

Dear Parent/Carers,

Happy New Year!

As we start the Spring term in another national lockdown and children are home schooling again we know there will be lots of mixed feeling about this. The DSPL8 team will be working creatively from home and will continue to offer support via this fortnightly communication, which will be sent to all Dacorum Schools, Professionals and our Parent/Carer mailing list. Please also follow our Facebook page (www.facebook.com/dspldacorum) which we will keep regularly updated with information, resources and support available during this time. In addition, you can also contact us directly via the email address below.

Stay safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

Website - www.dacorumdspl.org.uk

Email – dspl@kls.herts.sch.uk

Facebook - www.facebook.com/dspldacorum Instagram – [dspl_dacorum](https://www.instagram.com/dspl_dacorum)

Home Learning Resources and Information

Please find below useful resources and information to help support your child with their home learning:

Hertfordshire Local Offer SEND Documents and resources:

<https://www.hertfordshire.gov.uk/microsites/local-offer/resources-for-parents-and-professionals/send-documents-and-resources.aspx?searchInput=&page=1&resultsPerPage=10&view=card>

Twinkl free SEN Home Learning pack:

<https://www.twinkl.co.uk/resource/send-school-closure-home-learning-resource-pack-t-s-2548769>

BBC TV Lessons:

https://www.bbc.com/mediacentre/2020/bbc-launches-biggest-education-offer-ever?fbclid=IwAR22T5DEktiXRskOSTkZhFrN5beWPKalt_oGN0V1v4hSiBeepmQlrE_N258

BBC Bitesize:

<https://www.bbc.co.uk/bitesize>

The Body Coach PE with Joe:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Orchard Toys Free activities and Worksheets:

https://www.orchardtoys.com/dept/things-to-do_d0127.htm?utm_source=Orchard%20Toys%20-%20Consumer&utm_campaign=2870158957-daily-activity-sheet-06012021-consumer&utm_medium=email&utm_term=0_f800d4fff6-2870158957-320341898&mc_cid=2870158957&mc_eid=b84de0d765&fbclid=IwAR1GRfhL5xpgBvpXUkloZKVd4W1ol2r6FkqgINC8PcrvHiOSKQQ-qp1ZJQU

Speech and Language home learning resource:

https://21together.org.uk/speech-and-language-1?fbclid=IwAR3GgR1AqrJqRASVbs9h3VMWRLkIkwr841K0n4awB9K_ASx6U5wx3SBMjQ



Managing anxiety

Tips for families



Model calmness

You can show others there is no need to panic by acting and behaving calmly. Monitoring your own feelings will reassure autistic loved ones.



Validate feelings

Don't dismiss or reject feelings, instead let others know it's fine to feel anxious or angry. Helping people feeling calm and understood is very powerful and lets them process their feelings in a healthy way.



Share balanced information

News coverage can heighten people's fears of the worst-case scenario, but this isn't necessarily true and can be damaging. Seek fact-based information from reliable sources and take care not to present your fears as facts.



Listen actively

Listen to family members' feelings and fears and ask questions without judgement. Many people are worried about what will happen and knowing you are available to listen will make things easier.



Share positive news

Focus on society's many positive responses to this crisis and take time to appreciate and share how each family member positively contributes to family life during this difficult time.



Don't ignore anxiety

We can't always ignore bad feelings and allowing time to deal with these emotions can prevent family members from becoming overburdened by them. If anxiety comes over in waves, schedule 'worry sessions' where time is set aside to address anxieties.

Ambitious about Autism is a registered charity in England and Wales: 1063184 and a registered company: 3375255.

COURSES, WORKSHOPS & SUPPORT

Mini Consultations for Parent/Carers of Children with Autism/ADHD

Please find below dates for Consultations in January 2021. Book a 30-minute session via:

www.dspl8.eventbrite.com More dates will be available next month. **There are still a few slots available on 28th January 2021.**

Free mini consultations for
parent/carers in Dacorum

Facilitated by ADHD/Autism
Specialist Coaches
from ADD-vance



Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—www.dspl8.eventbrite.com for one of the following dates and times:


Tuesday 12/1/2021	10:00 - 11:30
Tuesday 19/01/2021	10:00 - 11:30
Thursday 28/01/2021	19:00 - 20:30

You will receive an email with a zoom invite link nearer the date.

