

Dear Parents/Carers,

Welcome to our termly SEND NEWS. DSPL 9 offer 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.

Educational Psychology.

Family Support Services

Social, emotional and mental health difficulties.

Sensory and/or physical needs.

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

Protective Behaviours

Raise Resilience

Ambitious About Autism

Talking Dads

Responding to Anger

The Secrets to Parenting your Teenager

Sleep Solutions

Talking Families

Talking Additional Needs

The Teenage Years

Anxiety and Resilience

Handling Anger in Your Family

Talking Teens

Talking ASD and ADHD

Coping with Change

Practical Tools to Support Autistic Children

Any assistance or advice required as to how you can access these courses and support networks, please don't hesitate to contact me via the following email address.

SEND@queens.herts.sch.uk

Wishing you a restful and enjoyable Easter break.

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>

Useful Information

Please use this link to find other activities and courses.

https://drive.google.com/file/d/1acvrnWi_CAc47-u7ms6d0gv6nLz9Zh91/view?usp=share_link

Please note: all booking links, emails, phone numbers are given alongside each course detail.

DSPL9 or Triage are unable to make any bookings for you. This link has all the contact names and numbers <http://dsplarea9.org.uk/parentscarers-families/>

- SPACE have opened bookings for Summer Term free workshops and courses.
- Families Feeling Safe programmes for Mums Dads & Carers
- South West Herts Partnership share their latest newsletter.
- ASCEND share their summer courses



AUTUMN TERM 2023

FREE ONLINE WORKSHOPS

Wednesday 6th September	10:00-12:00	Anxiety and SEND
Thursday 7th September	10:00-12:00	Anger and Conflict
Friday 8th September	10:00-12:00	Navigating the SEND World: Post 16
Monday 11th September	19:00-20:00	Understanding ADHD
Tuesday 12th September	10:00-11:30	Autistic Girls
Wednesday 13th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
Friday 15th September	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Monday 18th September	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Tuesday 19th September	10:00-12:00	Sensory Signs, Signals and Solutions
Tuesday 19th September	19:00-21:00	ADHD in Girls and Women
Wednesday 20th September	10:00-12:00	Navigating the SEND World 0-16
Friday 22nd September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 25th September	19:00-21:00	EHCPs - New Applications
Thursday 28 September	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 29th September	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 2nd October	10:00-12:00	Navigating the SEND World: Post 16
Monday 2nd October	19:00-21:00	Sleep Workshop
Wednesday 4th October	10:00-12:00	PDA, ADHD and ODD
Thursday 5th October	10:00-11:30	Tourettes
Thursday 5th October	18:30-20:00	Access Arrangements
Friday 6th October	10:00-11:00	Understanding Autism
Thursday 12th October	19:00-21:00	Navigating the SEND World 0-16
Friday 13th October	10:00-12:00	Anxiety and SEND
Monday 16th October	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 18th October	10:00-11:30	EHCPs - Annual Reviews
Thursday 19th October	10:00-11:30	Understanding Specific Literacy Difficulties including Dyslexia
HALF TERM		
Monday 30th October	18:30-20:00	Tourettes
Wednesday 1st November	10:00-12:00	Navigating the SEND World: Post 16
Thursday 2nd November	10:00-12:00	Anger and Conflict
Friday 3rd November	10:00-12:00	Anxiety and SEND
Wednesday 8th November	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Friday 10th November	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 13th November	18:30-20:00	Autistic Girls
Monday 20th November	19:00-20:00	Understanding Autism
Friday 24th November	10:00-11:30	Understanding and Supporting Executive Functioning Difficulties
Monday 27th November	10:00-11:00	Understanding ADHD
Monday 27th November	19:00-21:00	EHCPs - From Submission to Finalisation
Tuesday 28th November	10:00-12:00	ADHD in Girls and Women
Tuesday 28th November	18:30-20:00	Understanding Specific Literacy Difficulties including Dyslexia
Wednesday 29th November	10:00-12:00	Sensory Signs, Signals and Solutions
Friday 1st December	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Monday 4th December	10:00-12:00	Navigating the SEND World 0-16
Monday 4th December	18:30-20:00	Understanding and Supporting Emotional Regulation
Friday 8th December	10:00-12:00	PDA, ODD and ADHD
Monday 11th December	19:00-21:00	Puberty and Neurodiversity
Tuesday 12th December	19:00-21:00	Navigating the SEND World: Post 16
Wednesday 13th December	10:00-12:00	Anxiety and SEND
Friday 15th December	10:00-12:00	Sleep Workshop

