

Dear Parents/Carers,

Welcome to our termly SEND NEWS. DSPL 9 offers many courses and advice to support families with children with SEND, ranging across the four SEN categories outlined below.

**Communication and interaction**

**Cognition and learning Social**

**Emotional and mental health difficulties**

**Sensory and/or physical needs**

A range of supportive courses are on offer throughout the Summer term. Please see a selection of the courses and networks to support you and your family.

Any assistance or advice required as to how you can access these courses and support networks, please don't hesitate to contact us via the following email address. [SEND@queens.herts.sch.uk](mailto:SEND@queens.herts.sch.uk)

Wishing you a restful and enjoyable holiday.

Miss Vaughan

Assistant Headteacher: SENDCo

## **SUPPORT FOR PARENTS OF CHILDREN WITH SEND**

**Supporting children with special educational needs and disabilities | NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/supporting-children-special-educational-needs-disabilities/>

**The National Association of Special Educational Needs (NASEN)**

<https://nasen.org.uk/resources/working-partnership-parents-and-carers>

**Hertfordshire's Local Offer – services for parents, carers and families**

<https://nasen.org.uk/resources/working-partnership-parents-and-carers>



Dear parents and Carers

DSPL 9 are pleased to announce that we are re-establishing our parent/carer coffee mornings for local parents and carers of children with SEND.

These coffee mornings will take place on a half termly basis and will be held at a variety of locations across DSPL 9 to enable parents and carers far and wide to attend.

**Our first session will be on:**  
**Wednesday 17<sup>th</sup> January 2024**

**Time:**  
**9.30-11.30am**

**At:**  
**Otley Way, South Oxhey, WD19 7TB**

This session will be an opportunity to meet the DSPL 9 Triage team, chat through support available across the DSPL 9 area and to network/meet with other parents.

If you are able to attend please contact Lisa Sillitoe using the email below:  
[lisasillitoe@dsplarea9.org.uk](mailto:lisasillitoe@dsplarea9.org.uk)



**The new DSPL 9 Website is live!**

<https://www.dspl9.uk/>

We are pleased to inform you that the new DSPL 9 website is live and now accessible for school, professionals and parents to access. Within the website you will find under the Parents tab

- [DSPL9 Triage](#)
- [DSPL9 Parents Newsletters](#)
- [Events and Support for DSPL9 Parents](#)
- [Local Support for Parents](#)
- [Glossary of SEND Terms](#)

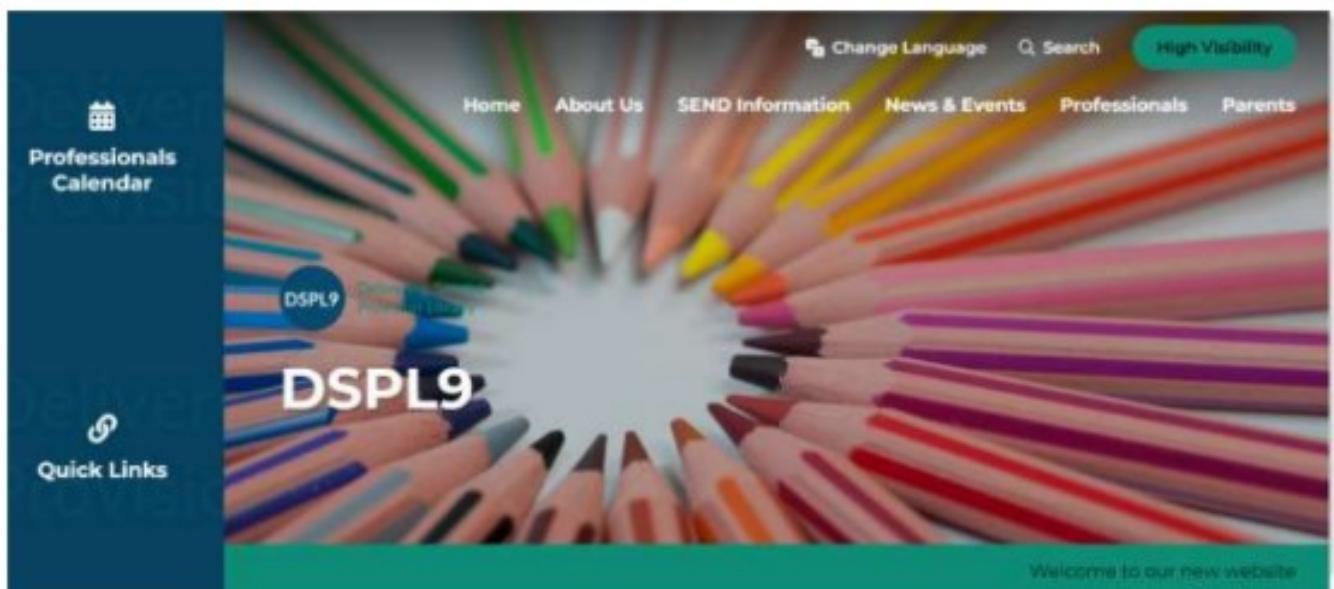
As well as:

