



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

3rd June 2026

Welcome to the 16th 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- **17th June 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 will release dates for all SEND and EBSA coffee mornings for next academic year soon.

Other services offering support or training

- [Add Vance](#) would like to remind about their support line
- Have your say on Hertfordshire's Digital Mental Health Support for Children Recommission
- [Supporting Links](#) are now taking bookings for their Autumn Term Courses
- [Potential Kids](#) have lots of great activities in June
- [Step 2Skills](#) are running subsidised courses in local libraries this Summer
- [Coram Family Lives](#) host a workshop designed to support separated/divorced parents and protect parent-child relationships.
- [The Emotional Mental Wellbeing in Education Team](#) provide advice, guidance and signposting for parents/carers whose children are struggling to attend school regularly.



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.





Dear Parent/Carer,

In Hertfordshire children and young people who are registered with a Hertfordshire GP can currently access a range of services to support them with their emotional and mental wellbeing.

This includes free **online, virtual and digital support** delivered through **WithYouth** young people's service for 5-18-year-olds (including the **Lumi Nova** game) and the **Sandbox** for 10–25-year-olds.

To ensure we are commissioning services that are based on the needs of children and young people, Hertfordshire County Council and the NHS are seeking the views of those who have or may access these services' support.

By completing this short survey as a young person or a parent/carer of a young person, you will help us understand your views and opinions as well as indicating what you might want from future online, virtual or digital mental health and emotional wellbeing support.

Complete the survey as a Parent/Carer or child or young person
here: <https://surveys.hertfordshire.gov.uk/s/KTULEE/>

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

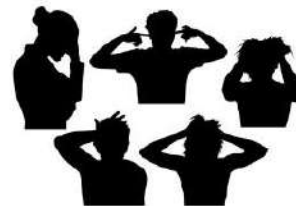
Wednesdays 9.45 - 11.15am

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.



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



POTENTIAL KIDS

JUNE 2026 ACTIVITIES

For Neurodivergent Children, Young People
Their Siblings and Parents/Carers



Date	Sessions	Time	Venue
1 st , 15th, 22nd, 29th	Mon Dungeons & Dragons (12+,18+) (contact for details)	12.30 3.30	The Zone@The Galleria
2nd, 9th, 16th, 23rd, 30th	Tue Coding and Game design Home Ed Age 6-12	1.00 3.00	The Zone@The Galleria
2nd	Tue Connect Primary age	4.30 6.00	The Zone@The Galleria
4th, 11th, 25th	Thu Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
4th, 18th	Thur Trampolining Age 5+	5.30 6.30	Gosling Sports Centre
4th	Thur Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
5th, 12th, 19th, 26th	Fri Gardening for Wellbeing	10.30 12.00	Potential to Grow Garden
5th, 12th, 19th, 26th	Fri Parent /Carer Wellbeing	12.30 2.00	Potential to Grow Garden
5th	Fri Parent/Carer Social eve Pizza, Art & Jewellery Making	6.30 9.30	Potential to Grow Garden
11th	Thur Fun Rings	5.00 6.00	The Snow Centre Gosling
12th	Fri Youth Group 16 Plus	6.30 8.00	The Hub@The Galleria
13th, 28th	Sat Sun Water Wipout	11.15 12.30	Lee Valley White Water Centre
13th	Sat Basketball/Archery	4.00 5.00	Birchwood Leisure Centre
13th, 27th	Sat Family Football	4.00 5.00	Birchwood Leisure Centre
16th	Tue Roller Skating	6.00 7.30	Roller City WGC
26th	Fri Skateboarding	5.30 6.30	The Pioneer Club St Albans
27th	Sat Potential Tracks	12.30 3.30	The Zone@The Galleria



To book visit : potentialkids.org.uk/events



SCAN FOR ALL OF OUR INSTANT LINKS



the gallery
OUTLET SHOPPING

For further information email: info@potentialkids.org





Our courses at Hertfordshire Libraries



This summer, Step2Skills is bringing learning closer to home with a fantastic range of *Learning in Libraries* courses, delivered in partnership with Hertfordshire Libraries.

Hosted in welcoming, local library spaces, these courses offer the perfect opportunity to build new skills in a supportive and accessible environment.

