

# DSPL4 Parent/Carer Newsletter

DSPL4

## What's Happening This Month

### DSPL4 Parent Carer Coffee Morning The Move To Secondary School

You are invited to a relaxed and supportive coffee morning designed to offer valuable information with a focus on the move to Secondary School

This event promises to be both informative and enriching with a range of professionals available to you; we encourage you to bring any questions or topics you would like to discuss.

We look forward to seeing you there and fostering a strong, supportive community together!

Monday 20<sup>th</sup> April  
9:00-10:30am  
High Leigh Primary School  
EN11 8GF



## Workshops and Activities

### Families Feeling Safe 8 Week Course

Friday Mornings 9.30-11.30am

See Flyer Attached

### Understanding and Managing Anger in Primary School Children with Aurtim and ADHD 6 Week Course. See Flyer Attached

Tuesdays Mornings, Afternoons or Evenings.

### Handling Anger in Your Family 5 Week Course Monday Evenings 7-8.30pm

See Flyer Attached

### A Complete Guide to Parenting Children with Autism and ADHD 9 Week Course. See Flyer

Wednesday Mornings or Evenings.

SPACE workshops and activities

POTENTIAL KIDS activities

HERTS SEND workshops and activities

## DSPL4 Contact

**Managers** - dspl4manager@wormleyprimary.co.uk

**SEND Lead** - llee@wormleyprimary.co.uk

**Post 16 Coordinator** - smahaney1@hrc.ac.uk

## SEND Advice Services

Herts Parent Carers

Herts Local Offer

Herts SENDIASS

IPSEA

Kids

SOS SEN

## Mental Health Services

Youth Talk

Sandbox - Minder

NHS School Nurse

Wellbeing Practitioner

Just Talk Herts

MIND - With Youth

## Family Support

Family Support Workers:

HABS

CHEXS

BCW

Other Types of Family Support:

Supporting Links

Families First

Families in Focus

SPACE

ADD-VANCE Neurodiversity Support Hub

## SEND Advice Line

**Early years** (0 - 5) 01442 453 920 Wed 9-12pm Thurs 1.30-4pm

**Physical and neurological impairment team** (PNI)

01442 453 920 Monday 1.30pm - 4pm

**Education Support for Medical Absence** (ESMA) 01442 454 802

esmaenquiries@hertfordshire.gov.uk

**Neurodiversity Hub** 01727 833963 Monday to Friday 9am - 1pm

# Families Feeling Safe

Supporting families with Protective Behaviours

**BROXBOURNE**  
starting  
April 2026

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



**Friday mornings**  
**9.30am—11.30am**  
**24th April to 26th June**  
(excluding half term)

**At**  
**Wormley School Community**  
**Room**  
**Cozens Lane East,**  
**Broxbourne, EN10 6QA**

Funded by  
Hertfordshire  
County Council



Please like us on Facebook for further updates @familiesfeelingsafe

**Are you looking for some strategies and new ideas to help improve family life? This 9 week fully-funded term time course can help you to:**

- Understand how Feelings, Thoughts and Behaviour link together
- 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

**For eligibility and to book your fully funded place please use this link or the QR code**

<https://forms.office.com/e/iz949mReq8>

or email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)



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](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)



Families In Focus CIC  
LOOKING FORWARD TOGETHER

## **Understanding & Managing Anger in Primary Children with Autism & ADHD**

**FREE Online Course for Parents in Hertfordshire**

**Why join Francine & Lesley on this course?**

**Understand more about Autism, ADHD,  
and sensory needs**

**Learn what's happening in your child's brain  
during anger**

**Gain practical tools for emotional regulation**

**Build calmer routines and reduce daily stress**

**Connect with other parents in a supportive space**

**6 x Tuesdays: 9.30am to 11.30am or**

**6 x Tuesdays: 12.30pm to 2pm or**

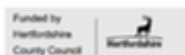
**6 x Tuesdays: 6.30pm to 8.30pm**

**April 14th 21st 28th & May 5th 12th 19th**



**Email Francine & Lesley:**

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





Families In Focus CIC  
LOOKING FORWARD TOGETHER

Award winning online, interactive courses with  
Francine & Lesley

## Handling Anger in Your Family

A FREE Online Course for Hertfordshire Parents  
of Primary-Aged Children (No SEN Needs)