spaceherts.eventbrite.co.uk



Navigating the SEND World 4 weeks online course

Starts Tuesday 26th September

Empowering you with the knowledge of what services are available to support individuals with Special Educational Needs and Disabilities (SEND).

- Feel less isolated and more empowered to seek support.
- Increase awareness of what services are available
 - Learn the acronyms and language
 - Understand the referral systems
- Navigate the Herts SEND Local Offer across health, education and social care
- Improve understanding of the diagnosis pathway
 - Feel confident about what to do next

spaceherts.eventbrite.co.uk



Neurodiversity in Girls and Women 4 weeks online course

Starts Thursday 7th September

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

spaceherts.eventbrite.co.uk



Sleep Tight 3 week online course

Tuesdays 26th September, 3rd and 17th October, 10:00-12:00

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



spaceherts.eventbrite.co.uk



HERTS SUMMER PARKS

Herts Summer Parks 2023

The Herts Sports Partnership and Herts County Council are organising an exciting programme of FREE festival style park events for young people aged 12-16 years old across different areas of Hertfordshire this Summer. Herts Summer Parks will be held in a local park on a set day each week between 4-7pm, starting on Mon 31st July and finishing on Fri 25th August 2023. Each event will offer a range of free physical activities including skate and graffiti workshops, a climbing wall, bubble football, pottery painting, wellbeing activities and lots more. For those who choose to take part, a free and tasty hot meal will also be provided via a free food voucher that can be exchanged at a food provider local to the area.

Monday – Borehamwood, Hertsmere

Tuesday – Stevenage

Thursday – Welwyn Garden City

Friday – Venue tbc

More details can be found [here](#).



QUEENS' SCHOOL
Dare to be Great

Daring to be Great by pursuing our values of Scholarship, Tenacity, Altruism and Respect



Autumn Term Groups



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Bringing Up Confident ADHD/ASD Children - 6 week group

Tuesday 12 September to 17 October 7.00pm – 9.00pm Online via MS Teams

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation - 6 week group

Thursday 5 October to 16 November 7.00pm – 9.00pm Online via MS Teams

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.

Dads Together (face to face 6 week group)

Tuesday 7 November to 12 December 7.30pm – 9.30pm

Canary Club, Fishponds Road, Hitchin SG5 1NU

Are you a dad who feels 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:

