

Dear Parent/Carers,

We hope you are keeping safe and well.

DSPL8 are funding a 6-week Raise Resilience course by Bounce Forward, which is designed to help you support your children's wellbeing and build their resilience. Please see the flyer for more information and the link to book directly with Bounce Forward.

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)


COURSES, WORKSHOPS & SUPPORT

Raise Resilience 6-week course by Bounce Forward

Please book your place for this 6-week course via:

<https://bounceforward.com/raise-resilience-dacorum-parents-3/>

The course is pre-recorded so you can either watch it live or at a more convenient time that suits you.
(PDF flyer also attached to the DSPL email)



bounce forward
Thrive in life.
Start with resilience.

**Fully Funded by
Hertfordshire DSPL 8**

RAISE RESILIENCE

Helping Children Develop Resilience is More Important Than Ever!

A six-session course with worksheets

During a time when all of us are facing change and challenge, you want to support your children in the best possible way, and show them how to deal well with setbacks and uncertainty.

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 that provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour.

The sessions will help parents to understand their own resilience as well as helping to structure the way you build resilience in your children.

Every Tuesday at 10:00-11:00
Starting 8th June through to 13th July 2021

LEARN MORE & SIGN-UP >

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

Understanding Transition from School – updated Flyer

Please see the updated flyer which now includes the dates for Session 3 and is available to book via -
www.dspl8.eventbrite.com



Understanding Transition from School

Three sessions to explain the transition process from school into further education (FE) and higher education (HE) for young people with SEN.

Session 1

Understanding impartial information advice and guidance (IAG) and the options discussed with young people at the start of transition

Wednesday 12th May 2021 – 2x sessions with a maximum of 12 spaces on each.

10:00 – 11:30 or 19:00-20:30

Session 2

Understanding the transition process and the Preparing for Adulthood Transition Plan (PfA)

Wednesday 19th May 2021 – 2x sessions with a maximum of 12 spaces for each

10:00 – 11:30 or 19:00 – 20:30

Session 3

Understanding transition into higher education/university

Thursday 27th May – 2x sessions with a maximum of 12 spaces each

10:00 -11:30 or 19:00 – 20:30

Booking

Please book your place to attend your preferred session (no need to attend all sessions) via Eventbrite - www.dspl8.eventbrite.com

You will receive an online invite link nearer the date.

Please note these sessions are only open to Dacorum families.

Mini Consultation for Parent/Carers of Children with Autism/ADHD – June 2021

Booking link - www.dspl8.eventbrite.com

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:

Thursday	10/06/2021	10:00 - 11:30
Wednesday	16/06/2021	10:00 - 11:30
Tuesday	22/06/2021	10:00 - 11:30

You will receive an email directly from ADD-vance, with a zoom
invite link nearer the date.

More consultation dates will be available next month.

Parent Survey

This survey is for all parents/carers of children and young people living or educated in Hertfordshire. Covid-19 has been a difficult time for many of us and mental health services and support have often had to be delivered or accessed differently. We want to ensure that we are supporting families across the county as effectively as possible and your answers to these questions will help us to do this.

Please complete the survey via - <https://surveys.hertfordshire.gov.uk/s/parentsurvey210421/>

If you would like to register for our mailing list, or be removed, please email dspl@kls.herts.sch.uk

Summer term 2021 online safety newsletters from Herts for Learning

The HfL summer 2021 online safety newsletters for school staff and the parents and carers edition both feature a range of guidance, news, links and updates about online safety for all phases, with particular reference to the current situation, recent developments and concerns.

View the newsletters via - https://thegrid.org.uk/news/2021-summer-term-online-safety-newsletters-from-herts-for-learning?fbclid=IwAR3HvuQMd2GJAqGgw9h-RK6-Qn_dqMT6tEE5MeI5T6VQMqSB_xC0gsEvtjc

Dacorum Dolphins

Located in Hemel Hempstead.

We are a swimming group for adults and children with disabilities.

We run weekly free style swimming. So children can either just play in water with toys. Or swim towards Swim England badges.

Due covid sessions need booking through Dacorum Dolphins Facebook group.

New members welcome!