- [Information about DSPL9](#) and links the [Hertfordshire Local offer](#).

To help you navigate your way around the new website a short video has been created:

<https://www.loom.com/share/608dc06f48c54b12af9aac2e40981d39?sid=97423d16-65a1-4c97-a665-df801714e8dc>

If you have any feedback regarding the new website please contact Gemma Hall [gemmahall@dsplarea9.org.uk](mailto:gemmahall@dsplarea9.org.uk) or Jen Thomson [admin@dsplarea9.org.uk](mailto:admin@dsplarea9.org.uk)





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Provision Locally



**DSPL 9**



**Parent/carers monthly**

**Emotional Based School Avoidance (EBSA) Support Groups**

**Does your child's school avoidance affect you as a parent?**

**Would you like a safe space to share your experiences with others?**

DSPL 9 will be holding monthly sessions for parents with children experiencing EBSA to share their experiences and seek support from a range of professionals attending each of the sessions.

Date	Time	Focus/guest speakers	Eventbrite Link
March	Monday 11 <sup>th</sup> March 2024 1-2.30pm	TBC	<a href="https://www.eventbrite.co.uk/e/718389411067?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/718389411067?aff=oddttdtcreator</a>
April	Monday 22 <sup>nd</sup> April 2024 1-2.30pm	TBC	<a href="https://www.eventbrite.co.uk/e/718390724997?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/718390724997?aff=oddttdtcreator</a>
May	Monday 13 <sup>th</sup> May 2024 1-2.30pm	TBC	<a href="https://www.eventbrite.co.uk/e/718391066017?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/718391066017?aff=oddttdtcreator</a>
June	Monday 17 <sup>th</sup> June 2024 1-2.30pm	TBC	<a href="https://www.eventbrite.co.uk/e/718391707937?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/718391707937?aff=oddttdtcreator</a>

All sessions will be held remotely via Microsoft Teams. Once you have booked you via Eventbrite you will be sent the MT link.

Each meeting will be attended by two Family Support Workers and two Nessie therapists as well as the DSPL 9 Manager and SEND Lead.

Each session will start with all parents in one group, followed by the use of breakout rooms to enable age specific conversations and discussions to take place. The session will then end with all parents coming together.



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# Online Groups

Parents Group  
Wednesdays at 8pm

## Topics will include:

Understanding your child's mental health and emotions

Understanding self-harm

Anger/challenging behaviours

How to cope as a parent

Home environment



The groups will be running on an 8 week block basis with a capacity of 10/15 parents.

For more information, please email  
[withyouth@hertsmindnetwork.org](mailto:withyouth@hertsmindnetwork.org)  
or call us on 0208 189 8400



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# Online Groups

7 - 12 year olds Group (Tuesdays at 6pm)

13+ Group (Mondays at 7pm)

**Topics will include :**

Understanding emotions

Friendships & Relationships

Coping strategies

Bullying

Building confidence & self-esteem

The groups will be running on an 8 week block basis with a capacity of 10/15 young people.