Sorting out Arguments in the Family - 6 week group

Wednesday 8 November to 13 December 9.30am – 11.30am Online via MS Teams

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family

Anxiety around ADHD workshop

Tuesday 7th November 9.30am – 11.30am Online via MS Teams

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Reducing Conflict workshop

Thursday 7th December 9.30am – 11.30am Online via MS Teams

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



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FREE ONLINE AUTUMN 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Diagnosing ADHD and/or Autism	Parents/carers	Mon	11.9.23	19:00 - 20:30	Online
Thinking about College?	Parents/carers	Wed	13.9.23	10:00 - 11:30	Online
Thinking about University?	Parents/carers	Thu	14.9.23	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	18.9.23	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	20.9.23	10:00 - 11:30	Online
Applying for an EHCP	Parents/carers	Mon	25.9.23	10:00 - 11:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Wed	27.9.23	10:00 - 11:30	Online
Understanding Autism in Girls	Parents/carers	Mon	2.10.23	10:00 - 11:30	Online
Tips & tools to Manage Eating Difficulties	Parents/carers	Wed	4.10.23	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/carers	Thu	5.10.23	10:00 - 11:30	Online
Preparing for an EHCP Annual Review	Parents/carers	Mon	9.10.23	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Wed	11.10.23	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	16.10.23	19:00 - 20:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	18.10.23	10:00 - 11:30	Online
Half Term					
Working in Partnership with School	Parents/carers	Mon	30.10.23	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	1.11.23	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Thu	2.11.23	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	6.11.23	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	8.11.23	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	13.11.23	19:00 - 20:30	Online
Tips & Tools to Support Emotional Literacy	Parents/carers	Wed	15.11.23	10:00 - 11:30	Online
Tips & Tools to Build Self Esteem	Parents/carers	Mon	20.11.23	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	22.11.23	10:00 - 11:30	Online
Understanding Neurodiverse Teens	Parents/carers	Mon	27.11.23	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	29.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	30.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Mon	4.12.23	10:00 - 11:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	6.12.23	19:00 - 20:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing. I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

HCC Funded Workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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

These workshops are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



ADD-vance

The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST
BE ATTENDED**

TIME AND PLACE

Tuesdays

12th Sept to 17th October 2023

10 am - 12pm

ONLINE VIA ZOOM

COMING SOON!

Hertsmere

DATES TBC

10am - 12pm

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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ADD-vance

The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM FOR DADS

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

ABOUT THE COURSE

These interactive courses are designed for dads /male carers of children with a diagnosis or suspected diagnosis of ADHD and/or Autism.

ALL SESSIONS MUST BE ATTENDED

TIME AND PLACE

Wednesdays - 13th Sept to 18th Oct 2023

ONLINE VIA ZOOM - 7 pm - 9pm

Aged 5 to 14 (or 4 and already and in reception)

COMING SOON!

Understanding ADHD & Autism in the Early years for Dads

Thursdays - 2nd Nov - 7th Dec 2023

ONLINE VIA ZOOM - 7pm - 9pm

Understanding ADHD & Autism for Dads (Plus wider family) - St Albans - Date & Venue TBC

☎ 01727 833963

✉ 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/>

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Parent & Carer Courses

Autumn Term 2023



FREE Courses open to parents and carers living in Hertfordshire

Parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their 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.



Mondays 7.45-9.15pm

11th Sep to 16th Oct

Online Course ID 603



Wednesdays 7.45-9.15pm

13th Sep to 18th Oct

Online Course ID 604



Tuesdays 7.45-9.15pm

31st Oct to 5th Dec

Online Course ID 605



Parents of children with Additional Needs

Talking Additional Needs & Talking Families for AN courses

A free 6 week course for parents and carers of children with any kind of additional need.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.

Tuesdays 9.45-11.15am 1-12yrs

12th Sep to 17th Oct

Online Course ID 597



Wednesdays 8.00-9.30pm 1-19yrs

13th Sep to 18th Oct

Online Course ID 595



Tuesdays 9.30-11.30am 1-19yrs

31st Oct to 5th Dec

FACE TO FACE Course 596

St Albans Fire Station



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

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

Page 1 of 2

For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.



Talking Dads and Talking Families for Dads courses

Wednesdays 7.45-9.15pm 1-12yrs

13th Sep to 18th Oct

Online Course ID 602



Tuesday 7.45-9.15pm

12-19yrs

31st Oct to 5th Dec

Online Course ID 606



Parents of 0-12-yr-olds

6-week course for parents and carers of children aged 0-12

- 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 now and for the future.



Tuesdays 8.00-9.30pm

12th Sep to 17th Oct

Online Course ID 600



Mondays 7.00-9.00pm

30th Oct to 4th Dec

FACE TO FACE Course 599

The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD



Thursdays 9.45-11.15am

2nd Nov to 7th Dec

Online Course ID 598



Talking Anger in Families

6-week course for parents and carers of children aged 0-19

- Understand why children and 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.



