



QUEENS' SCHOOL
Dare to be Great

SEND News

Spring 2024

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 Spring 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

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>



Delivering Special
Provision Locally



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 17th 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



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Support Group for Parents

Mondays 5.45 - 6.45

Starts from 18th Sept

Every week (not on bank holidays)

Sacred heart Church Hall, Bushey WD23 1BA

- Support & Advice on many issues parents are facing today
- Getting the right support for your child & how to go about this
- Waiting for a diagnosis & what u can do to help your child in the mean time
- EHCPs - what is the criteria & do you need one
- Need advice or information on SEN Schools

Just want someone to talk to!

We are here to help

You Are Not Alone

Contact Sam Via Email for a quick response

Bespoke Support available

please leave your number if you wish to be contacted

sths.bushey@gmail.com

Website www.strivesupporthub.co.uk

Tel - 07871 144 812

SUPPORTING TOGETHER:
RELATING, INTEGRATING & VALUING EVERYONE



Supported by Hertsmere County Council

We are here to help in a non judgmental environment

YOU are NOT ALONE!

Mondays

5.45pm - 6.45pm

every week from the 11th September

No Hubs on Bank Holidays

Sacred Heart Parish Centre,

Bushey

LOCATED OPPOSITE BUSHEY ACADEMY

(WD23 1BA - Car Park behind the hall. Access located on Merry Hill Road.)

Please visit the website for full details of the support available

<https://striveparentsupporthub.co.uk/>





Delivering Special Provision Locally



DSPL 9



Parent/carer 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?

Our next meeting is taking place on Monday 29th January 1-2.30pm via Microsoft Teams

DSPL 9 are 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
January	Monday 29 th January 2024 1-2.30pm	Luke Simonds: Nessie Therapist	https://www.eventbrite.co.uk/e/718387605667?aff=oddtcreator

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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DSPL 9



Parent/carer 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	Eventbrite Link
November	Monday 20 th November 2023 1-2.30pm	https://www.eventbrite.co.uk/e/718373072197?aff=oddtcreator
December	Monday 11 th December 2023 1-2.30pm	https://www.eventbrite.co.uk/e/718374887627?aff=oddtcreator
January	Monday 29 th January 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718387605667?aff=oddtcreator
March	Monday 11 th March 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718389411067?aff=oddtcreator
April	Monday 22 nd April 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718390724997?aff=oddtcreator
May	Monday 13 th May 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718391066017?aff=oddtcreator
June	Monday 17 th June 2024 1-2.30pm	https://www.eventbrite.co.uk/e/718391707937?aff=oddtcreator

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.





Parenting SEN Children when Separated

Parenting SEN Children when separated' 6-week programme is specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Mondays, 4, 11 & 18 December 2023 and 8, 15 & 22 January 2024

7.00pm – 9.00pm

MS Teams

Thursdays 11, 18 & 25 January and 1, 8 & 15 February 2024

7.00pm – 9.00pm

MS Teams

Mondays, 29 January, 5, 12 & 26 February and 4 & 11 March 2024

7.00pm – 9.00pm

MS Teams

Who can attend:

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.

Within My Reach

Within my Reach 8-week programme is for specifically designed for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment

Two courses will be delivered MS Teams over 8 sessions on the following dates :

Tuesdays & Thursdays 27 & 29 February, 5 & 7 March, 12 & 14 March and 19 & 21 March 2024

7.00pm to 9.00pm

Via MS Teams

Wednesdays & Saturdays 28 February & 2 March, 6 & 9 March, 13 & 16 March and 20 & 23 March 2024

Wednesday 7-9pm & Saturdays 10am-12pm

Via MS Teams

Who can attend:

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and coparenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.

To book a places on either course please click here for our online referral form [Reducing Parental Conflict Parenting](#), or for further information please call 0204 522 8700 / 0204 522 8699 or email services@familylives.org.uk



Within my Reach

An online programme for parents of neurodiverse children who are living together or apart

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.



These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

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



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817912. Registered charity No 1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL3 9AZ.

Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:

- Mondays: 4, 11 & 18 December 2023 and 8, 15 & 22 January 2024
- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024

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



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@FamilyLivesHertsandBeds



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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

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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Supporting Families with Protective Behaviours

Online courses
starting
January 2024



Daytime

Mondays

9.30am - 11.30am

22 Jan – 18 March

For mums, dads &
carers

Course code L5/am

Evening

Tuesdays

7.00pm – 9.00pm

23 Jan – 19 March

For mums, dads &
carers

Course code L5/eve

Evening

Thursdays

7.00pm – 9.00pm

25 Jan – 21 March

For dads & male carers

Course code L4/eve

Are you looking for strategies and new ideas to help improve family life?

