



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>



Introducing the DSPL 9 Triage Service

Who are we?



Katherine McNamara
DSPL 9 SEND (Parent and Carer)
Liaison Worker



Lisa Sillitoe
DSPL 9 Specialist Transition
Outreach Worker

How can we support you?

- Supporting parents navigate the referral process
- Supporting parents in navigating services and making referrals
- Promoting and signposting services available to parents of children and young people with SEND
- Transition support year 6-7
- Providing SEND coffee mornings for parents in schools
- Delivering bespoke transition coffee mornings for year 6 parents
- Local SEND coffee mornings for parents/carers (half termly)

How can you access the support?

Referrals can be made by schools, professionals or parents via a referral form which can be found on the DSPL 9 website [here](#).

All referrals MUST be signed and sent to enquiries@dsplarea9.org.uk

Alternatively, if you have any queries about the service these will be answered by a member of the team using the email above.

The service plays a crucial role in ensuring that children and families receive the necessary guidance and assistance during challenging times. This level of support is incredibly valuable and can make a significant difference in the lives of those it touches

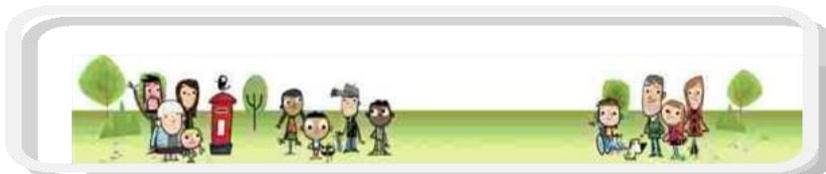
Katharine and Lisa's professional yet personable demeanour allows them to quickly build rapport with families. Their non-judgmental approach ensures parents feel listened to and understood.

The transition support for us as a school has always been excellent, with their strong links to secondary's and the work completed with the children, they bridge the move from primary to secondary.





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?

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.

Monday 20 th January 1pm – 2.30pm	TBC	Booking link for 20.1.25
Monday 17 th March 1pm-2.30pm	WFC Community Trust	Booking link for 17.03.25
Monday 19 th May 1pm -2.30pm	SfYP	Booking link for 19.05.25
Monday 16 th June 1pm 2.30pm	Transition	Booking link for 16.06.25

Please use the links above to book.

All sessions will be held remotely via Microsoft Teams.

Please note you will receive the Microsoft Teams link within your booking confirmation.

Each meeting will be attended by two Family Support Workers, Nessie therapists and facilitated by 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.

Following feedback from parents at a recent DSPL9 coffee morning the Trige team has put together this list of links for after school clubs and activities for children with SEND.

SEN sessions:

Please follow the links below for more information and timings for SEN support sessions in the local area.
Cloud 9:

<https://cloud9leisure.com/activities/sen-sessions/>

Online ADHD and ASD support for young people

<https://thetoolbox.mindler.co.uk/>

After school activities:

Three rivers district support: <https://www.threerivers.gov.uk/services/leisure-parks-culture/inclusive-programme/children-and-young-people>

Club HUB; <https://clubhubuk-co-uk.webpkgcache.com/doc/-/s/clubhubuk.co.uk/listings/send/>

All 4 kids uk: <https://all4kidsuk.com/after-school-activities-childrens/hertfordshire/watford>

Aldenham Country park: <https://www.aldenhamcountrypark.co.uk/welcome2>

Cineworld: <https://www.cineworld.co.uk/static/en/uk/accessibility/autism-friendly>

Redbourn riding: <https://www.redbournpark.co.uk/outreach>

HAND card: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx>

Sibling support: <https://www.sibs.org.uk/>

SPACE: <https://spaceherts.org.uk/>

DJ's Play <https://www.djsplay.co.uk/hemel-hempstead/>

Beezee FAMILIES

FREE Healthy Lifestyle support for families in Hertfordshire

Our **FREE 12 week in-person and online programmes** start on week commencing 20th January 2025

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:00 - 7:00pm	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm
CHESHUNT Andrews Lane Primary School, EN7 6LB 4:30 - 6:30pm	** NO SESSION **	WATFORD Leavesden Green Community Hub, WD25 0BW 5:30 - 7:30pm	** NO SESSION **

Sign up today!