The poster for Dacorum Dolphins Swimming Club features a blue and white color scheme. At the top right is a circular logo with two dolphins and the text 'Dacorum Dolphins Swimming Club'. The main text on the left describes the club as a warm, safe, and fun environment for people with disabilities. It mentions the club was established in 1975 and is run by volunteers. It invites people to join every Saturday from 5-6pm at the Everyone Active Leisure Centre. On the right, there is an illustration of a person swimming. At the bottom right, contact information for Atheal and Karli-Ann is provided.

We are a club that provides a warm, safe, friendly and fun environment for people with disabilities to enjoy swimming with their families and carers.

Established in 1975, we are run by passionate volunteers who give up their free time to help members of the club.

Join us every Saturday!
5 - 6pm

Everyone Active Leisure Centre
Park Road, Hemel Hempsted, HP1 1JS

Dacorum Dolphins Swimming Club

Come and join us!
For more information on joining the Dacorum Dolphins:

Atheal | 07805 076832
Karli-Ann | 07823 329138

Create Covid Response – Dacorum Family Services North & East – Dates for 2nd Half of Summer 2021 Term

These sessions are available to families who have children that attend DFS North & East Partnership Schools. To book your family a place on any of the 1-hour ZOOM sessions or for any further information please email: natalie.beard@hobbshillwood.herts.sch.uk



Delivered by SEND & Pupil Support Workers from Dacorum Family Services North & East

*offered to families of children that attend DFS North & East Partnership Schools

CREATE - COVID RESPONSE

An opportunity for your family to move forward & create a calmer, happier & more positive future after COVID-19 with a variety of topics covered via ZOOM sessions that will help to reassure both yourself & your children.

To book your family a place on any of the 1 hour ZOOM sessions or for any further information please email:
natalie.beard@hobbshillwood.herts.sch.uk



TOP TIPS



STRATEGIES



INFORMATION & ADVICE



Worries
Monday 28th June 6:30pm
Tuesday 29th June 10am



SLEEP
MONDAY 5TH JULY 6:30PM
TUESDAY 6TH JULY 10AM



ENCOURAGING POSITIVITY
MONDAY 12TH JULY 6:30PM
TUESDAY 13TH JULY 10AM



SCHOOL ATTENDANCE & TRANSITIONS
Tuesday 8th June 10am & 6.30pm



Routines
Monday 14th June 6:30pm
Tuesday 15th June 10am



FAMILY WELLBEING
MONDAY 21ST JUNE 6:30PM
TUESDAY 22ND JUNE 10AM

Dyslexia Support Group – 11th May 2021

The next support group is on
Tuesday 11th May, 1:15-2:45pm.

Join the support group via the zoom link below:

<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=enlqWkZpUGlVTSd5UHMzWXhhdHhGQT09>

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

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

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

SEND Surgery – 17th June 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.

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



 **DACORUM FAMILY SERVICES NORTH & EAST**

SEND Surgery – Thurs 17th June 2021

Dacorum Family Services North & East 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 DFS North & East Partnership School:

St Albert the Great, Aldbury, Ashlyns, Astley Cooper, Belwains, 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

SPACE Newsletter – May 2021

2021

**COMING UP ...
FOR FAMILIES
MAY**

MON 3RD PRIMARY LEVEL ART LESSON 'HOW TO DRAW PIKACHU' 4pm - 5pm Booking Required	WED 12TH RANGER STU VIRTUAL ZOO 6pm - 7pm Booking Required	FRI 21ST OVER 21s ART 'SUNSET COCKTAIL' 3.30pm - 4.30pm Booking Required
MON 3RD COOKERY LESSON 'CHICKEN ENCHILADAS' 5.30pm - 6.30pm Booking Required	FRI 14TH KIDS ART 'HOUSE' 5pm - 6.30pm Booking Required	WED 26TH FAMILY QUIZ 'UNDER THE SEA THEME' 6pm Booking Required
WED 5TH SECONDARY LEVEL ART LESSON 'HOW TO DRAW PIKACHU' 4pm - 5pm Booking Required	SAT 15TH DRIVING EXPERIENCE 11am - 12pm (SBL/O) 12.30pm - 1.30pm 2pm - 3pm Booking Required	FRI 28TH KIDS ART 5pm - 6.30pm Booking Required
FRI 7TH ART SESSION OLDER CHILDREN/ ADULTS 'DRAGONFLY' 7pm - 9pm Booking Required	MON 17TH PRIMARY LEVEL ART LESSON 'REALISM' 4pm - 5pm Booking Required	For enquires regarding Short Break Local Offer (SBL/O) please email: spacesblo@gmail.com
SAT 8TH STUDIO FLY 2pm - 3pm (SBL/O) 3.30pm - 4.30pm Booking Required	WED 19TH SECONDARY LEVEL ART LESSON 'REALISM' 4pm - 5pm Booking Required	Pre-bookable 1:1 sessions available including yoga, cooking, art, karate and lego