This 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

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

For eligibility and to book your fully funded place please contact:

enquiries@familiesfeelingsafe.co.uk

Tel: 07850 518216

Please quote the course code and a mobile number



Please like us on Facebook for further updates @familiesfeelingsafe



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



ADD-vance
The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM (TEEN YEARS)

FREE 6-WEEK COURSE FOR PARENTS/CARERS OF TEENS

ABOUT THE COURSE

This interactive course is designed for parents/carers of children aged 12 to 15 yrs (or 11 yrs & in secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Thursdays
11th Jan to 15th Feb 2024
10 am to 12 pm

**Oval Community Centre
Stevenage
SG1 5RD**

☎ 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/>

This course is funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only



ADD-vance
The ADHD and Autism Trust



**UNDERSTANDING ADHD &
AUTISM IN GIRLS**
**FREE INTRODUCTORY 6-WEEK
COURSE FOR PARENTS/CARERS**

ABOUT THE COURSE

This interactive course is designed for parents & carers of girls aged 5 to 14 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

Thursdays

11th Jan to 15th Feb 2024
10 am - 12 pm

ONLINE

**PRIORITY PLACES AVAILABLE
FOR RESIDENTS OF
BROXBOURNE DISTRICT**

☎ 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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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

Understanding ADHD and Autism for Dads

Wednesdays - 10th Jan - 14th Feb 2024

7 - 9 pm **ONLINE**

Understanding ADHD and Autism for Dads

(plus wider family)

Wednesdays - 14th Feb - 27th Mar 2024 (no session half term week)

10 am to 12 pm **ONLINE**

Understanding ADHD and Autism in the Early Years for Dads

Wednesdays - 14th Feb - 27th Mar 2024 (no session half term week)

7 to 9 pm **ONLINE**

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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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
9th Jan - 13th Feb 2024
7 to 9 pm **ONLINE**

Tuesdays
13th Feb - 26th Mar 2024 (no session
half term week)
10 am to 12 pm **ONLINE**

☎ 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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ADD-vance
The ADHD and Autism Trust



UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

**FREE INTRODUCTORY 6-WEEK
COURSE FOR PARENTS/CARERS**

ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

TIME AND PLACE

Wednesdays
10th Jan - 14th Feb 2024
9.30 to 11.30 am **ONLINE**

Understanding ADHD and Autism in the Early Years for Dads

Wednesdays - 14th Feb - 27th Mar 2024
(no session half term week)
7 to 9 pm **ONLINE**

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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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 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

🌐 <http://www.add-vance.org/>

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FREE ONLINE SPRING 2024 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	8.1.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Wed	10.1.24	19:00 - 20:30	Online
Understanding Autism	Parents/carers	Thu	11.1.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Mon	15.1.24	19:00 - 20:30	Online
Understanding Autism in Girls	Parents/carers	Wed	17.1.24	10:00 - 11:30	Online
Understanding ADHD in Girls	Parents/carers	Thu	18.1.24	10:00 - 11:30	Online
Support for Dads	Parents/carers	Mon	22.1.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	24.1.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Thu	25.1.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	29.1.24	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	31.1.24	10:00 - 11:30	Online
Supporting Siblings	Parents/carers	Mon	5.2.24	19:00 - 20:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	7.2.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Thu	8.2.24	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	12.2.24	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Wed	14.2.24	10:00 - 11:30	Online
Half Term					
Tips & Tools to Support Emotional Development	Parents/carers	Mon	26.2.24	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	28.2.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Thu	29.2.24	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	4.3.24	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	6.3.24	10:00 - 11:30	Online
Understanding Anxiety	Parents/carers	Mon	11.3.24	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Wed	13.3.24	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Mon	18.3.24	19:00 - 20:30	Online
Understanding Neurodiverse Teens	Parents/carers	Wed	20.3.24	10:00 - 11:30	Online
Preparing for Adulthood	Parents/carers	Mon	25.3.24	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	27.3.24	10:00 - 11:30	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"

Hertfordshire County Council 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

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Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 25 January to 7 March 2024 9.30am – 11.30 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.

Sessions will cover :

- ADHD/ ASD - a whole-family issue
- Understanding your child's behaviour
- Helping your child manage their feelings and outbursts
- Balancing support of siblings
- Learning about structure and routines
- Supporting your child at school

<https://www.familylives.org.uk/how-we-can-help/in-your-area/herts23?referer=/browse/30705/hertfordshire>

Less Shouting, More Cooperation (6 weeks) Online group

Tuesday 30 January to 12 March 7pm – 9pm 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

The sessions will cover:-

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation

<https://www.familylives.org.uk/how-we-can-help/in-your-area/less-shouting-more-cooperation?referer=/browse/30705/hertfordshire>



Sorting Out Family Arguments (6 weeks) Online group

Wednesday 7 February to 20 March 9.30am - 11.30am 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.

