run by DSPL 9 with a Family Support Worker and Nessie Therapist available to offer support and guidance.

Dates for 2025-26:
Monday 13th October 2025: Confirmed
Monday 2nd February 2026
Monday 11th May 2026

Time: 10.00am-11.30am
Venue: ASDA Community Room,
St Albans Rd, Watford WD24 7RT

Please contact admin@dsplarea9.org.uk if you would like to attend the session.

OCTOBER 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date		Sessions	Time
2nd	Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
2nd	Thu	Trampolining -Gosling sports centre 5+	17.30-18.30
3rd	Fri	Welcome Space Community Drop-In	11.00-12.30
4th	Sat	Free Family Football Drop-In Birchwood	16.00-17.00
10th	Fri	Welcome Space Community Drop-In	10.00-12.30
10th	Fri	Youth Group 16 +	18.30-20.30
11th	Sat	Soft Archery 8+ Birchwood	16.00-17.00
16th	Thur	Trampolining -Gosling sports centre 5+	17.30-18.30
17th	Fri	Welcome Space Community Drop-In	11.00-12.30
18th	Sat	Basketball 8+ Birchwood	16.00-17.00
21st	Tue	Roller skating Campus West	18.00-19.30
23rd	Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
24th	Fri	Welcome Space Community Drop-In	11.00-12.30
24th	Fri	Skateboarding Pioneer Club Age 9+yrs	17.30-18.30
25th	Sat	Free Family Football Drop-In Birchwood	16.00-17.00
25th	Sat	Train Club PK Hub Age 12+	12.00-14.00

POTENTIAL KIDS

BOOKINGS at potentialkids.org.uk/events

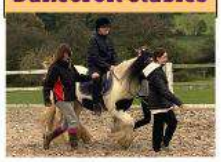
PK Hub & Garden







Danecroft Stables



Pony Days (holidays only)

OUR OFFER

Sports & Social Activities
Tutoring
Mentoring
Therapies
1:1 & Group Work
Alternative Provision Provider
EOTAS

Communication, Learning & Social Support for All







Visit us here

For further information on any of our Activities or Educational Services please email us at info@potentialkids.org

the galleria

OCN Accredited Training Provider of OCN London Qualifications

The King's Award for Voluntary Service

COMMUNITY FUND

Hertfordshire Community Foundation

Parent & Carer Support
Autumn Term 2025

Supporting Links
Promoting Strong Family Relationships

FREE to parents and carers living in Hertfordshire

TALKING TEENS



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

- The Teen Brain: physical and emotional 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.

Tuesdays 7.45 - 9.15pm
16th Sep – 21st Oct
Online Course: ID 778

Thursdays 7.45 - 9.15pm
6th Nov – 11th Dec
Online Course: ID 777

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
4th Nov – 9th Dec
Online Course: ID 775

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.

Wednesdays 7pm - 9pm
5th Nov – 10th Dec
Course ID 771
Reddings Family Centre, Bushey, WD23 3PE

Wednesdays 9.45 - 11.15am
17th Sep – 22nd Oct
Course ID 770

TALKING FAMILIES



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

- Managing challenging 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.

Wednesdays 8.00 - 9.30pm
17th Sep – 22nd Oct
Online Course ID 774

Tuesdays 9.45 - 11.15am
4th Nov – 9th Dec
Online Course ID 772

Tuesdays 8.00 - 9.30pm
4th Nov – 9th Dec
Online Course ID 773

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **11-19**, 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.



Tuesdays 7.45 - 9.30pm
16th Sep – 21st Oct
Online Course ID 776

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.



Wednesdays 7.45 - 9.15pm
17th Sep – 22nd Oct
Online Course: ID 779

Wednesdays 7.45 - 9.15pm
5th Nov – 10th Dec
Online Course: ID 780

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

Parent & Carer Support
TALKING ASD & ADHD
Workshops Autumn 2025

Supporting Links
Promoting Strong Family Relationships

Eventbrite Page

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtdtcreator

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtdtcreator

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtdtcreator

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtdtcreator

Follow us on:

Contact via:
info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County Council's Targeted Parenting Fund
Hertfordshire

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

Families In Focus CIC
LOOKING FORWARD TOGETHER

A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)

Our free evidence-based, online, interactive courses for Hertfordshire parents of children aged 2 to 11 years will:

Increase understanding of Autism, ADHD, Sensory needs and children's behaviours.

Also included, how to understand and support siblings, understanding EHCP's, and up to date information on local service's and how to access them.

We provide tried and tested strategies to increase understanding for a calmer and happier family life.

Wednesdays

9.30am to 11.30am or 6.30pm to 8.30pm

January 7th 14th 21st 28th &
February 4th 11th 25th &
March 4th 11th

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

Hertfordshire

Funded by Hertfordshire Targeted Parenting Fund

Families In Focus CIC
LOOKING FORWARD TOGETHER

Families in Focus award winning online, interactive courses are free for parents living in Hertfordshire

Handling anger in your family

for parents of children with no SEN needs

Increase understanding of why children react with anger and learn tried and tested techniques to support children to de-escalate and change reactions to trigger situations to bring harmony and calm for the whole family.

Monday evenings from 7pm to 8.30pm
November 3rd 10th 17th 24th &
December 1st 8th

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

Hertfordshire
Funded by Hertfordshire Targeted Parenting Fund

NORTH HERTFORDSHIRE COLLEGE

North Hertfordshire College is pleased to announce our November open event at Springboard Watford which will be held on Thursday 6th November 3pm – 5pm at our prestigious premises. This is an opportunity for professionals, parents, and prospective students to meet the team and find out more about the Springboard programme.