From digital skills to confidence building and pathways into working in schools, the summer programme is designed to help you grow your confidence, explore new interests, or take your next step towards employment or further learning.

What's Coming Up

- **Introduction to Working in Schools** - Begins 2nd June - 9.15am - Oxhey Library - £35
- **Introduction to Working in Schools** - Begins 2nd June - 1pm - Hemel Hempstead Library - £35
- **Digital Skills for Work** - Begins 3rd June - 2pm - Stevenage Library - £35
- **Boost Your Confidence** - Begins 3rd June - 9.30am - Oxhey Library - £35
- **Digital Photography** - Begins 23rd June - 10.15am - Hatfield Library - £35
- **Digital Photography** - Begins 25th June - 1.30pm - Hoddesdon Library - £35
- **Social Media for Business** - Begins 25th June - 9.30am - Hoddesdon Library - £35
- **Motivation and Time Management** - Begins 8th July - 9.30am - Oxhey Library - £10
- **Level 1 Award in Setting and Achieving Personal Goals** - Begins 3rd June - 1pm - Hatfield Library - £55
- **Level 2 Award in Digital Marketing** - Begins 3rd June - 10.15am - Stevenage Library - £55

Whether you're looking to boost your career prospects, discover a new passion, or invest some time in yourself, find out more about dates, locations and how to book:

<https://www.step2skills.org.uk/courses>

Learning starts here – right on your doorstep.

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

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County Council



INFORMATION AND ADVICE ABOUT EMOTIONALLY BASED SCHOOL NON-ATTENDANCE (EBSNA) FOR FAMILIES

EBSNA can affect children and young people of any school age. It can happen as a result of a wide range of different factors – home, wider family, community, school, friendships – often a combination of some or all of these.

WHY COULD MY CHILD BE ANXIOUS?

Anxieties can stem from a number of things such as:

- An unmet special educational need such as autism, ADHD, dyslexia or dyspraxia
- Friendship issues, not 'fitting in', or bullying
- Finding schoolwork confusing and overwhelming
- Separation anxiety
- Trauma
- Bereavement
- Low self-esteem
- The environment itself - especially for those who are autistic and/or neurodivergent



A child might become anxious about school at any stage. It can occur when children start school or transition into secondary school, or it might be related to puberty or hormonal changes. Read more on the [Local Offer website](#).



WHAT ARE THE WARNING SIGNS

- ? Can you spot patterns in your child's absence from school, e.g. certain days/activities?
- ? Does your child regularly say they don't want to go to school, or reluctant/delaying going to school?
- ? Does your child struggle with changes to environment, routine or stimulus?
- ? Are there physical symptoms on school days e.g. tummy aches, feeling sick, headaches?

(NB please always check with a GP to rule out any medical cause or illness).



WHAT TO DO

- 👍 Ask for a meeting with your child's school involving someone who knows your child e.g. class teacher, pastoral lead, SENCo. Be prepared by taking along any notes about the things your child finds difficult.
- 👍 Work together with school to build a child centred plan that understands the underlying problems which are making your child feel anxious about going to school. This could include adjustments to help your child access their education. There are tools which can help such as [Hertfordshire's EBSNA Framework](#).
- 👍 Include your child's voice in any plan as they are more likely to be able to stick to it. Check in after a while and review it with your school to see what is working well and what is not.
- 👍 Do advocate for your child's needs but also understand the limitations as to what your school might be able to do.
- 👍 If the agreed strategies are not working, speak again with your school to identify other services and professionals that might be able to support your child. The [Herts Hub](#) has a wealth of mental health signposting and ideas for early help.



REMEMBER...

- 👁️ With the right plan in place, being in school supports your child's academic progress, social development and mental wellbeing.
- 👁️ Small steps are often big wins.
- 👁️ **...also ensure that you find ways to support your own wellbeing in the process.**

STRATEGIES TO TRY AT HOME

- ✓ Develop a plan for the evenings, which can include calming activities before bedtime e.g. gentle music, bath, story or reading.
- ✓ Also plan for the morning, and where possible get things ready for the next day the night before (school bag, lunch box etc).
- ✓ Make a diary which includes your child's worries and also identifies positives and what works well.
- ✓ Respond with empathy whilst encouraging small, manageable steps.
- ✓ Visual timetables at home and school might also help.