Sessions will cover :

How parents and children can be affected by conflict
Strategies in handling and resolving conflict and anger
Parents' role when there is sibling rivalry and jealousy, fostering cooperation rather than competition
Effective communication, implementing boundaries and how to negotiate

<https://www.familylives.org.uk/how-we-can-help/in-your-area/sorting-out-arguments-in-your-family?referer=/browse/30705/hertfordshire>

Getting on with Your Pre Teen/Teenager (6 weeks) Online group

Tuesday 6 February 19 March 9.30am – 11.30am Via MS Teams

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

The sessions will cover:-

Learn tools to help teenagers manage difficult emotions & avoid drama and become more emotionally resilient
How to change parenting styles to meet the developmental needs of your teenager & remain effective
How to talk to teens so they will talk to you and build strong relationships
How to set effective boundaries to stop problem behaviour
How to give teenagers more independence whilst keeping them safe, make good choices and avoid peer pressure

<https://www.familylives.org.uk/how-we-can-help/in-your-area/goptt23?referer=/browse/30705/hertfordshire>



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Effective communication, implementing boundaries and how to negotiate

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How to set effective boundaries to stop problem behaviour
How to give teenagers more independence whilst keeping them safe, make good choices and avoid peer pressure

<https://www.familylives.org.uk/how-we-can-help/in-your-area/goptt23?referer=/browse/30705/hertfordshire>



Free support and resources for schools and families this holiday

Almost there! With the holidays just round the corner, we wanted to get in touch to share some free resources that we hope will be helpful to you, your students and their families at this time of year.

Free behaviour support resources for schools and families

Have you heard of **My Family Coach**? It's an incredible free platform for schools and families for help and support with all areas of behaviour, school and family life.

The platform includes **over 50 hours of free support content** from the experienced team here at Team Teach. There's **articles, podcasts, videos, ebooks and quarterly online parent classes** that you and the families you support can attend and watch on-demand as well.

The resources and support cover a huge variety of topics and we're always adding more:

- Relationships
- Communication
- Mental wellbeing
- Friendships
- Bullying
- Calming down
- School life
- Healthy living
- At risk behaviour
- Screen time



And for this time of year, families might find articles on **understanding behaviour**, **managing changes to routines**, **how to enjoy a family Christmas**, **using family support for childcare in the holidays**, **supporting your child through the holidays** or **why self care isn't selfish** helpful.

It's all available 24/7 and completely free!

To access the platform as a parent or a school, simply visit the **My Family Coach website** and create an account.

[Register for My Family Coach here](#)

And finally, download your new staff support posters!

Following the phenomenal response to our first set of posters for school staff published earlier this year, we'd like to share with you our second poster pack that's now available for you to **download for free!**

- **Brick wall versus rubber band thinking**
- **The power of the pause**
- **5 ways to build strong relationships**



5 Ways to build strong relationships



Patience
We need to be patient and allow an individual to be there in their own time, and it may take a long time for them to believe that to be true.

Body language
Our body language can speak as much as what we say and do. We can reflect to someone how we feel and what we think.

Conversations
Somebody doing it by themselves may be able and capable, but they need our support. But these great conversations can make all the difference.

Puzzle-solve
Experiences are best enjoyed when we share them. Working together to solve a problem and gain a better understanding of one another's perspective.

Be inclusive
The best support is done with someone else. To help, involve an individual in support plans and decisions making and make sure everything is accessible.



teamteach.co.uk

Download your copies!

We hope these resources are helpful to you, your students and their families and we wish you a relaxing and restful break when it comes!

Team Teach

(0) 203 746 0938 (option 1)

info@teamteach.co.uk



Respectful



Supportive



Practical



Accessible



Mindful



National Training Awards



Parenting Support Groups

Once again we are offering our Parenting Support Groups countywide and ONLINE for the **SPRING TERM** of 2024. We are pleased to bring you the details of **4 online** courses starting in January and March.

Parent & Carer Support Spring Term 2024



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.



Thursdays 7.45-9.15pm

4th Jan to 8th Feb

Online Course: ID 624

Wednesdays 7.45-9.15pm

7th Feb to 20th Mar

(no session in half term)

Online Course: ID 625

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why young people 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.



Tuesdays 7.45-9.30pm

23rd Jan to 5th Mar

(no session in half term)

Online Course: ID 626

TALKING DADS

6, weekly sessions for dads & male carers of all ages, 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

3rd Jan to 7th Feb

Online Course: ID 627

Tuesdays 7.45-9.15pm

6th Feb to 19th Mar

(no session in half term)

Online Course: ID 628

Page 1 of 2

Each course runs over 6 weekly sessions and is offered FREE of charge to parents thanks to funding from Herts County Council:

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.



