



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

29th April 2026

Welcome to the 14th DSPL9 newsletter for the academic year 2025/26 .

This provides families and school colleagues with current local SEND information with a focus on **Parents and Families**.

This newsletter is published fortnightly during term time. Next edition- **13th May 2026**

Please contact Triage enquiries@dsplarea9.org.uk if your child or young person has complex needs that you require further support with.

DSPL9 support

- DSPL9 Parent and Carer Coffee Mornings for all parents of children with SEND in May 2026.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA

Other services offering support or training

- [Add Vance](#) would like to remind about their support line
- All dates for the summer term have now been confirmed for Coram Family Lives online parenting groups and workshop. Funded by Herts County Council, the groups and workshops are open to all parents/carers who live in Hertfordshire or who have a child attending a Hertfordshire school.
- North Hertfordshire College is pleased to announce their May open event at **Springboard Watford**
- Potential Kids have a busy May ahead, with a fun filled half term to end the month. All activities are online and ready to book .
- A limited number of spaces remaining to attend Supporting Links Talking Families Workshops in June and July.



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For all parents/carers of children with SEND

Tuesday 12th May 2026 10-11.30am

ASDA WATFORD COMMUNITY ROOMS
ST ALBANS RD, WATFORD WD24 7RT

Please join the DSPL9 Triage team to find out about the support available locally and to meet other parents and carers of children with SEND. We are delighted that Charlotte from [HPCI](#) will be also be in attendance to share information about how they support parents of children with SEND.

If you would like to attend or to find out more please email us at
enquiries@dsplarea9.org.uk



DSPL 9

Emotionally Based School Anxiety Coffee Morning



DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (emotionally based school anxiety/avoidance).

The event will be run by DSPL 9 with a Family Support Worker and Nessie Therapist available to offer support and guidance.

Dates for 2025-26:

Monday 11th May 2026

Time: 10.00am-11.30am

**Venue: ASDA Community Room 3,
St Albans Rd, Watford WD24 7RT**

Please let us know you will be attending by booking using [this link](#)
or contact admin@dsplarea9.org.uk for further information.



Neurodiversity Support Hub

For Parents, Carers and Professionals across Hertfordshire

 **01727 833 963**

 **supporthub@add-vance.org**

Whether you need practical advice, emotional support or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm

Tues & Thurs: 9am - 3pm

Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am - 1pm

All our helpline team are parents/carers of neurodivergent children.

No
diagnosis
required



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



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North Hertfordshire College is pleased to announce our May open event at **Springboard Watford** which will be held on **Thursday 7th May 3pm – 5pm** at our prestigious premises. This is an opportunity for professionals, parents, and prospective students to meet the team and find out more about the Springboard programme.

**Springboard
Unit 8 Wilmington Close
Watford
Hertfordshire
WD18 0FQ**

The nearest car park is local Sainsbury's where you can park for free for two hours, or Gade car park in Rosslyn Road and Wilmington Close is off Upton Road:

<https://citipark.co.uk/car-parks/watford/gade-car-park>

If you are not already aware of Springboard, it is a full-time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress into mainstream college and work. The course is delivered in self-contained teaching centre in Watford.

Springboard course is for school leavers - young people aged 16 and over who require additional support before progressing to a cross college vocational course or employment. Many of our students have a diagnosis or traits of autism. Many have associated emotional and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood. We do also consider 15-year-olds but only if they have an EHCP – subject to funding being approved by the county.

Our students study Employability, Functional Skills Maths and English from Entry 3 to Level 2, Creative Arts (Drama) Therapy, Life Skills, Personal Development and Wellbeing, Vocational tasters in Art, Cooking and First Aid, Enrichment, and complete 34 hours of work experience in their vocational area of interest. We support our students to transition into cross college vocational courses, supported internships or apprenticeships or employment by helping them to discover what they want to do after Springboard, arranging taster sessions and supporting them at interviews.

Students need to meet our assessment criteria in order to access the provision although individual needs are always considered, and decisions are made on a case by case basis and subject to funding being approved by the Local Authority.

If you would like to attend, please RSVP to Mark Kucper: mkucper@nhc.ac.uk or text / call us on: 07961522708.

To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend. The event is on drop in basis.

If you are unable to attend but would like to find out more about our provision, we would be happy to arrange a visit on an individual basis. Please email mkucper@nhc.ac.uk

MAY 2026 ACTIVITIES

Date		Sessions	Time	Venue
1st,8th 15th,22nd	Fri	Gardening for Wellbeing	10.30 12.00	Potential to Grow Garden
1st,8th 15th,22nd	Fri	Parent /Carer Wellbeing	12.30 2.00	Potential to Grow Garden
2nd,16th 30th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre Astro Turf
18th	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.30	The Zone@The Galleria
5th	Tue	Connect Primary age	4.30 6.00	The Zone@The Galleria
7th,14th 21st,	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
7th,21st 28th	Thur	Trampolining Age 5+	5.30 6.30	Gosling Sports Centre
7th	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
8th	Fri	Youth Group 16 Plus	6.30 8.00	The Hub@The Galleria
9th	Sat	Basketball/Archery	4.00 5.00	Birchwood Leisure Centre
11th,25th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.30	The Zone@The Galleria
14th,	Thur	Fun Rings	5.00 6.00	The Snow Centre Gosling
16th	Sat	Family Canal Boat Trip	10.00 2.00	Waterways Hemel Hempstead
23rd - 30th		<u>PLEASE SEE OUR FLYER FOR MAY HALF TERM ACTIVITIES</u>		

To book visit : potentialkids.org.uk/events
For further information email: info@potentialkids.org

SCAN FOR ALL OF OUR
IMPORTANT LINKS



MAY HALF-TERM



POTENTIALKIDS.ORG.UK/EVENTS

Tuesday

Wednesday

26th

27th



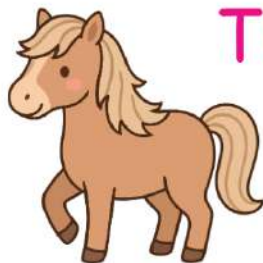
Cooking/Gardening
10.30-12.30pm



Roller Skating
6-7.30pm



Fun Rings
1-2pm



Pony Care
10-12am & 1-3pm

Thursday

28th



Trampolining
6-7pm

Friday

29th



Skateboarding
5.30-6.30pm

Saturday

30th



Potential Tracks
12-2pm



Family Football
4-5pm

TALKING FAMILIES



Delivered online using Zoom

Mondays 8.00 - 9.30pm Course ID: 833
01-Jun, 08-Jun, 15-Jun, 22-Jun, 29-Jun, 06-Jul 2026

Wednesdays 9.45-11.15am Course ID: 832
03-Jun, 10-Jun, 17-Jun, 24-Jun, 1-Jul, 8-Jul 2026

6, weekly sessions for parents and carers of children under 12, sharing tips on how to:

- **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**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

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