Facebook Twitter Instagram

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

SPACE Autism | ADHD
Neurodiverse Conditions

SPACE NEWSLETTER
LIVE - LEARN - LAUGH

Well what a month, we are so pleased to be back with some face to face activities and in the glorious spring sunshine too. Our young people were awesome on both land and 'sea' showing how well they can drive and paddle. We've met some fabulous pets in our show and tell and been impressed with our artists and chefs.

More great activities coming soon ... If you need any further information then please email: spacesherts@gmail.com or check Eventbrite & our FB pages

WE'RE BACK WITH SOME OUTDOOR ACTIVITIES!

DRIVING **WATER SPORTS**

A huge thank you to the organisations and individuals that have been supporting us throughout this time including:

Eastern Counties Educational Trust Limited | blackdog | COMMUNITY FUND | Rotary | Club of Antists | Hertfordshire

Thank you to Harley who's completing his 3 mile sponsored walk, and has so far raised a total of £433.75 on his local giving page.

The link is still open if you wish to donate

<https://localgiving.org/fundraising/harleys-3-miles/>
#SPACEhometogether
Can be subject to change, correct at time of printing

Issue 8

**COMING UP
WORKSHOPS / COURSES
MAY**

TUE 4TH MAY EHCP Workshop 'New Application' 7pm - 9pm Booking Required For Parent/Carers	THU 13TH MAY Safer Gamer Workshop 5pm - 6.30pm Booking Required For Parent/Carers and Children
THU 6TH MAY DLA Application Workshop 10am - 12pm Booking Required For Parent/Carers	FRI 21ST MAY Executive Functioning 'Secondary' 10am - 11.30am Booking Required For Parent/Carers
MON 10TH MAY Mental Health 'Primary' 10am - 11.30am Booking Required For Parent/Carers	TUE 25TH MAY Emotional Regulation 'Secondary' 10am - 11.30am Booking Required For Parent/Carers
WED 12TH MAY Mental Health 'Secondary' 10am - 11.30am Booking Required For Parent/Carers	CHECK IN AND CHAT TUE 11TH 7pm - 8pm WED 19TH 7pm - 8pm THU 27TH 10am - 11am

WINNER

Thank you to everyone who voted for their school/setting to win a SPACE training workshop. We are pleased to announce, the winner (chosen at random) is ...

**ROGER DE CLARE C of E
FIRST SCHOOL AND NURSERY**

SPACE Autism | ADHD
Neurodiverse Conditions

SPACE ONLINE EXCLUSIVE

Online Art Session 'Dragonfly'

Friday 7th May 2021
7PM - 9PM



Come join us for a fully interactive painting session. September (The Artist in The Window) will talk you through painting the picture and will be able to offer advice and suggestions on your masterpieces!



Please use the Eventbrite link below to request your place:
<https://www.eventbrite.co.uk/e/older-kids-dragonfly-art-session-tickets-152397983471>

Limited Places Available

spaceherts@gmail.com



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

SPACE Autism | ADHD
Neurodiverse Conditions

SAFER GAMING

PARENT/CARER & CHILD WORKSHOP
THURSDAY 13TH MAY 2021
5PM - 6PM

Join Sam from TechSafe for this interactive workshop for parent/carers and children. Using fun activities we discuss how to keep safe whilst gaming online.

Topics covered include:

- What information is safe to share online?
- Who do I talk to if something goes wrong?
- How much time is too much time?