Thursdays 8.00-9.30pm

1st Feb to 14th Mar

(no session in half term)

Online Course ID 623

Thursdays 9.30-11.30am

8th Feb to 21st Mar

Course ID 622

Waterside Family Centre, Rowans,
WGC AL7 1NZ

TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of all ages, 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.



Mondays 7.45-9.15pm

29th Jan to 11th Mar

(no session in half term)

Online Course ID 621

TALKING ADDITIONAL NEEDS

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.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Wednesdays 9.30-11.30am

31st Jan to 13th Mar

(no session in half term)

Course ID 620

Otley Way Family Centre,
Otley Way, Watford, WD19 7TB

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



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QUEENS' SCHOOL
Dare to be Great

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



TALKING ASD & ADHD WORKSHOP:

The Teenage Years

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



TUESDAY
23rd JANUARY 2024
7.30-9.15pm

We will help you to learn about:

- 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.
- Helping your children develop a network of support.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

'I found the 'teenage brain' fascinating. Lots of penny dropping moments!'

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.

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-631-registration-749070348577>

Or contact Supporting Links
QUOTING REFERENCE SL631

01442 300185

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



Funded by Hertfordshire County Council Targeted Parenting Fund



TALKING ASD & ADHD WORKSHOP:

Tech Use

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



WEDNESDAY
28th February 2024
7.30-9.15pm

We will help you to learn about:

- 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.

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-630-for-parentscarers-in-herts-registration-749092675357>

Or contact Supporting Links
QUOTING REFERENCE SL630

01442 300185

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

"I now understand why we have been getting into so much conflict."

"Thank you for all your advice. Tech is such a tricky issue to navigate."



Funded by Hertfordshire County Council Targeted Parenting Fund



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QUEENS' SCHOOL
Dare to be Great

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TALKING ASD & ADHD WORKSHOP:

Sibling Struggles

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



MONDAY
25th March 2024
7.30-9.15pm

We will help you to learn about:

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures & worries on siblings of a child with ASD/ADHD.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-629-registration-749126606847>

Or contact Supporting Links
QUOTING REFERENCE SL629

01442 300185

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

'This workshop came at just the right time for my children. I know I am going to be able to help them both now I feel confident.'



Funded 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.

PHA

PAUL HOLMAN ASSOCIATES & WATERSMEET THEATRE PRESENT

SLEEPING BEAUTY



RELAXED PERFORMANCE
SUNDAY 31 DECEMBER 11AM

For those who would benefit from a more relaxed environment, such as pre-school children, our neurodiverse customers, and those with additional needs or disabilities, this relaxed pantomime performance is ideal.

watersmeet



BOX OFFICE: 01923 711063

WATERSMEET.CO.UK

High Street, Rickmansworth, WD3 1EH

 **THREE RIVERS DISTRICT COUNCIL**

SLEEPING BEAUTY

A dream of a pantomime packed with fun, feisty and fabulous characters to ensure this tale of true love is anything but sleepy!

DECEMBER			
Friday 8			6.30pm
Saturday 9		1.30pm	5.30pm
Sunday 10		1.30pm	5.30pm
Tuesday 12	10am	2pm	
Wednesday 13	10am	2pm	
Thursday 14	10am	2pm	
Friday 15	10am		6.30pm
Saturday 16		1.30pm	5.30pm
Sunday 17		1.30pm	5.30pm
Tuesday 19	10am	2pm	
Wednesday 20	10am		6.30pm
Thursday 21		1.30pm	5.30pm
Friday 22		1.30pm	5.30pm
Saturday 23		1.30pm	5.30pm
Sunday 24	11am	3pm	
Tuesday 26		1.30pm	5.30pm
Wednesday 27		1.30pm	5.30pm
Thursday 28		1.30pm	5.30pm
Friday 29		1.30pm	5.30pm
Saturday 30		1.30pm	5.30pm 
Sunday 31	11am 	3pm	

All Schools £11
Buy 10 & get the 11th ticket FREE

Adult £21
Child/Concession £19
Family £76
Groups 10+ £19

Adult £22.50
Child/Concession £20.50
Family £82
Groups 10+ £20.50

Adult £24.50
Child/Concession £22.50
Groups 10+ £22.50

Family Ticket = 2 adults & 2 children or 1 adult & 3 children
Babes in arms: children aged under 2 go free when seated on an adult's lap but will need a babes in arms ticket from the box office

 Relaxed Performance adapted for our neurodiverse customers, those with additional needs or disabilities and young children

 British Sign Language Performance

BOX OFFICE: 01923 711063
WATERSMEET.CO.UK