More consultation dates will be available next month.

Raise Resilience Course for Parent/Carers

Don't forget to book your place on this course to help you support your children's wellbeing and build their resilience. The course is pre-recorded so you can either watch it live or at a more convenient time that suits you. For more information and to book your place, click: <https://bounceforward.com/raise-resilience-dacorum-parents-3/>



bounce forward
*Thrive in life.
Start with resilience.*

**Fully Funded by
Hertfordshire DSPL 8**

RAISE RESILIENCE

Helping Children Thrive In The New Normal

A six-session course with worksheets

The coronavirus means we are all facing continued uncertainty. Now as we move in and out of lockdown, you want to support your children in the best possible way. You, and your children may be anxious for a whole host of reasons - leaving you and them feeling stressed, overwhelmed, or exhausted.

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help parents, help their children cope with uncertainty to thrive.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build skills to help their children be more resilient during this uncertain time.

“ Really good sessions with great practical strategies that can really help for both adults and children as well as personally.


Every Wednesday at 10:30am
Starting 13th Jan through to 24th Feb
With one week break for half term

LEARN MORE & SIGN-UP ➤


SEND Surgeries


Dacorum and Link Family Services are offering a 30-minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs. Please see the flyer for more information and a list of school in this Partnership.

Book your 30 minute session via - www.dspl8.eventbrite.com – **There are a few slots still available to book.**



LINK
FAMILY SERVICES
Supporting communities in Link Schools





Dacorum
Enhanced, more integrated & long
lasting services

SEND Surgery – Thurs 21st January 2021

Dacorum and Link Family Services are offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to www.dspl8.eventbrite.com and choose a 30 minute session, providing details of the topic that you would like to cover.


The SEND Surgeries will be held with
Sam Leenders and Nicola Long, SEND School Family Workers

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a Link or DFS Partnership School:

St Albert the Great, Aldbury, Ashlyns, Astley Cooper, Belswains, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk Little Gaddesden, Long Marston, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

More dates will be made available throughout the year



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Provision Locally
Achieving quality outcomes
Dacorum

Dyslexia Support Group

The next support group is on Tuesday 26th January, 1:15-2:45pm. Join the support group via the zoom link below:

Join Zoom Meeting: <https://us04web.zoom.us/j/8447200893...>

Meeting ID: 844 720 0893

Passcode: LDFS2020



No need to book, just drop in!

Dyslexia support group

Support group run by Lyndsey Hooper, Family Support Manager, who will be sharing personal experiences of having Dyslexia.

- Guest Speakers
- Advice
- Support

zoom

Until larger meetings can be arranged again, we've decided to take these meetings to group Zoom calls until times change. Please join us, no need to book.

Join Zoom Meeting:
<https://us04web.zoom.us/j/8447200893?pwd=enlqWkZpUGlVT3d5UHMzWXhhUDhGQT09>

Meeting ID: 844 720 0893
Passcode: LDFS2020

Upcoming Group Support Timetable

2020	
1st December	1.15-2.45pm
2021	
26th January	1.15-2.45pm
9th March	1.15-2.45pm
11th May	1.15-2.45pm
6th July	1.15-2.45pm

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Provision Locally
Achieving quality outcomes

Please note:
This group is only available to Dacorum parents and carers.

Supporting Links Parenting Workshops



TALKING TEENS

From Child to Adult. A workshop for parents.



Thursdays
28th January & 4th February 2021

7.30pm to 9.00pm UK TIME 8.30pm to 10pm CET
Zoom Online Workshop

You will learn about...

The Teen Brain: Understanding risk taking and experimenting.
Recognising the physical, emotional and behavioural changes during adolescence.
Why arguments escalate and how to stop this happening.
How to help your teenager to be more organised, manage their own use of social media and devices through problem-solving.
All these skills are particularly relevant in supporting our children during the global pandemic.

"Thank you so much for a fantastic session just now. Your style of presentation made for the most engaging online course I have encountered. The content was engaging and useful - all round, a brilliant workshop!"

