



Delivering Special  
Provision Locally

# Parenting Support

## Autumn term 2025



**DSPL7**

St Albans District, Harpenden and Villages  
Redbourn, Wheathampstead and Kimpton

# Autumn 2025

This booklet outlines the courses and services that are being run by external providers over the Autumn term 2025 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

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# Autumn 2025

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# Supporting Links - courses

## Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2025



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

[← Eventbrite Page](#)

### RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the 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.

**Tuesday 23<sup>rd</sup> September, 9.30-11.15am**

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=odtdtcreator>

### THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

**Monday 13<sup>th</sup> October, 7.30-9.15pm**

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=odtdtcreator>

### SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

**Monday 10<sup>th</sup> November, 7.30-9.15pm**

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=odtdtcreator>

### TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

**Monday 24<sup>th</sup> November, 7.30-9.15pm**

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=odtdtcreator>

Follow us on:



Contact via:

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Funded by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# Supporting Links - courses

# TALKING ADDITIONAL NEEDS



**Wednesdays 9.45 - 11.15am Online Course ID: 770**  
**17<sup>th</sup>, 24<sup>th</sup> Sept, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> Oct 2025**  
**Delivered online using Zoom**

**Wednesdays 7.00 - 9.00pm Face-to-Face ID: 771**  
**5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Nov, 3<sup>rd</sup> & 10<sup>th</sup> Dec 2025**  
**Reddings Family Centre, Harcourt Road, Bushey, WD23 3PE**

**A 6-week group for parents and carers of children 2-19yrs with any additional need. Your child does not need a diagnosis.**

- **Understand your child's behaviour**
- **Develop strategies that really work**
- **Reduce conflict and increase co-operation**
- **Improve emotional regulation**
- **Explore sensory needs**
- **Increase your child's resilience**
- **Manage the different needs within your family**

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

'I have been on a few courses to help me with my child but this was by far the most helpful'

**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](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# Supporting Links - courses

## Parent & Carer Support Autumn Term 2025



**FREE to parents and carers living in Hertfordshire**

### TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: physical and emotional 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.



**Tuesdays 7.45 - 9.15pm**  
**16<sup>th</sup> Sep – 21<sup>st</sup> Oct**  
**Online Course: ID 778**

**Thursdays 7.45 - 9.15pm**  
**6<sup>th</sup> Nov – 11<sup>th</sup> Dec**  
**Online Course: ID 777**

### TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children and 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**  
**4<sup>th</sup> Nov – 9<sup>th</sup> Dec**  
**Online Course: ID 775**

### 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.



**Wednesdays 7pm - 9pm**  
**5<sup>th</sup> Nov – 10<sup>th</sup> Dec**  
**Course ID 771**  
**Watford, venue TBA**

**Wednesdays 9.45 - 11.15am**  
**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**  
**Course ID 770**

# Supporting Links - courses

## TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing challenging 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.



**Wednesdays 8.00 - 9.30pm**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course ID 774**

**Thursdays 9.45 - 11.15am**

**18<sup>th</sup> Sep – 23<sup>rd</sup> Oct**

**Online Course ID 772**

**Tuesdays 8.00 - 9.30pm**

**4<sup>th</sup> Nov – 9<sup>th</sup> Dec**

**Online Course ID 773**

## TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, 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.



**Tuesdays 7.45 - 9.30pm**

**16<sup>th</sup> Sep – 21<sup>st</sup> Oct**

**Online Course ID 776**

## 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**

**17<sup>th</sup> Sep – 22<sup>nd</sup> Oct**

**Online Course: ID 779**

**Wednesdays 7.45 - 9.15pm**

**5<sup>th</sup> Nov – 10<sup>th</sup> Dec**

**Online Course: ID 780**

**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](mailto: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



# The Pioneer Club- Step Forward



**FREE**

## **SCHOOL AVOIDANCE SUPPORT GROUP**

**GET INVOLVED, MAKE CONNECTIONS & STEP FORWARD!**

**Wednesdays 1- 3pm  
The Pioneer Club, St Albans**

**FREE TO ATTEND**

**DROP-IN SESSION**

**NO NEED TO BOOK**

**FREE REFRESHMENTS**

**ARTS & GAMES ACTIVITIES FOR CHILDREN**

A collaboration between

**Vista**  
Support Services

**The  
Pioneer  
Club**  
Registered charity number 302455

# Add-vance - Neurodiversity Support Hub

## Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

No  
Diagnosis  
Required

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a  
Parent, Care  
or  
Professional?