For more information, please email [withyouth@hertsmindnetwork.org](mailto:withyouth@hertsmindnetwork.org) or call us on 0208 189 8400

 **Mind**  
Hertfordshire  
Network



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# Neurodiversity Support Hub

For Parents, Carers and Professionals

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

No  
Diagnosis  
Required

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a  
Parent, Carer  
or  
Professional?



01727 833963



[supporthub@add-vance.org](mailto:supporthub@add-vance.org)

Open Monday-Friday  
9 AM - 1PM



We Can't :

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors

Here to support, reach out for a listening ear



**ADD-vance**  
The ADHD and Autism Trust



Herts Mental Health,  
Learning Disability and  
Autism Health and Care  
Partnership



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# SUPPORT GROUPS

## FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

### ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

### TIME AND PLACE

**General Primary Aged Children Support Group**  
Tues 9/1 & 06/2 - 1.30-2.30 pm

**General Secondary Aged Children Support Group**  
Tues 16/1 & 13/2 - 1.30-2.30 pm

**Parents/Carers of 16 to 24 yrs Support Group**  
Wed 24/1 - 7.30-8.30 pm

**PDA Support Group**  
Tues 30/1 - 1.30-2.30 pm

**ALL ONLINE VIA ZOOM**

☎ 01727 833963

✉ [herts@add-vance.org](mailto:herts@add-vance.org)

🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or  
visit our website <http://www.add-vance.org/>**

These groups are open to residents of Hertfordshire only



We build better family lives together



## Bringing Up Confident ADHD/ASD Children

Join our 6 week online course if you are a parent of a child with suspected or undiagnosed ASD, ADHD or any other additional needs. We will help you to understand your child's behaviour, learn to break negative parent-child interaction cycles while promoting their social and emotional development.

**Thursday Evening (6 weeks)**

**21 March - 9 May 7pm-9pm**

**OR**

**Tuesday Daytime (6 weeks)**

**26 March 14 May 9.30am - 11.30pm**

**Online Via MS Teams**

For more information, contact Louise on 0204 522 8700 or 8701 or email [Services@familylives.org.uk](mailto:Services@familylives.org.uk)

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[www.familylives.org.uk](http://www.familylives.org.uk)



@FamilyLivesHertsandBeds



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## Less Shouting more Cooperation Online 6 week group

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6- week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

**Tuesday 26 March and 16, 23, 30 April &  
7, 14 May 2024**

**7.00pm to 9.00pm**

**For more information, contact Louise on 0204 522  
8700 or 8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)**

**We build better family lives together**



## Funded Mental Health Workshops, Advice and Support for Parents and Carers in Hertfordshire



The aim of this funded support is to help parents/carers develop a positive and more confident approach to supporting their child. Our friendly and experienced staff offer a chance to gain peer support; useful strategies and practical tools.

### What we offer:

#### Free Webinars

- Anxiety and Building Resilience
- Self-harming Behaviours
- School Avoidance
- Bereavement and Loss including Divorce and Separation
- Disordered Eating
- Supporting a Child or Young Person who is Gender Questioning
- Managing Meltdowns

#### Parent Support line

- Tel: 07932 651319

#### Private Moderated Facebook Support Group

- NESSie Parent/Carer Support Group

#### 1-1 Support and Advice Sessions

#### Peer Support Group

A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

To book, please visit [nessieined.com](https://nessieined.com) or Scan the QR code



