



Delivering Special  
Provision Locally

## DSPL9 Parent, Carer and Family Newsletter

17<sup>th</sup> June 2026

Welcome to the 17<sup>th</sup> 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- **1<sup>st</sup> July 2026**

Please contact Triage [enquiries@dsplarea9.org.uk](mailto: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
- [Angels](#) share their current weekly online support and workshops
- Looking for affordable, healthy, recipes the whole family will enjoy?  
[Beezee](#) have got something to share
- HCC Childrens and Young People Commissioning Service would like to draw your attention to their SEND Service directory.
- [ADD Vance](#) have some great workshops on offer this summer.



# 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.**



# Angels

AUTISM & ADHD SUPPORT



## 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](http://www.angelssupportgroup.org.uk)

# Need a cheap healthy recipe to make this weekend?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle with time AND finding something everyone will eat. Sounds familiar?

Check out our healthy pizza below for a taste of our recipe selection!



## Ingredients:

1x8 inch tortilla wrap (or you can use pitta bread)  
Tomato passata  
30g grated light mozzarella or cheddar

Toppings of your choice, such as:

- Peppers
- Ham
- Mushrooms
- Spinach
- Sweetcorn
- Tomatoes
- Pineapple



## Method

- Place tortilla/pitta bread on a plate and spread tomato passata over it
- Add your chosen toppings
- Sprinkle with the grated cheese
- Microwave on high until the cheese is just melted (45 seconds), or place in a pre-heated oven at 200/gas mark 6 for 5-10 minutes
- Leave to cool for a few minutes and then enjoy!

## Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today

Our courses are for families with children aged 5+ and above their ideal weight.

Scan the code

...or click here  
to find out more

Sign up today!



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)

**Beezee**  
**FAMILIES**

  
Hertfordshire



## Step up to Secondary

Our free Step up to Secondary programme\* helps Hertfordshire Year 6 children build healthy habits, grow in confidence, and make independent choices.



Interactive weekly live sessions (online or in person)



Fun activities led by experienced health coaches and nutritionists



Simple progress tracker



Family challenges

## Weekly topics

- Week 1** New school, new choices
- Week 2** Building healthy habits
- Week 3** Healthier drinks and snacks
- Week 4** Staying active every day
- Week 5** Making better food choices outside school gates
- Week 6** Celebrating progress and preparing for transition



## When and where

You can choose the best 6-week\*\* option for you:



Mondays,  
from 27 July 2026  
(online webinars):  
6:30–7:30pm



Tuesdays,  
from 28 July 2026  
(online webinars):  
6:30–7:30pm



Tuesdays,  
from 28 July 2026  
(in person):  
5:00–6:30pm,  
at Breaks  
Manor Youth &  
Community Centre,  
Hatfield, AL10 8TP



Wednesdays,  
from 29 July 2026  
(online webinars):  
5:30–6:30pm

Join for FREE today



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)



01707 248648



\*Our group programmes are for children above their ideal weight. \*\*You need to attend a minimum of four weekly sessions. See our website for more information.



Are you a family with children and young people aged 0-25 with Special Educational Need and/or Disabilities looking for local activities?

The SEND directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered for our Herts Card (SEND).

[www.hertfordshire.gov.uk/SENDdirectory](http://www.hertfordshire.gov.uk/SENDdirectory)

[Explore the SEND community directory here](http://www.hertfordshire.gov.uk/SENDdirectory)



# FREE ONLINE SUMMER 2026 WORKSHOPS FOR HERTS PARENTS/CARERS

## June/July Dates

<b>Online Workshops</b> funded by Hertfordshire County Council	<b>Day</b>	<b>Date</b>	<b>Time</b>
Applying for an EHCP	Mon	1.6.26	19:00 - 20:30
Preparing for an EHCP Review	Wed	3.6.26	10:00 - 11:30
Understanding Anxiety	Fri	5.6.26	10:00 - 11:30
Tips & Tools to Manage Anxiety	Mon	8.6.26	19:00 - 20:30
Tips & Tools to Support Puberty	Wed	10.6.26	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Mon	15.6.26	19:00 - 20:30
Understanding Medication Options	Wed	17.6.26	10:00 - 11:30
Tips & Tools to Support Social Skills	Mon	22.6.26	19:00 - 20:30
Tips & Tools to Manage Eating Difficulties	Wed	24.6.26	10:00 - 11:30
Tips & Tools to Support Emotional Development	Mon	29.6.26	19:00 - 20:30
Tips & Tools to Manage Everyday Changes	Wed	1.7.26	10:00 - 11:30
Tips & Tools to Support Executive Function	Mon	6.7.26	19:00 - 20:30
Tip & Tools for Positive Behaviour	Wed	8.7.26	10:00 - 11:30

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"I picked up so many ideas to try which I'm sure will be an enormous help, thank you so much"

 01727 833963

 <http://www.add-vance.org>

 [herts@add-vance.org](mailto:herts@add-vance.org)

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.