Please use the Eventbrite link below to book your place:
<https://www.eventbrite.co.uk/e/safer-gaming-activity-workshop-tickets-152018931717>

Limited Places Available

spaceherts@gmail.com



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178


Please use the Eventbrite link below to book your place:
<https://www.eventbrite.co.uk/e/older-kids-dragonfly-art-session-tickets-152397983471>

Please use the Eventbrite link below to book your place:
<https://www.eventbrite.co.uk/e/safer-gaming-activity-workshop-tickets-152018931717>

The Secrets of Parenting Teens and Building Resilience - Natural Flair



A FREE 6 week course for parents and carers of children aged 11+
Funded by Hertfordshire County Council Children's Services **NOW AVAILABLE ONLINE**

Parents need to be referred onto this course or have a specific parenting need
To book contact:
Vicky Knight (Course Manager)
Email: bookings@natural-flair.co.uk
or call 01992 446 051

The Secrets of Parenting Teens and Building Resilience


Topics covered include:

- Teen development and the teen brain
- Building resilience/self esteem
- Temperament and its effects on behaviour
- Dealing with challenging behaviour
- Improving communication and relationships
- What is anxiety and how it is displayed in young people
- Looking at wellbeing and anxiety of teens and the impact on the wider family
- Tools for managing anxiety and conflict
- Setting boundaries and managing house rules/parenting styles and strategies
- The power of empathy in connecting with young people
- Tools for emotional health and wellbeing

ONLINE SESSIONS

Date: Thurs 13th May for 6 weeks
Time: 7.00pm to 9.00pm

Date: Mon 7th June for 6 weeks
Time: 7.00pm to 9.00pm

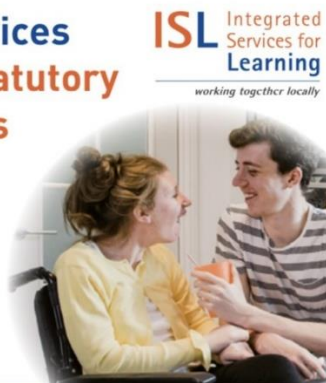


To book contact bookings@natural-flair.co.uk or call 01992 446 051

ISL SEND Duty Lines & SEND advice lines for Parents/Carers

Integrated Services for Learning Statutory SEND Duty lines

A general queries and advice line for schools, parents/carers and professionals for matters relating to the Education Health and Care Plan (EHCP) process for children and young people with Special Educational Needs and Disabilities (SEND).



ISL Geographical Area Team	Main line	Alternative line
East Herts, Broxbourne, Welwyn and Hatfield	01992 588562	01438 844185
North Herts and Stevenage	01438 843758	01438 844707
St Albans and Dacorum	01442 453300	01442 453387
Watford, Three Rivers and Hertsmere	01442 454012	01442 453529

Available 9am-17:30pm Monday to Thursday and 9am-16:30pm Fridays

**For support for case specific queries, please contact your allocated SEND Officer/Caseworker assistant. **

To access a range of learning resources please click here



ISL Integrated Services for Learning
working together locally

SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

Advice line	Times available (from Sept 2020)
Educational Psychology Contact line ☎ 01992 588574	Weds 2pm – 4:30pm
SEND Specialist Advice and Support Service* ☎ 01442 453920 - term time only	Specific Learning Difficulties: Mon & Thurs 09:30am – 12pm
	Speech Language, Communication & Autism needs: Tues & Weds 1:30pm – 4pm
	Early Years: Weds 9am – 12pm Thurs 1:30pm – 4pm
	Physical and Neurological Impairment: Mon 1:30pm – 4pm
West team Attendance Duty* ☎ 01442 454778	Mon - Fri 09:30 am – 4pm
East team Attendance Duty* ☎ 01992 555261	Mon - Fri 09:30 am – 4pm

* also available to schools, settings and professionals

To access a range of learning resources please click here



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.

Summer Term Communication for Parent/Carers – 05.05.2021

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



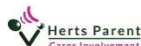
Hertfordshire County Council Children's Services - 0300 123 4043



Samaritans - 116 123



ChildLine - 0800 1111



Herts Parent Carer Involvement HPCI – Independent parent carer led organisation which aims to improve services for children and young people who have SEND – 07840 360 245
<https://www.hertsparentcarers.org.uk/>