£24 per person

We offer a limited number of subsidised places for parents/carers in receipt of Universal Credit.

At Supporting Links, we offer experienced facilitators and accredited materials, delivered to you in a confidential and supportive environment.

"I have already changed my attitude towards my 13 year old daughter and am using these techniques to respond to her behaviour rather than being annoyed (often really annoyed!) by it. The results have been quite remarkable."

Pre-booking essential via your dedicated Eventbrite link below:

<https://www.eventbrite.co.uk/e/talking-teens-a-two-session-online-workshop-for-parents-carers-tickets-130781572203>

For further information, contact Supporting Links on:

01442 300185
info@supportinglinks.co.uk
www.supportinglinks.co.uk

SL426



TALKING TEENS

From Child to Adult. A workshop for parents.



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For further information, contact Supporting Links on:

01442 300185
info@supportinglinks.co.uk
www.supportinglinks.co.uk

SL426



Thursdays

25th February & 4th March 2021

7.30pm to 9.00pm UK TIME 8.30pm to 10pm CET
Zoom Online Workshop

You will learn about:

How motivation works
What gets in the way
Ways to increase motivation
Supporting your child through challenges
Building resilience & confidence
How to encourage long-term self-motivation
All against the backdrop of the current uncertainty

"A good set of techniques to improve motivation and engagement at home...especially whilst I am home schooling and I can see how this will help us all for the future as well."

Tickets: £24 per person

We offer a limited number of subsidised places for parents/carers in receipt of Universal Credit

SL427

At Supporting Links, we offer:

Experienced facilitators and accredited materials.
A confidential and supportive environment.
Recommendation from other parents.

"Thank you so much for a fantastic session. Your style of presentation made for the most engaging online course I have encountered. The content was engaging and useful.
All round, a brilliant workshop!"

Pre-booking essential via your dedicated Eventbrite link below:

<https://www.eventbrite.co.uk/e/talking-motivation-a-2-session-workshop-for-parents-tickets-130865445069>

For further information, contact Supporting Links on:

01442 300185
info@supportinglinks.co.uk
www.supportinglinks.co.uk

TALKING ASD & ADHD WORKSHOP: SIBLING STRUGGLES

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Monday
1st February 2021
9.30 - 11.30am

We will help you to learn about:

What to do if your children are fighting or arguing.
How to deal with jealousy.
The pressures and worries on siblings in a family with a child with ASD/ADHD.
Helping your children develop a network of support.
Helping your children communicate with each other without conflict.
Managing difficult feelings, your own and theirs.
Where to access further help and support, both locally and nationally.

"This helped me feel more in control, and less like a referee."
"The best Zoom experience I have had so far!"

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered.

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parents-carers-in-herts-registration-130870913425>

Or contact Supporting Links QUOTING REFERENCE SL421

01442 300185

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:

This workshop is provided free to parents by Hertfordshire County Council



TALKING ASD & ADHD WORKSHOP: RESPONDING TO ANGER

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday
8th February 2021
7.30 - 9.30pm**

We will help you to learn about:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered.

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parents-carers-in-herts-registration-130897484901>

Or contact Supporting Links
QUOTING REFERENCE SL422

01442 300185

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:

This workshop is provided free to parents by Hertfordshire County Council



TALKING ASD & ADHD WORKSHOP: LOSS & SEPARATION

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Tuesday
9th March 2021
7.30 - 9.30pm**

We will help you to learn about:

- The impact that separation, divorce or bereavement has on children with ASD/ADHD
- Responding to the fall out - the emotions and the behaviour.
- Preparing for the difficult conversations with your child
- How to deliver 'bad news'
- Preparing your child for change
- Managing your own difficult feelings and helping your children to manage theirs
- Where to access further help and support, both locally and nationally.

"I tried the techniques and was amazed at the outcome."

"The best Zoom experience I have had so far!"

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered.