bzinfo@maximusuk.co.uk
01707 248 648

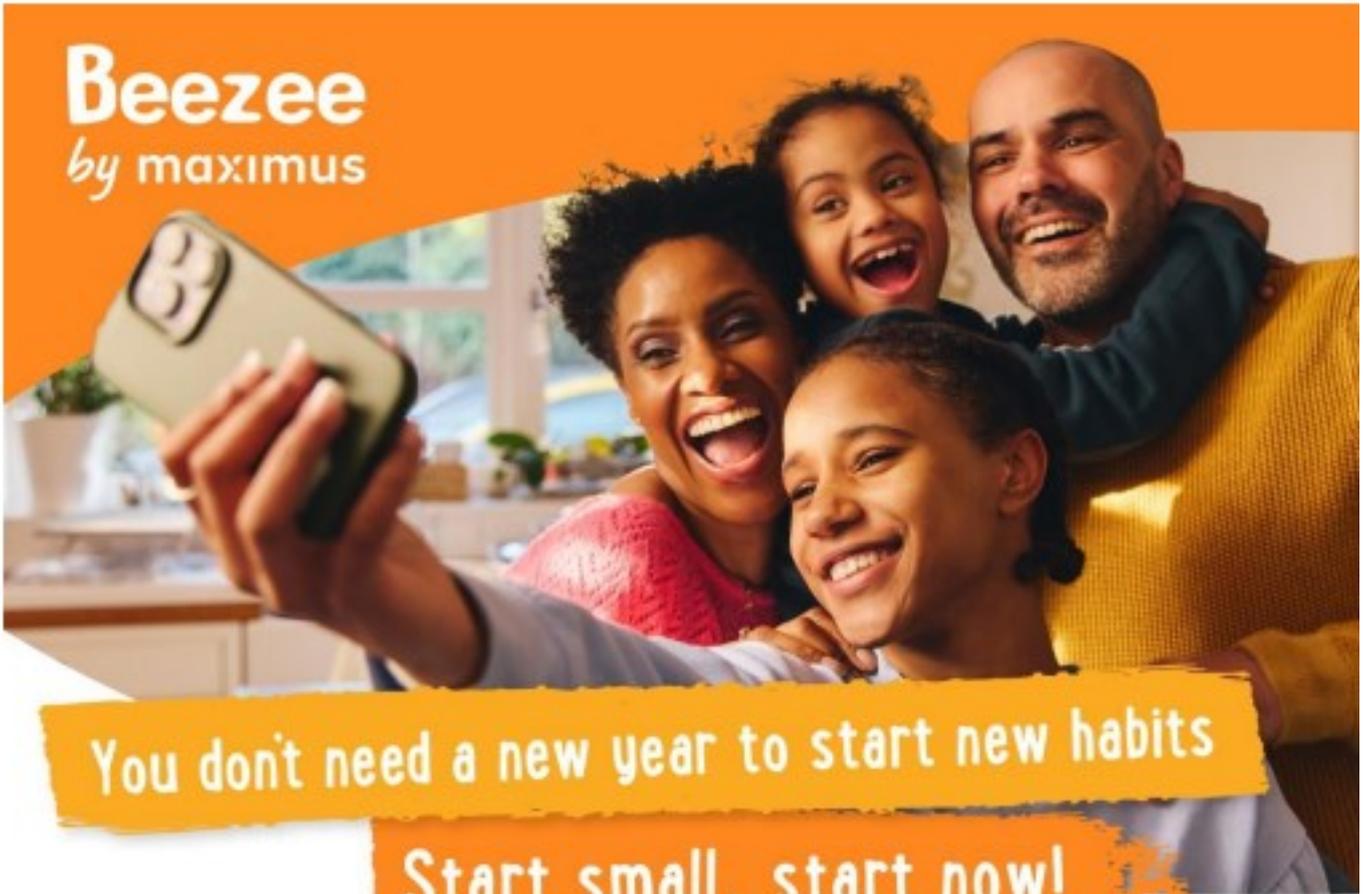
Hertfordshire

Our programmes are for children above their stated weight. See our website for more information. 74-0547

Self-referrals to Beezee programmes can be made in 3 ways:-

1. Call on 01707 248648
2. Via [this link](#) to complete a very short form and we will contact you
3. Email us at zbinfo@maximusuk.co.uk

Beezee
by maximus



You don't need a new year to start new habits

Start small, start now!

Sign up to one of our free healthy lifestyle services today to kickstart your health goals for 2025 and beyond.

Beezee FAMILIES

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families
- One-to-one support also available!