Wednesdays 8.00-9.30pm

1st Nov to 6th Dec

Online Course ID 601



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

Page 2 of 2



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Parent & Carer Support TALKING ASD & ADHD FREE Workshops



Autumn Term 2023

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Tech Use



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Wednesday 15th November
9.30 to 11.15am

Workshop 608

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887>

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.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

Thursday 19th October
9.30 to 11.15am

Workshop 607

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417>

The Teenage Years

For parents and carers of children aged 11-25yrs



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Wednesday 22nd November
7.30 to 9.15pm

Workshop 609

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-609-registration-629219070177>

Workshops provided free to parents by Hertfordshire County Council's

Targeted Parenting Fund

Hertfordshire

Workshops are open to parents and carers living in Hertfordshire

info@supportinglinks.co.uk www.supportinglinks.co.uk



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ADD-vance
The ADHD and Autism Trust



UNDERSTANDING TEENS WITH ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK COURSES FOR PARENT/CARERS OF TEENS

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Tuesdays

12th Sept to 17th Oct 2023

7 - 9 pm

ONLINE VIA ZOOM

☎ 01727 833963

✉ 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 courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only



ADD-vance

The ADHD and Autism Trust



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 Secondary Aged Children Support Group

Tues 19/09, 17/10 - 1-2pm

Parents/Carers of 16 to 24 yrs Support Group

Tues 26/09 - 7.30-8.30 pm

PDA Support Group

Tues 10/10 - 1-2 pm

General Primary Aged Children Support Group

Tues 12/09 - 1-2 pm, 03/10 - 7.30-8.30 pm

ALL ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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Being connected with others is vital.

So, if you need to talk, join Talk about Autism – the online community for parents and carers of autistic children and young people.

[Join the conversation](#)

Join today to access...



An online space where you can be yourself and connect with others who share your joys and understand your worries as a parent or carer of an autistic child



A private and safe space for you to share experiences and discuss the issues that matter to you.



Tailored information to support your parenting journey, practical resources and the latest news



Exclusive access to the Talking Tuesdays webinar series featuring experts, advocates, and a range of... with a professional... ed experience of...



The latest Talking Tuesdays webinar is on gender differences and masking in autistic young people. It's hosted by Dr Laura Hull. Dr Laura Hull is a researcher at the University of Bristol, focusing on autistic people's mental health across the lifespan. Her current work explores masking in autistic children and young people using co-produced methods.

[Sign up and watch the webinar](#)



HAPpy camps are back this summer!

Hertfordshire County Council is once again launching its free summer activity camps for children and young people in Hertfordshire.

Fully funded holiday activity camps return for the summer holidays, providing eligible children and young people with the chance to meet friends, learn new skills and enjoy nutritious food.

The HAPpy programme, funded by Hertfordshire County Council and the Department of Education (DfE) via the government's Holiday Activity and Food programme, and coordinated by Herts Sports Partnership and the Hertfordshire Community Foundation, is running approximately 180 activity camps with over 40,000 free places from 24 July – 31 August 2023 (not bank holiday).

At the sessions, which vary in duration from four to seven hours long, eligible children and young people can enjoy free food, free sports and free craft activities this summer. They will also receive advice on nutrition and cooking skills to enhance their health and wellbeing.

If your child is eligible and you have not received your code ask your school office for it.

Free places can be booked from 12 noon on Monday 26 June via the Herts Sports Partnership's website: <https://sportinherts.org.uk/booking>

Road to Year 7 Group

4pm - 5pm
every Monday

Starting 24th
July 2023

Open to
all year 6's



Year 7



Create the toolkit
needed to overcome
any worries around
starting secondary
school

Helping to build
confidence
around starting
secondary
school

Exploring topics of
change, anxiety,
making new
friendships, bullying
& online safety

withYouth
YOUNG PEOPLE'S Digital Wellbeing Services



Please email withyouth@hertsmindnetwork.org
for more information, or to register your interest.

www.withyouth.org



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EHCP: What To Do When Things Don't Go To Plan - Part 2 (online event)