@nessieined



07932 651319



@nessieined



@nessieinedcic



@NESSieinED



<https://nessieined.com/>

*Helping children and young people thrive*

NESSie IN ED CIC. Company registered in England & Wales number: 11719406







# Upcoming Free Parent/Carer Webinars in Hertfordshire

**Come and meet our friendly, qualified team who are there to support you with confidence, skills and tools.**

**Supporting Children/Young People who Struggle to Attend School**

Thursday 2nd May

Thursday 17th June

9:30am - 11:30am

**Supporting Children/Young People who are LGBTQ+ or Gender Questioning**

Thursday 16th May

Thursday 20th June

9:30am - 11:30am

**Supporting Children/Young People with Anxiety**

Thursday 18th April

Thursday 6th June

9:30am - 11:30am

**Supporting Children/Young People with Bereavement and Loss**

Tuesday 25th June

9:30am - 11:30am

**Supporting a Child/Young Person with Self-Harming Behaviours**

Wednesday 3rd July

9:30am - 11:30am

**8 Week Online Peer Support Group for Parents/Carers of Children Avoiding School**

Tuesday 23rd April -  
Tuesday 18th June

9:30am - 11:30am

**To book, please visit [nessieined.com](https://nessieined.com) or click the workshops above.**

**Please note that these webinars are delivered live via Microsoft Teams and may run over.**

Joining links will be sent via email 24 hours before the event.

*Helping children and young people thrive*

NESSie IN ED CIC. Company registered in England & Wales number: 11719406



## Parenting Support Groups

Once again we are offering our Parenting Support Groups countywide and ONLINE for the **SUMMER TERM** of 2024. We are pleased to bring you the details of **5 online** courses starting in April and June.

# TALKING FAMILIES



**Tuesdays 8.00-9.30pm** Online Course: ID 656  
**16th April - 21st May 2024**

**Tuesdays 8.00-9.30pm** Online Course: ID 653  
**4th June - 9th July 2024**

Our online support sessions are delivered weekly via Zoom.

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

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**
- **Develop a strong parent/child relationship.**

**Groups are open to parents, carers, grandparents and guardians living, or**

**'Every parent should do this course! It has taught me so much about how to deal with family life.'**

### **Booking essential**

**Please quote the course ID**

**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



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.



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# TALKING ANGER in FAMILIES



**Wednesdays 9.45-11.30pm** Online Course: ID 654  
**17th April - 22nd May 2024**

**Our online support sessions are delivered weekly via Zoom.**

**6, weekly sessions for parents and carers of children aged 0-12, supporting you to:**

- Understand why children, young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

**'Their anger used to scare me. I now feel able to cope with it, and even help.'**

## **Booking essential**

**Please quote the course ID**

**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

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# TALKING ADDITIONAL NEEDS



**Thursdays 9.45-11.15am** Course: ID 651

**18th April - 23rd May 2024**

**Tuesdays 8.00 - 9.30pm** Course: ID 652

**4th June - 9th July 2024**

**Our online support sessions are delivered weekly via Zoom.**

**A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.**

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict, anger and arguments.
- Improve Emotional Regulation
- Explore sensory needs.
- Motivate, encourage and support your child.
- Increase your child's resilience.
- Manage the different needs within your family.



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

*'I have been on a few courses to help me with my son, this was by far the most helpful.'*

## **Booking essential**

**Please quote the course ID**

**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



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# TALKING DADS



**Thursdays 7.45-9.15pm** Online Course: ID 659

**18th April - 23rd May 2024**

**Wednesdays 7.45-9.15pm** Online Course: ID 660

**5th June - 10th July 2024**

**Our online support sessions are delivered weekly via Zoom.**

**6, weekly sessions for dads & male carers of all ages, sharing information on:**

- **Increasing confidence in your parenting.**
- **Developing a healthy dad/child relationship now and for the future.**
- **Improved listening and communication skills.**
- **Effective strategies for dealing with anger and conflict.**
- **How to enforce boundaries.**
- **Being the dad you want to be.**

**Groups are open to male parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

**'I can break out of the cycle and make things different for my child.'**

## **Booking essential**

**Please quote the course ID**

**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



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# TALKING ANXIETY in TEENS



**Tuesdays 7.45-9.30pm Online Course: ID 655**

**4th June - 9th July 2024**

**Our online support sessions are delivered weekly via Zoom.**

**6, weekly sessions for parents and carers of 12-19 year olds, 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 and be able to avoid escalation.
- Reduce stress and tension.
- Encourage resilient behaviour and strengthen relationships in the family.

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

**'This course has helped us all to cope day to day.'**

## **Booking essential**

**Please quote the course ID**

**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



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