01727 833963 



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

Term Time Opening Hours

9AM - 1PM - Monday, Wednesday & Friday

9AM - 3PM - Tuesday & Thursday


7PM - 9PM - Wednesday (By Appt)

9AM - 1PM - During School Holidays



We Can't :

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors

Here to support, reach out for a listening ear 

# Add-vance - Autumn term courses



**ADD-vance**  
The ADHD and Autism Trust



## **UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS**

### **ABOUT THE COURSE**

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST  
BE ATTENDED**

### **TIME AND PLACE**

**Dates:** Mondays, 15/9 to 20/10

**Time:** 7 - 9 pm

**ONLINE VIA ZOOM**

**Dates:** Wednesdays, 5/11 to 10/12

**Time:** 7 - 9 pm

**ONLINE VIA ZOOM**

**Dates:** Tuesdays, 11/11 to 16/12

**Time:** 10 am - 12pm

**ONLINE VIA ZOOM**

☎ 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

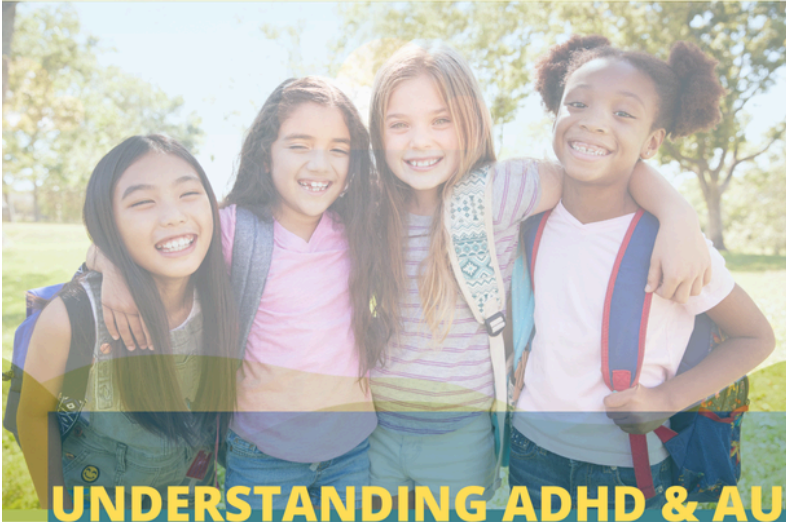
**Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>**

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

# Add-vance - Autumn term courses



**ADD-vance**  
The ADHD and Autism Trust



## **UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS**

### **ABOUT THE COURSE**

This interactive course is designed for parents/carers of girls aged 5 to 14 yrs (or 4 and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

### **TIME AND PLACE**

**Dates:** Tuesdays, 9/9 to 14/10

**Time:** 10 am to 12 pm

**ONLINE VIA ZOOM**

**Dates:** Thursdays, 13/11 to 18/12

**Time:** 10 am to 12 pm

**ONLINE VIA ZOOM**

☎ 01727 833963

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

🌐 <http://www.add-vance.org/>

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

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# Add-vance - Autumn term courses



**ADD-vance**  
The ADHD and Autism Trust



## **UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS**

**FREE INTRODUCTORY 6-WEEK COURSE  
FOR PARENT/CARERS OF TEENS**

### **ABOUT THE COURSE**

This interactive course is designed for parents/carers of children aged 12 to 15 yrs (or 11 and already in secondary) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

### **TIME AND PLACE**

**Dates:** Tuesdays, 9/9 to 14/10  
**Time:** 10 am - 12 pm  
**ONLINE VIA ZOOM**

☎ 01727 833963

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

🌐 <http://www.add-vance.org/>

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

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# Add-vance - Autumn term courses



**ADD-vance**  
The ADHD and Autism Trust



## **UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS**

### **FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS**

#### **ABOUT THE COURSE**

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

#### **TIME AND PLACE**

**Dates:** Tuesdays, 4/11 to 9/12  
**Time:** 9.30 to 11.30 am  
**ONLINE VIA ZOOM**

☎ 01727 833963

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

🌐 <http://www.add-vance.org/>

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

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# Add-vance - Autumn term courses