EHCP: WHAT TO DO WHEN THINGS DON'T GO TO PLAN - PART 2

WORKSHOP FOR PARENT CARERS

- Friday 29th September 2023
- 12pm - 2pm
- Online via GoogleMeet

THE TRAINING WILL COVER:

- MEDIATION
- APPEALS TO THE FIRST TIER TRIBUNAL (UPPER TIER TRIBUNAL)

TO BOOK YOUR PLACE, VISIT:

DSACHIEVE.ORG/EVENTS

CONTACT: INFO@DSACHIEVE.ORG, 07824 467471



TRACEY ALLEN
TRACEY IS A QUALIFIED, EXPERIENCED SOLICITOR WITH EXPERTISE IN SEND LAW AND THE EHCP PROCESS.



To book and for further details visit https://www.eventbrite.co.uk/e/ehcp-training-workshop-what-to-do-when-things-dont-go-to-plan-part-1-tickets-650763279487?aff=oddtcreator&mc_cid=7023931169&mc_eid=1b0e554dea

Supporting Siblings of Children with SEND (online)



SUPPORTING SIBLINGS OF CHILDREN WITH SEND

For parent carers of a child/children with SEND, in Hertfordshire and the surrounding counties.

This course will be delivered by **Sibs** for brothers and sisters of disabled children & adults on behalf of DS Achieve.

COURSE CONTENT

1	2	3
SUPPORTING SIBLINGS • Insight into siblings' needs and experiences • Practical ideas for giving siblings attention • Further sources of information	SIBLING RIVALRY • How to spot if your sibling child is having difficulty coping • What to do if your sibling isn't getting on with their brother or sister • Ideas on addressing difficult behaviour between siblings	CHALLENGING BEHAVIOUR • How to spot if your sibling child is having difficulty coping • What you can do as a parent to support your sibling child • Ideas for making plans and keeping siblings safe

**Friday 20th October**
10am - 2pm

**Online**

THIS WORKSHOP WILL BE HELD ONLINE VIA GOOGLEMEET.

To book and for further details visit https://www.eventbrite.co.uk/e/ehcp-training-workshop-what-to-do-when-things-dont-go-to-plan-part-1-tickets-650763279487?aff=oddtcreator&mc_cid=7023931169&mc_eid=1b0e554dea



"It was great to meet other mums & dads who were experiencing similar challenges and learn all together."



Families In Focus CIC
LOOKING FORWARD TOGETHER



Handling anger in your family

Our FREE 6-week evidence based course is for those parenting neurotypical children aged two to 11, living in Hertfordshire.

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Gain greater understanding of how anger and other emotions live in your family

Increase your understanding of triggers that cause angry outbursts

Learn healthy anger management strategies for children & parents to reduce angry outbursts

Discover creative ways to support children to 'let go' of anger safely

Gain effective empathic communication techniques to reduce angry outbursts

Meet and share experiences with other parents

CONTACT US

Email Francine & Lesley to secure your free place:

bookings@familiesinfocus.co.uk or

visit our website to see all course information:

www.familiesinfocus.co.uk

Thursday mornings
9.30am to 11.30am

September
14th 21st 28th

&

October
5th 12th 19th



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Dare to be Great

Daring to be Great by pursuing our values of Scholarship, Tenacity, Altruism and Respect





Families In Focus CIC
LOOKING FORWARD TOGETHER



A complete guide to parenting children with SEND

Our award winning, evidence based, free 10-week course is for those parenting children aged two to 11 with all Special Education Needs & Disabilities (SEND) living in Hertfordshire.

Facilitated by founders, Lesley and Francine, the course aims to help parents:

"I really enjoyed the way you work together. It presented as professional, slick, well paced, inclusive and knowledgeable."
Parent quote

Increase understanding of children's behaviours that challenge.

Learn a range of strategies to reduce behaviours that challenge.

Understand children's sensory needs.

Explore children's common sleep issues.