If you are not already aware of Springboard, it is a full-time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress into mainstream college and work. The course is delivered in self-contained teaching centre in Watford.

Springboard course is for school leavers - young people aged 16 and over who require additional support before progressing to a cross college vocational course or employment. Many of our students have a diagnosis or traits of autism. Many have associated emotional and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood. We do also consider 15-year-olds but only if they have an EHCP – subject to funding being approved by the county.

Our students study Employability, Functional Skills Maths and English from Entry 3 to Level 2, Creative Arts (Drama) Therapy, Life Skills, Personal Development and Wellbeing, Vocational tasters in Art, Cooking and First Aid, Enrichment, and complete 34 hours of work experience in their vocational area of interest. We support our students to transition into cross college vocational courses, supported internships or apprenticeships or employment by helping them to discover what they want to do after Springboard, arranging taster sessions and supporting them at interviews.

Students need to meet our assessment criteria in order to access the provision although individual needs are always considered, and decisions are made on a case by case basis and subject to funding being approved by the Local Authority.

Springboard, Unit 8 Wilmington Close, Watford, WD18 0FQ

The nearest car park is local Sainsbury's where you can park for free for two hours, or Gade car park in Rosslyn Road and Wilmington Close is off Upton Road:
https://citipark.co.uk/car-parks/watford/gade-car-park

If you would like to attend, please RSVP to Mark Kucper: mkucper@nhc.ac.uk or text / call us on: 07961522708.

To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend.

If you are unable to attend but would like to find out more about our provision, we would be happy to arrange a visit on an individual basis. Please email Mark at the above email.



- Families feeling safe offer online and in person workshops
- Children's Wellbeing Practitioner Service provides a list of all the emotional wellbeing workshops being delivered by the team from October to December 2025.
- Family lives are delivering Co-parenting with care for parents with children with SEN programme during the Autumn term, funded by Herts County Council
- Super 1s are offering weekly cricket sessions for young people with SEND offering them a chance to be active, learn new skills and make new friends

Families Feeling Safe have three online and one in-person Supporting Families with Protective Behaviours courses starting soon with places available daytime and evening. Places are fully funded (free) by HCC for parents and carers across Hertfordshire who may need some additional support:

- Online for Dads and male carers: Wednesdays 8 Oct – 3 Dec 7.00pm – 9.00pm click here for the poster….
- Online for Mums, Dads & Carers: Thursdays 9 Oct – 3 Dec 9.30am – 11.30am click here for the poster….
- Online for Mums, Dads & Carers: Thursdays 9 Oct – 3 Dec 7.00pm – 9.00pm
  click here for poster...
- Hoddesdon for Mums, Dads & Carers: Thursdays - 25 Sept - 27 Nov 9.30am -11.30am click here for the poster

This is an evidence-based course for parents & carers to help build skills to create a calmer, safer family life and:

- Understand how Feelings, Thoughts and Behaviour link together
- Understand what may be influencing their child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on their own and their child's strengths
- Learn strategies to help them and their child/ren feel safe

For all online enquiries and to make a referral, please email enquiries@familiesfeelingsafe.co.uk or call 07850 518216. For the Hoddesdon course, please call 01992 303331 Opt. 5

Please click here for the parent registration form….

NHS
Hertfordshire Community
NHS Trust

Children's Wellbeing Practitioner Workshops
October – December 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Tuesday 18th November 6-8pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 27th November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 27th October 6-8pm Tuesday 16th December 10am-12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Wednesday 15th October 6-8pm Tuesday 2nd December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 21st October 10am-12pm Thursday 6th November 6-8pm Wednesday 10th December 10am-12pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 8th October 6-8pm Tuesday 11th November 10am-12pm Thursday 18th December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/

NHS
Hertfordshire Community
NHS Trust



Co-parenting with Care programme for parents with children with SEN.

This 6-week online programme offers a structured approach to help you navigate your unique challenges, improve your relationship, and create a more supportive environment for your SEN child/ren .

The programme covers themes including:

- Understanding SEN and its impact on children and family dynamics
- Effective Communication Skills
- Managing Emotions & Stress
- Collaborative Problem Solving
- Building a Supportive Network
- Creating a Unified Parenting Approach

These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates/times:

Date: Wednesday 15, 22 October and 5, 12, 19 & 26 November
Time: 9.30am to 11.30am

Date: Thursday 16, 23 October and 6, 13, 20 & 27 November
Time: 7.00pm to 9.00pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME

We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds

Hertfordshire

INVESTING IN VOLUNTEERS

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.
Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD

Super 1s

ALL DISABILITIES WELCOME

AGES 12 - 25

FREE INCLUSIVE CRICKET SESSIONS

GET ACTIVE AND MAKE NEW FRIENDS!

HERTFORDSHIRE CRICKET

HARPENDEN HUB

THURSDAYS 5-6PM

KATHERINE WARRINGTON SCHOOL

HARPENDEN AL5 5FH

WATFORD HUB

SATURDAYS 9AM-10AM

PARMITERS SCHOOL

WATFORD WD25 0UU

HATFIELD HUB

SUNDAYS 10-11.30AM

CHANCELLORS SCHOOL

BROOKMANS PARK AL97BN

HITCHIN HUB

SATURDAYS 9-10AM

WESTMILL COMMUNITY CENTRE

HITCHIN SG5 2PG

HITCHIN HUB IS OPEN TO 8-16 YEAR OLDS

ALL OTHER HUBS 12-25 YEAR OLDS



CONTACT:

#LUKE HESKETT

07894318756

LUKE.HESKETT@HERTSCRICKET.ORG

LORD'S TAVERNERS

Empowering young people through cricket

www.lordstaverners.org/super1s

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