Beezee YOUTH

- 13-17 year olds can talk about topics that matter to them
- Learn about physical, mental and social wellbeing
- Get free health resources
- Join a safe space.



- Free support for families with children aged 0-5 years
- Explore parenting and healthy lifestyle tips
- Chance to make new friends
- Free toolkit provided.



hrt.maximusuk.co.uk

Start making healthy habits TODAY

@ BZBinfo@maximusuk.co.uk

01707 248 648



2024-25

Parent & Carer Support



Practical interactive online workshops FREE to parents and carers living in Hertfordshire



Eventbrite page

HOW DO I GET MY CHILD TO EAT BETTER?

No matter how restrictive your child's diet is, there are things you can do to help



THU 16 Jan 2025 10-11am

<https://bit.ly/4i0OaSx>



WHAT IS GOING ON IN MY TEENAGER'S HEAD?

How & why adolescent development affects teen behaviour



THU 23 Jan 2025 7-8pm

<https://bit.ly/40VVLvA>



WHY DOES MY CHILD BEHAVE LIKE THAT?

Learn the 7 underlying causes behind all behaviour



MON 27 Jan 2025 1:30-2:30pm

<https://bit.ly/3V6TwBH>



WHY DOES MY CHILD GIVE UP SO EASILY?

Build resilience in your child and encourage them to have a go, or keep trying



WED 5 Feb 2025 12:30-1:30m

<https://bit.ly/4eleoGt>



BITESIZE PARENTING

A Supporting Links workshop collection

HOW DO I GET MY CHILD TO LISTEN TO ME?

Improve communication by encouraging your child to listen to you and talk to you



MON 10 Feb 2025 7-8pm

<https://bit.ly/4eJprPM>



HOW CAN MY CHILD LEARN TO MANAGE THEIR FEELINGS?

Teaching emotional regulation to young people



WED 26 Feb 2025 12:30-1:30pm

<https://bit.ly/4g12pFc>



WHY CAN'T MY CHILD MAKE GOOD DECISIONS?

Understand how children learn to make decisions and how to support them when it goes wrong



THU 6 Mar 2025 7-8pm

<https://bit.ly/4g1WjUT>



IS IT POSSIBLE TO PRAISE MY CHILD TOO MUCH?

Using praise & criticism to encourage the behaviour you want to see.



MON 10 Mar 2025 1:30-2:30pm

<https://bit.ly/4hZAlUh>



HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...?

Having difficult conversations with your son or daughter about sex, drugs & social media



THU 17 Mar 2025 7-8pm

<https://bit.ly/4hWM329>



WHY DON'T MY CHILDREN GET ON WITH EACH OTHER BETTER?

Sibling rivalry: understanding & improving communication between parents, children & siblings



THU 27 Mar 2025 10-11am

<https://bit.ly/3ALtzB3>



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

Funded by Hertfordshire County Council for all parents & carers in Herts



Parent & Carer Support Spring Term 2025



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.

Wednesdays 7pm - 9pm

26th Feb – 2nd Apr

Face to Face: ID 707

**Gade Community Room
Oakleaf Primary School,
Hemel Hempstead**

Tuesdays 7.45 - 9.15pm

7th Jan – 11th Feb

Online Course: ID 708

TALKING ANGER in FAMILIES

6, weekly sessions for parents and carers of children aged **0-11**, supporting you to:

- 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 7.45 - 9.30pm

8th Jan – 12th Feb

Online Course: ID 705

TALKING DADS

6, weekly sessions for dads & male carers, 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.



Mondays 7.45 - 9.15pm

6th Jan – 10th Feb

Online Course: ID 710

0-19yrs

Thursdays 7.45 - 9.15pm

27th Feb – 3rd Apr

Online Course: ID 711

0-11yrs

Wednesdays 7.45 - 9.15pm

26th Feb – 2nd Mar

Online Course: ID 712

12-19yrs



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.



Tuesdays 9.45 - 11.15am

7th Jan – 11th Feb

Online Course ID 703

Tuesdays 8.00 - 9.30pm

7th Jan – 11th Feb

Online Course ID 704

Tuesdays 8.00 - 9.30pm

25th Feb – 1st Apr

Online Course ID 702

TALKING ANXIETY in TEENS

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

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Mondays 7.45 - 9.30pm

24th Feb – 31 Mar

Online Course ID 706

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need.

Your child does not need a diagnosis.