## FREE ONLINE AUTUMN 2025 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/Carers	Mon	8.9.25	10:00 - 11:30	Online
Understanding Autism	Parents/Carers	Wed	10.9.25	19:00 - 20:30	Online
Understanding ADHD and Autism in the Early Years	Parents/Carers	Fri	12.9.25	10:00 - 11:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/Carers	Mon	15.9.25	10:00 - 11:30	Online
Understanding ADHD	Parents/Carers	Wed	17.9.25	19:00 - 20:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/Carers	Fri	19.9.25	10:00 - 11:30	Online
Understanding Self Harm	Parents/Carers	Mon	22.9.25	10:00 - 11:30	Online
Understanding PDA	Parents/Carers	Wed	24.9.25	19:00 - 20:30	Online
Tips & Tools for Sleep	Parents/Carers	Mon	29.9.25	10:00 - 11:30	Online
Support for Dads	Parents/Carers	Wed	1.10.25	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/Carers	Fri	3.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/Carers	Mon	6.10.25	10:00 - 11:30	Online
Preparing for Adulthood (14+)	Parents/Carers	Wed	8.10.25	19:00 - 20:30	Online
Understanding Sensory Differences	Parents/Carers	Mon	13.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/Carers	Wed	15.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/Carers	Fri	17.10.25	10:00 - 11:30	Online
Understanding Medication Options	Parents/Carers	Mon	20.10.25	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/Carers	Wed	22.10.25	10:00 - 11:30	Online
<b>Half Term</b>					
Applying for an EHCP	Parents/Carers	Mon	3.11.25	10:00 - 11:30	Online
Preparing for an EHCP Review	Parents/Carers	Wed	5.11.25	19:00 - 20:30	Online
Working in Partnership with School	Parents/Carers	Fri	7.11.25	10:00 - 11:30	Online
Tips & Tools to Manage School Absence	Parents/Carers	Mon	10.11.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/Carers	Wed	12.11.25	19:00 - 20:30	Online
Understanding Anxiety	Parents/Carers	Mon	17.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/Carers	Wed	19.11.25	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/Carers	Fri	21.11.25	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/Carers	Mon	24.11.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/Carers	Wed	26.11.25	19:00 - 20:30	Online
Supporting Siblings	Parents/Carers	Fri	28.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/Carers	Mon	1.12.25	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/Carers	Wed	3.12.25	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/Carers	Fri	5.12.25	10:00 - 11:30	Online
Tips & Tools for Positive Behaviour	Parents/Carers	Mon	8.12.25	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/Carers	Wed	10.12.25	19:00 - 20:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"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"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

01727 833963

herts@add-vance.org

http://www.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

# Add-vance - Autumn term courses

## UNDERSTANDING MY AUTISM

### Empowerment Course for Children and Young Teens in Hertfordshire



Join us for an online transformative 6-week group course designed to empower children and young teens with a diagnosis of Autism. Through interactive sessions, participants will explore what being Autistic means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



#### COURSE DETAILS

**AUTISM PRIMARY** Tues 16/09 - 21/10 (Years 4-6)  
**AUTISM SECONDARY** Thu 18/09 - 23/10 (Years 7-8)



 [add-vance.org/children-young-people](https://add-vance.org/children-young-people)