This course will support you to create more  
calm & connection at home

- Understand why children react with anger
- Recognise what's happening beneath the behaviour
- Learn tried and tested techniques to help children de-escalate
- Support your child to change reactions to trigger situations

Monday evenings from 7pm to 8.30pm

April 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup> & May 11<sup>th</sup> 18<sup>th</sup>

Email Francine & Lesley:  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

Funded by  
Hertfordshire  
County Council





Families In Focus CIC  
LOOKING FORWARD TOGETHER

## **A Complete Guide to Parenting Children with Autism & ADHD**

(Including children on assessment pathways)

FREE Online Course for Hertfordshire Parents of  
Children Aged 2-11

### **Support, Understanding & Practical Strategies for Family Life Living with Neurodivergent Children**

This evidence-based course helps you:

Increase understanding of Autism, ADHD, and  
sensory needs

Make sense of your child's behaviour and emotional  
responses

Learn practical, tried-and-tested strategies for  
calmer days

Support siblings with understanding and connection

Navigate EHCPs, and local services

Wednesday mornings 9.30-11.30 or  
evenings from 6.30pm to 8.30pm

**April 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup> & May 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> & June 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup>**

Funded by  
Hertfordshire  
County Council



## MARCH 2026 ACTIVITIES

| Date                  |      | Sessions                                                     | Time           | Venue                       |
|-----------------------|------|--------------------------------------------------------------|----------------|-----------------------------|
| 2nd,16th<br>30th      | Mon  | <b>Dungeons &amp; Dragons 18-25</b><br>(contact for details) | 12.30<br>3.00  | The Zone@The Galleria       |
| 3rd                   | Tue  | <b>Connect Primary age</b>                                   | 4.30<br>6.00   | The Zone@The Galleria       |
| 4th,11th<br>18th,25th | Fri  | <b>Early Years Stay &amp; Play</b>                           | 12.30<br>2.00  | The Zone@The Galleria       |
| 5th,12th<br>19th,26th | Thu  | <b>Bushcraft/Stem</b><br><b>Home Ed Age 4+</b>               | 10.30<br>12.00 | Potential to Grow<br>Garden |
| 5th                   | Thur | <b>Teen Group 12 Plus</b>                                    | 5.00<br>6.30   | The Hub@The Galleria        |
| 6th,20th<br>27th      | Fri  | <b>Parent /Carer Wellbeing</b>                               | 12.30<br>2.00  | The Zone@The Galleria       |
| 7th,21st<br>28th      | Sat  | <b>Family Football</b>                                       | 4.00<br>5.00   | Birchwood Leisure<br>Centre |
| 9th,23rd              | Mon  | <b>Dungeons &amp; Dragons 12 +</b><br>(contact for details)  | 12.30<br>3.00  | The Zone@The Galleria       |
| 12th,26th             | Thur | <b>Trampolining Age 5+</b>                                   | 5.30<br>6.30   | Gosling Sports Centre       |
| 13th                  | Fri  | <b>Youth Group 16 Plus</b>                                   | 6.30<br>8.00   | The Hub@The Galleria        |
| 14th                  | Sat  | <b>Basketball/Archery</b>                                    | 4.00<br>5.00   | Birchwood Leisure<br>Centre |
| 19th                  | Thur | <b>Connect Teens yr7 plus</b>                                | 5.00<br>6.30   | The Zone@The Galleria       |
| 27th                  | Fri  | <b>Skateboarding Age 9+</b>                                  | 5.30<br>6.30   | Pioneer Club St Albans      |
| 28th                  | Sat  | <b>Potential Tracks Train Club</b><br><b>10+</b>             | 12.00<br>2.00  | The Hub@The Galleria        |

To book visit : [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

For futher information email: [info@potentialkids.org](mailto:info@potentialkids.org)

the galleria  
OUTLET SHOPPING



SCAN FOR ALL OF OUR  
IMPORTANT LINKS