Learn how to support siblings living with a sister/brother with SEND.

Learn communication techniques to improve children's emotional regulation.

Meet other parents living in similar families and share experiences.

Learn techniques to manage stress, conflict and so much more....

Wednesday mornings
9.30am to 11.30am

September
13th 20th 27th

&

October
4th 11th 18th

&

November
1st 8th 15th 22nd

Places are limited and booking essential.

To book your free places, email Francine & Lesley

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"The strategies we worked through each week were relevant and realistic to me as a parent."
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Wednesday evenings
6.30pm to 8.30pm

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13th 20th 27th
&
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Families In Focus CIC
LOOKING FORWARD TOGETHER



Handling anger of children with Autism & ADHD

Facilitated by founders Lesley and Francine,
this very popular, effective and award winning anger
management course helps parents to:

*"The strategies we
worked through each
week were relevant
and realistic to me as
a parent."
Parent quote*

Increase understanding of how Autism and ADHD may
affect emotional regulation.

Attain awareness of a child's sensory world and the affect
on behaviours.

Increase your understanding of triggers that cause
children's angry outbursts.

Learn healthy anger management strategies for children
and parents to reduce angry reactions.

Discover creative ways to support children to 'let go' of
anger safely.

Gain effective empathic communication skills to increase
emotional literacy for all.

Meet and share experiences with other parents.

Tuesday evenings
6.30pm to 8.30pm

September
12th 19th 26th
&
October
3rd 10th 17th

Places are limited and booking essential.

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Families In Focus CIC
LOOKING FORWARD TOGETHER



Handling anger of children with Autism & ADHD

Facilitated by founders Lesley and Francine,
this very popular, effective and award winning anger
management course helps parents to:

*"I often use the analogy
of a toolbox of
approaches, and you
have helped replenish
mine with new strategies
and skills for home life
with three neuro diverse
children."
Parent quote*

Increase understanding of how Autism and ADHD may
affect emotional regulation.

Attain awareness of a child's sensory world and the affect
on behaviours.

Increase your understanding of triggers that cause
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Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
Monday evenings
starting
2 October 2023

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



Online Monday evenings
7.00pm - 9.00pm

**2, 9, 16, 30 Oct, 6, 13, 20 & 27
Nov 2023**



Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number O5/E3



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk



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Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
morning course
starting
5 October 2023

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



Online Thursday mornings
9.30am - 11.30am

**5, 12, 19 Oct, 2, 9, 16, 23 & 30
Nov 2023**



Please like us on Facebook for further updates @familiesfeelingsafe

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Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number 05/D2



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Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
Thursday evenings
starting
5 October 2023

**A FREE course for Dads,
Step-Dads and Male
Carers**



Online
Thursday evenings
7.00pm - 9.00pm
5, 12, 19 Oct, 2, 9, 16, 23 & 30
Nov 2023



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Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number O4/02



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Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
morning course
starting
3 October 2023

**A FREE course for Mums,
Dads, Step-Parents and
Carers**



Online Tuesday mornings
9.30am - 11.30am

**3, 10, 17, 31 Oct, 7, 14, 21 & 28
Nov 2023**



Please like us on Facebook for further updates @familiesfeelingsafe

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

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Please quote course number O5/D1



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Families Feeling Safe

Supporting families with Protective Behaviours

**Broxbourne
Starting
Sept 2023**

**A FREE course for Mums, Dads,
Step-Parents and Carers of
children 5-19yrs**



**Thursday mornings
9.30am—11.30am
21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 & 23
Nov 2023
At
Wormley School Community Room
Cozens Lane East,
Broxbourne, EN10 6QA**



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- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are for families with children 5 -19 years old

For eligibility and to book your FREE place please

contact:

Tel: 01992 303331 Opt. 5



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

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Supporting families with Protective Behaviours

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Starting
Sept 2023**

**A FREE course for Mums, Dads,
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**Thursday mornings
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Nov 2023**

**At
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Cozens Lane East,
Broxbourne, EN10 6QA**



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