# Space - Autumn term courses

SPACE HERTFORDSHIRE

## AUTUMN TERM 2025 **FREE ONLINE WORKSHOPS**

4th September	18:30-20:00	Understanding Tics and Tourettes
8th September	18:30-20:00	Access Arrangements
10 <sup>th</sup> September	18:30-20:30	Sensory Signs, Signals and Solutions
11th September	10:00-12:00	ADHD in Girls and Women
12th September	10:00-12:00	Understanding Behaviour as Communication
15th September	18:30-20:30	Navigating the SEND World
17th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
25th September	10:00-11:30	Understanding and Supporting Executive Functioning
25th September	18:30-20:30	EHCPs: New Applications
26th September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
30th September	10:00-12:00	Sleep Workshop
1st October	10:00-12:00	Therapeutic Thinking for Parent/Carers
2nd October	18:30-20:30	Puberty and Neurodiversity
8th October	10:00-12:00	Anxiety and SEND
9th October	10:00-12:00	Navigating the SEND world Post-16
10th October	10:00-12:00	PDA, ODD and ADHD
13th October	10:00-11:30	Understanding Dyslexia
14th October	10:00-11:00	Understanding Autism
15th October	10:00-12:00	Sensory Signs, Signals and Solutions
16th October	10:00-11:00	Understanding ADHD
21st October	10:00-11:30	Autistic Girls
22nd October	10:00-12:00	Understanding Behaviour as Communication
<b>HALF TERM</b>		
3rd November	18:30-20:30	ADHD in girls and Women
4th November	10:00-11:30	Encouraging Neurodiversity in Neurodiverse Young People (ages 8-18)
6th November	10:00-11:30	Understanding Tics and Tourettes
7th November	10:00-12:00	Understanding Behaviour as Communication
10th November	18:30-20:00	Understanding and Supporting Executive Function
12th November	10:00-12:00	PDA, ODD and ADHD
13th November	10:00-12:00	Navigating the SEND World
14th November	10:00-12:00	EHCPs: Submission to Finalisation
18th November	18:30-20:00	Understanding OCD
19th November	10:00-12:00	Anxiety and SEND
25th November	18:30-19:30	Understanding Autism
27th November	18:30-20:30	Sleep Workshop
1st December	18:30-20:30	Navigating the SEND World Post-16
3rd December	10:00-12:00	Understanding Emotionally Based School Avoidance (EBSA)
4th December	10:00-11:30	Understanding and Supporting Emotional Regulation
4th December	18:30-19:30	Understanding ADHD
5th December	10:00-12:00	Sensory Signs, Signals and Solutions
8th December	18:30-20:00	Understanding Dyslexia
10th December	10:00-12:00	ADHD in girls and Women
10th December	18:30-20:00	EHCPs: Annual Reviews
11th December	18:30-20:00	Autistic Girls
12th December	10:00-12:00	Puberty and Neurodiversity
15th December	10:00-12:00	Anxiety and SEND



[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)



The majority of these workshops are funded by  
The Targeted Parenting Fund



# Space - Autumn term courses

## NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online courses

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

### Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

6:30pm-8:30pm Tuesdays 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> September



Book via Eventbrite: [SPACE Hertfordshire](#)



# Space - Autumn term courses

## TALKING SENSORY

### 3 Week Online Courses



#### Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

18:30-20:30 Mondays 6, 13, 20 October



Book via Eventbrite: [SPACE Hertfordshire](#)



Autism | ADHD  
Neurodiverse Conditions

# Space - Autumn term courses

## SLEEP TIGHT

3 weeks online course

● ● ● 10am-12pm Tuesdays 11, 18, 25 November

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



Book via Eventbrite: [SPACE Hertfordshire](#)



Autism | ADHD  
Neurodiverse Conditions

# Space - Autumn term courses

## PARENTING ADHD

3 week online course

● ● ● 10:00am-12:00pm Tuesdays 2, 9, 16 December

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



Book via Eventbrite: [SPACE Hertfordshire](#)

**Beezee**  
by maximus



You don't need a new year to start new habits

Start small, start now!

Sign up to one of our free healthy lifestyle services today to kickstart your health goals for 2025 and beyond.

**Beezee FAMILIES**

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families
- One-to-one support also available!

**Beezee YOUTH**

- 13-17 year olds can talk about topics that matter to them
- Learn about physical, mental and social wellbeing
- Get free health resources
- Join a safe space.



- Free support for families with children aged 0-5 years
- Explore parenting and healthy lifestyle tips
- Chance to make new friends
- Free toolkit provided.



Start making  
healthy habits TODAY

@ BZBInfo@maximusuk.co.uk

01707 248 648



## Three ways to attend – pick one that's right for you

### In-person group sessions



- Join us for two hours every week for 12 weeks
- Tailored support for children between 5 and 15 years old
- Free children's goodie bag at graduation, plus lots of handouts throughout
- Make friends with other families and get extra support in our WhatsApp group.

**SIGN UP TODAY**

### Online group sessions

Our most popular



- Join us for one hour every week for 10 weeks, plus get 2 check-in calls
- Popular option, perfect for learning from the comfort of your own home
- Tailored support for children between 5 and 15 years old
- You'll still get moving with our online games or guided workouts
- Join our WhatsApp for even more support.