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-understanding-loss-separation-registration-135351964369>

Or contact Supporting Links
QUOTING REFERENCE SL423

01442 300185

info@supportinglinks.co.uk

This workshop is provided free to parents by Hertfordshire County Council



TALKING ASD & ADHD WORKSHOP: STAYING SAFE ONLINE

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday
22nd March 2021
9.30 - 11.30am**

We will help you to learn about:

- How your child's diagnosis increases vulnerability online.
- What you can do to support any difficulties with online behaviour.
- Recognising when something is wrong.
- Managing difficult conversations with confidence.
- Setting and maintaining boundaries for online use.
- Teaching your child to develop their own methods of regulating internet use and staying safe.
- Where to access further help and support, both locally and nationally.

"A tricky subject, really well explained. Thank you."

"The best Zoom experience I have had so far!"

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered.

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-staying-safe-online-for-parents-carers-in-herts-registration-135475158847>

Or contact Supporting Links
QUOTING REFERENCE SL424

01442 300185

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:

This workshop is provided free to parents by Hertfordshire County Council



Social Media Take-Over

Georgia and Chloe are 2 Experts by Experience - young people with SEN issues - who are taking over the HAND Facebook page and @SENDHerts Twitter on behalf of Hertfordshire County Council, from 11 -15 January. They want to create a better future for other young people using their own challenging experiences, by sharing the help and support that is out there for young people with SEND as they prepare for adulthood. Make sure to show your support by checking out their posts between 11 – 15 Jan!



Social Media Take-over
WC 11TH JAN

HAND Facebook
#@SENDSTwitter

- Preparing for Adulthood
 - Accommodation
 - Travel and Transport
- Mental health including purple folders
- Physical health including annual health checks/ EHCPs
 - Friends and Community
 - Further education
- Employment and Training

SUPPORT



Speech, Language, Communication and Autism - stadac.islteam@hertfordshire.gov.uk



Educational Psychologists - Use our advice line to speak to an educational psychologist or an advisory teacher if you need support. **Wednesday 2 - 4.30pm 01992 588 574**



Autism Helpline 10am – 3pm, Monday to Friday - **0808 800 4104** or via online contact form
<https://www.autism.org.uk/enquiry>



ADD-vance Helpdesk is open from 9am to 1pm every weekday via [07716 744 662](tel:07716744662) or email to herts@add-vance.org Website - www.add-vance.org Facebook – www.add-vance.org/parents/



Hertfordshire Local Offer The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them.
<https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



Herts Help a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life. Call us on **0300 123 4044** or email info@hertshelp.net



Kids Hub support and information to families with children and young people with SEND. We are still open and offer support and advice to families over the phone and emails and our SEN Toy and Equipment is still available to parents. If you would like to get in contact with us please call on 01992 504013/ 01923 676549 or email us at hub.herts@kids.org.uk



Hertfordshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: sendiass@hertfordshire.gov.uk or 01992 555 847



Hertfordshire Additional Needs Database (HAND) voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond). Contact via: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx> or email hand@hertfordshire.gov.uk



Families First Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.

<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>



Benefit entitlement - If you care for a child or young person with a disability or if you have a disability yourself, you may be able to claim a range of benefits including Disability Living Allowance and Carers Allowance. For more information on available benefits and entitlement go to: <https://www.carersuk.org/help-and-advice/financial-support>



Carers in Hertfordshire provides advice, information and support to unpaid carers.

Website - www.carersinherts.org.uk Telephone – 01992 586969 (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



Hertfordshire Mind - If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Available to provide emotional support 24 hours a day, every day of the week. To contact the helpline please call us on **01923 256391**.



Hertfordshire Wellbeing Service offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress. <http://talkwellbeing.co.uk/>



Healthy Young Minds in Herts - Wellbeing advice and tools for young people, parents and carers. <https://www.healthyyoungmindsinherts.org.uk/>



Just Talk Herts – Mental Health support and advice for young people. www.justtalkherts.org



Family Lives – Parenting and Family support Helpline 0808 800 2222



Foodbanks - <https://dacorum.foodbank.org.uk/get-help/>



Health Coronavirus - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Self-Isolating Guidance - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Domestic Abuse Help - www.gov.uk/guidance/domestic-abuse-how-to-get-help



Hertfordshire County Council Children's Services - 0300 123 4043



Samaritans - 116 123



ChildLine - 0800 1111