

DSPL4 Parent/Carer Newsletter



What's Happening

SPACE Exploring Emotionally Based School Non Attendance (EBSNA)

17th June 2026 from 10-12 Online [Book here](#)

This workshop is designed to empower parents and carers with the knowledge and strategies they need to understand and respond to emotionally based school avoidance or non-attendance.

Hertfordshire's Digital Mental Health Services

Children and young people registered with a Hertfordshire GP can access support for emotional wellbeing and mental health through a range of free digital services. These include [WithYouth](#) for 5-18 year olds, including the Lumi Nova game, and [Sandbox](#) for 10-25 year olds

Workshops and Activities

Supporting Your Child's Transition to Secondary School - online

Thursday 25th June | 7:00-8:00pm | Zoom

[Sign up here!](#)

Parental Alienation Workshop

This workshop is designed to support separated/divorced parents and protect parent-child relationships.

07.07.26

09.07.26

9.30 to 11.30am

7pm to 9pm

Online - MS Teams

Online - MS Teams

[To book](#)

[HERTS SEND LOCAL OFFER](#) - Workshops and Activities

[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

Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.

Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see programme for dates



Our podcasts series “Neurodiversity Chats” cover a wide range of topics, search “Neurodiversity Chats” on Spotify or Apple Podcasts or listen on our website:
<https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelssupportgroup.org.uk

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
2 June Understanding Demand Avoidance and PDA	3 June Meet Up and Chat		
9 June Speaker: KayReeve - Emotional Awareness Expert		10 June Meet Up and Chat	
16 June Speaker: CYPMHS,PALMS and Early Help			18 June Evening Parent/Carer Support Group
23 June Helping to reduce meltdowns			
30 June Making the most of meetings with professionals	1 July Meet Up and Chat		
7 July Supporting Sensory Needs		8 July Meet Up and Chat	
14 July Autism and Anxiety			16 July Evening Parent/Carer Support Group
21 July Surviving the Summer Holidays			



WEEKLY ONLINE WORKSHOP AND SUPPORT

10AM-12PM EVERY TUESDAY DURING TERM TIME



FREE :Workshop topic
presentation opening to
online support on any topic



Topic List:

- 2 June - Understanding Demand Avoidance and PDA
- 9 June - Speaker: Kay Reeve - Emotional Awareness Expert
- 16 June - Speaker: CYPMHS, PALMS and Early Help
- 23 June - Helping to reduce meltdowns
- 30 June - Making the most of meetings with professionals
- 7 July - Supporting Sensory Needs
- 14 July - Autism and Anxiety
- 21 July - Surviving the Summer Holidays

Scan this QR code to access our support
and zoom links



www.angelssupportgroup.org.uk

Parent Alienation Workshop

A parenting workshop designed to support separated/divorced parents and protect parent-child relationships

The workshop will cover:

- Increase understanding parental alienation
- Recognising common patterns and behaviours in ourselves and others
- Exploring the emotional impact on children and parents
- Develop communication and de-escalation skills
- Maintain parent-child bond during reduced contact
- Improve confidence with professionals

Dates and times

Tuesday 7th July 2026, 9.30am to 11.30am

OR

Thursday 9th July 2026, 7.00pm to 9.00pm

**The workshops
will be online
via MS TEAMS**

To book your place, call Louise on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



We build better family lives together

www.coramfamilylives.org.uk

 **@CoramfamilyLivesHertsandBeds**

Funded by
Hertfordshire
County Council



Groups and workshops



Summer 2026

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

Thursday 14th May to 25th June, 7pm - 9pm

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 weeks) Online group

Wednesday 13th May to 24th June, 7pm-9pm | Monday 1st June to 6th July 9.30am to 11.30am

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.

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

Friday 5th June to 10th July, 9.30am to 11.30am

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? 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.

Sibling Rivalry Online Workshop

Thursday 25th June, 9.30am to 11.30am

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

Reducing Conflict Online Workshop

Tuesday 7th July, 7pm to 9pm

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

Anxiety around ADHD Online Workshop

Thursday 11th June, 9.30am to 11.30am

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.

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.



We build better family lives together

www.coramfamilylives.org.uk



@coramfamilyliveshertsandbeds

Funded by
Hertfordshire
County Council



Coram Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No. 1077722. Registered address: Coram Family Lives, Coram Campus, 41 Brunswick Square, London, WC1N 1AZ



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:
Increase understanding of Autism, ADHD, and sensory
differences

Make sense of your child's behavioural responses
Learn tried-and-tested strategies for calmer days
Support siblings with understanding and connection
Navigate EHCPs, and local services and much more...

9 x Tuesday mornings 9.30-11.30 or
9 x Tuesday evenings from 6.30pm to 8.30pm

September 8, 15, 22, 29 &

October 6, 13 &

November 3, 10, 17

Funded by
Hertfordshire
County Council



Parent & Carer Support

Autumn Term 2026



FREE to parents and carers living in Hertfordshire

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, 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 8.00 – 9.30pm

15th Sep to 20th Oct ages **10-19**
Online Course ID 864

Tuesdays 9.45 - 11.15am

3rd Nov to 8th Dec ages **2-19**
Online Course ID 859

Wednesdays 7.00 - 9.00pm

4th Nov to 9th Dec ages **2-19**
F2F Course: ID 858
Venue TBC
Hemel Hempstead

TALKING FAMILIES

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

- Managing 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

17th Sep to 22nd Oct
Online Course ID 861

Wednesdays 9.45 - 11.15am

4th Nov to 9th Dec
Online Course ID 860

TALKING ANXIETY

6, weekly sessions for parents and carers of children **3-19**, 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.



Wednesdays 7.45 - 9.30pm

4th Nov to 9th Dec
Online Course ID 862

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, 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.



Supporting Links
Promoting Strong Family Relationships

Wednesdays 7.45 - 9.15pm

16th Sep to 21st Oct

Online Course: ID 867

Tuesdays 7.45 - 9.15pm

3rd Nov to 8th Dec

Online Course: ID 868

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & 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

15th Sep to 20th Oct

Online Course: ID 863

TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: the 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 7.45 - 9.15pm

16th Sep to 21st Oct

Online Course: ID 865

Wednesdays 7.45 - 9.15pm

4th Nov to 9th Dec

Online Course: ID 866

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

ACTIVE8 Summer

MULTI-SPORT HOLIDAY CLUB



AUGUST 3RD - 21ST 08:45-15:45
AT AMWELL VIEW SCHOOL, SG12 8EH

£36 A DAY
OR £32
WHEN YOU
BOOK A FULL
5 DAY WEEK

FOR AGES 8-11



NETBALL



FOOTBALL



CLIMBING

Active8 is a new MultiSport Holiday Club for 8-11 year olds to build skills & confidence through sport before starting secondary school.

Set within the grounds of Amwell View School the club benefits from all of the amazing facilities including auto-belay climbing wall, soft play, dance studio, sports hall and sports fields.

Active8 will provide opportunities to play and learn skills in a full range of sports from tag-rugby, cricket, basketball, netball, football to tennis, volleyball, rounders, dodgeball and many more.

Spots fill fast - Sign up today for a summer they won't forget!

Why Join

- FUN & ACTIVE MULTI-SPORT TRAINING
- EXPERT SECONDARY PE TEACHERS & COACHES
- AMAZING FACILITIES & TUCK SHOP
- SKILL-BUILDING, TEAMWORK & CONFIDENCE
- EASY BOOKING, GREAT VALUE
- SAFE & SUPERVISED

For more information:
www.active8multi-sports.co.uk



Scan here to
book now!

Easy drop off/pickup, plenty onsite parking