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



Tuesdays 9.45 - 11.15am

25th Feb – 1st Apr

Course ID 701

2-19yrs

Wednesdays 7.45 - 9.15pm

8th Jan – 12 Feb

Online Course ID 709

12-19yrs

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



Page 2 of 2



QUEENS' SCHOOL
Dare to be Great

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



Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2025



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

← Eventbrite Page

THE TEENAGE YEARS



Tuesday 4th March 7.30-9.15pm

Workshop SL715 book via Eventbrite:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-715-for-parentscarers-in-herts-registration-1064332389829>

- 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.

SIBLING STRUGGLES



Thursday 13th February 7.30-9.15pm

Workshop SL713 book via Eventbrite:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-713-for-parentscarers-in-herts-registration-1065018812939>

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- 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.

RESPONDING to ANGER



Wednesday 2nd April 9.30-11.15am

Workshop SL714 book via Eventbrite:
<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-714-for-parentscarers-in-herts-registration-1065126535139>

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Follow on:



Contact via:

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

Funded by Hertfordshire County Council's Targeted Parenting Fund



QUEENS' SCHOOL
Dare to be Great

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



New dates released... book now

UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help young people learn more about neurodiversity and their own experiences

6 week and 2
day courses
starting in Jan
and Feb



Scan to book 

For more information
or to make a referral:
services@spaceherts.org.uk



Through interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

Eligibility

- Diagnosis of Autism or ADHD, or both
- School years 3-6, 7-9 and 10-11
- Hertfordshire resident

This is part of a wider pilot project for neurodivergent children and young people being commissioned by HCC and the NHS.



NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online course

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

Course content

- 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

Thursdays 23rd, 30th January and 6th, 13th February
10:00am-12:00pm online



Book via Eventbrite: [SPACE Hertfordshire](#)
This course is commissioned by Hertfordshire County Council



QUEENS' SCHOOL
Dare to be Great

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



TALKING SENSORY

3 Week Online Courses



Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

Mondays 27th January and 3rd, 10th February: 19:00-21:00
OR
Wednesdays 12th, 19th, 26th March: 10:00-12:00



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



NAVIGATING THE SEND WORLD

4 weeks online course

● ● ● Thursdays 6th, 13th, 20th, 27th March, 10am-12pm

Course outcomes

- Feel more empowered to seek support
- Increase your awareness of what services are available for your family
- Learn the acronyms and language you will need to be familiar with
- Understand the referral systems
- Be able to navigate the Herts SEND Local Offer and gain knowledge of services and support across health, education and social care
- Improve your understanding of the diagnosis pathway and what it means for your child
- Feel confident about what to do next and how to access the support and services you need



Book via Eventbrite: SPACE Hertfordshire
This course is commissioned by Hertfordshire County Council



QUEENS' SCHOOL
Dare to be Great

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



PARENTING ADHD

3 week online course

● ● ● Mondays 25th February and 3rd, 10th March, 10am-12pm

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



SLEEP TIGHT

3 weeks online course

● ● ● Tuesdays 7th, 14th and 21st January, 10am-12pm

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



QUEENS' SCHOOL
Dare to be Great

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



SPRING TERM 2025 FREE ONLINE WORKSHOPS

Monday 6th January	18:30-20:30	ADHD in Girls and Women
Tuesday 7th January	18:30-20:00	Access Arrangements
Wednesday 8th January	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 9th January	10:00-12:00	Navigating the SEND World
Friday 10th January	10:00-12:00	Understanding Behaviour as Communication
Monday 13th January	18:30-20:30	Navigating the SEND World Post 16
Tuesday 14th January	18:30-20:00	Understanding and Supporting Executive Functioning
Wednesday 15th January	10:00-11:30	Understanding Dyslexia
Thursday 16th January	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 17th January	10:00-12:00	Anxiety and SEND
Monday 20th January	10:00-12:00	Therapeutic Thinking for Parent Carers
Monday 20th January	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 22nd January	10:00-12:00	EHCP: New Applications
Friday 24th January	10:00-11:00	Understanding Autism
Tuesday 28th January	10:00-12:00	Sleep Workshop
Wednesday 29th January	10:00-11:30	Autistic Girls
Friday 31st January	10:00-12:00	PDA, ODD and ADHD
Tuesday 4th February	10:00-11:30	EHCP: Annual Reviews
Wednesday 5th February	10:00-11:30	Planning For Your Child's Future
Monday 10th February	10:00-11:00	Understanding ADHD
Tuesday 11th February	10:00-12:00	Puberty and SEND
Tuesday 11th February	18:30-20:00	Understanding Tics and Tourette's
Friday 14th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
HALF TERM		
Monday 24th February	10:00-12:00	ADHD in Girls and Women
Monday 24th February	18:30-19:30	Understanding Autism
Wednesday 26th February	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 27th February	18:30-20:30	Puberty and SEND
Monday 3rd March	18:30-19:30	Understanding ADHD
Wednesday 5th March	10:00-12:00	Navigating the SEND World Post 16
Thursday 6th March	18:30-20:00	Autistic Girls
Friday 7th March	18:30-20:00	Understanding Behaviour as Communication
Monday 10th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 13th March	10:00-11:30	Understanding Dyslexia
Friday 14th March	10:00-12:00	PDA, ODD and ADHD
Monday 17th March	18:30-20:30	Navigating the SEND World
Tuesday 18th March	10:00-12:00	Anxiety and SEND
Friday 21st March	10:00-11:30	Understanding Tics and Tourette's
Monday 24th March	19:00-21:00	Sleep Workshop
Tuesday 25th March	10:00-11:30	Understanding and Supporting Executive Functioning
Thursday 27th March	19:00-21:00	EHCP: Submission to Finalisation
Friday 28th March	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD



scan me


spaceherts.eventbrite.co.uk


The majority of these workshops are funded by
The Targeted Parenting Fund



Autism | ADHD
Neurodiverse Conditions





- Online course -Parenting SEN Children Through Separation delivered by Family Lives.
- BeeZee Bodies are running their group Beezee Families programme in 6 locations across Hertfordshire starting week commencing 20th January 2025
- Families feeling Safe share their fully funded Protective Behaviours courses starting in January

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.



These courses will be delivered by MS Teams over 6 sessions, on the following dates:

- Monday 24 February & 3, 10, 17, 24, 31 March 2025
Evening: 7.00pm - 9.00pm
- Tuesday 25 February & 4, 11, 18, 25 March & 1 April 2025
Daytime: 9.30am - 11.30am

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



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. 3817762. Registered charity No.1077722. Registered address: The Annex, York House, Salisbury Square, Hatfield, AL9 5AD.



Dear Parents and Carers,

We are pleased to provide details of our fully funded Protective Behaviours courses starting in January. Places are for parents and carers who may need support. There are courses for Mums, Dads and Carers with one for Dads and Male Carers who may need support. Courses are running online and in-person:

Online for Mums, Dads & Carers:

- Daytime: 9.30am – 11.30am, 28 January – 25 March
[please click here for the poster...](#)
- Evenings: 7.00pm – 9.00pm, 28 January – 25 March
[please click here for the poster...](#)

Online For Dads & Male Carers:

- Evenings: 7.00pm – 9.00pm 30 January – 27 March
[please click here for the poster..](#)

In-person:

- Hertford 21 January – 18 March 9.30am – 11.30am
[please click here for the poster...](#)
- Broxbourne 24 January – 26 March 9.30am – 11.30am
[please click here for the poster...](#)

This evidence-based course can parents/carers to:

- Understand what may be influencing their 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 their own and their child's strengths
- Learn strategies to help them and their family feel safe

For all enquiries, and to reserve a place, please email enquiries@familiesfeelingsafe.co.uk or Tel 07850 518216

To make a referral, [please click here for our Parent Registration form...](#)

Understanding my Autism/ADHD

- Open to Hertfordshire children aged 7-16
- Post or Pre-diagnosis
- Online or face-to-face
- Visit: thetoolbox.mindler.co.uk



Cogs APP

- Young People aged 14+
- Providing support and information on Autism and ADHD
- No diagnosis required.
- **Free access**
- To sign up, visit thetoolbox.mindler.co.uk

Digital Webinars

- On demand webinars
- Topics relating to Autism, ADHD and the SEND world
- Available on the Hertfordshire Local offer.



Toolbox Live Chat

- Receive real-time support and guidance for children and young people (CYP) with Autism or ADHD.
- Access expert advice tailored to their feelings and concerns.
- **No diagnosis** required.

The Toolbox

- Dedicated website for young people to gain support on ADHD and Autism.
- Signposting to services and interventions in Hertfordshire.
- Self-help tools and interactive livestreams available.
- Visit: thetoolbox.mindler.co.uk

Support Hub

- **No diagnosis** required to access this support.
- Available to **parents, carers, and professionals.**
- Evening appts available to book.
- Call or WhatsApp the team on 01727 833963