**SIGN UP TODAY**

### Get one-to-one support



- Get a one-hour appointment with a Wellbeing Coordinator
- Come by yourself or with your child – whichever you think is best
- You can chat about your family's lifestyle and get expert guidance
- Get an Action Plan to help you reach your healthy lifestyle goals together
- A 30-minute appointment a month later to check how you are getting on

**SIGN UP TODAY**

**Need to contact us?**  
Speak to our team of experts today.

01707 248648

BZBinfo@maximusuk.co.uk

### What is Beezee Youth?

Beezee Youth is our free, 8-week programme for 13 to 17-year-olds. This programme was created with the help of young people like you.



Choose from a selection of courses – from anxiety and body image to mindfulness and social media.



We are here to talk about health and wellbeing topics that matter to you.



Get expert support from our Beezee nutritionists and coaches.



There are no judgements here, just a group of people who want to help you and help others.



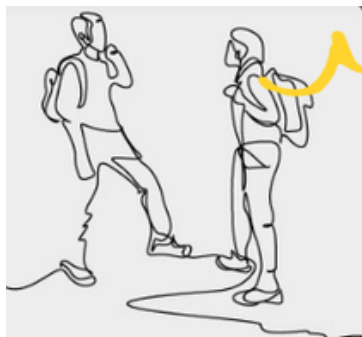
Our online group sessions last for 8 weeks



As a group you'll tell us what you're interested in and we'll go from there



Topics include: body image, gaming, nutrition, sleep and stress.



### Need to contact us?

Speak to our team of experts today.

01707 248648

BZInfo@maximusuk.co.uk

## What is HENRY?

**HENRY Healthy Families: Right from the Start** is a **FREE 8-week** programme for families with children ages 0-5 years. HENRY programmes are delivered in venues around Hertfordshire and online in partnership with Beezee Families.



We've partnered with the HENRY organization - read more about them on their website.



Covers five key themes around parenting and family lifestyles.



Each term we offer face to face and online programmes, so you can choose what suits you best.



Together, you can build healthy habits that last a lifetime.



You can join in-person or online for 8 weeks. A creche is available in-person.



Each session includes family time, parent time, and talking about healthy lifestyle topics.

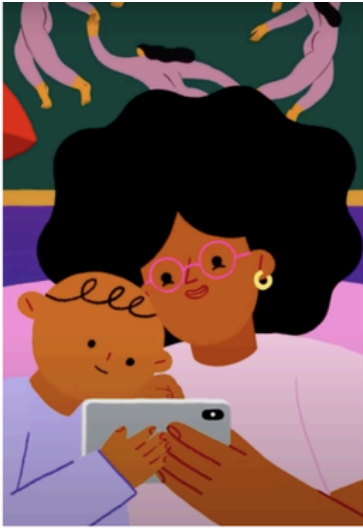


You can connect with other parents and share your experiences.



FREE toolkit provided with all resources you'll need for the 8-week programme.

# Lumi Nova - Fun digital therapy for childhood anxiety



## Who is Lumi Nova for?

Lumi Nova is for children aged 7-12 years old experiencing mild to moderate anxiety, such as:

- **Phobias**  
e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- **Social anxiety**  
e.g. Feeling worried about making new friends, going to social events.
- **Separation anxiety**  
e.g. Unable to sleep alone, worried about being away from parents, going to school

### and who it is not for?

Lumi Nova is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: [bit.ly/luminova-ifu](https://bit.ly/luminova-ifu)

## How Lumi can help your child



Learn **life long skills** to self manage their worries



Learn how to **break down big worries** into smaller, manageable challenges



**Better understand and talk about worries** through a playful experience



Help increase **resilience & build confidence**

Effective & Engaging Digital Therapeutic Interventions for Better Youth Mental Health

[Instructions for use](#) | [Privacy Policy](#) | [Terms & Conditions](#) | [Support](#)

Need support?

E-mail [support@bfb-labs.com](mailto:support@bfb-labs.com)

[bfb-labs.com](https://bfb-labs.com)



# First Steps - ED



**Anyone can be affected  
by an eating disorder**

## First Steps ED

First Steps ED is a leading UK charity providing support for individuals and families affected by eating disorders and disordered eating. Our support services include:

- Peer Support
- Parent and Carer Support
- Counselling and Psychotherapy
- Nutrition Support
- Befriending
- Self-Guided Resources
- Workshops and Support Groups
- CPD Training for Professionals

**Referrals can be made  
by you, a parent, carer, or  
healthcare professional.**



# First Steps - ED

## Signs and Symptoms

### of an Eating Disorder



At First Steps ED, we believe early intervention is key to recovery and can prevent difficulties from worsening. It's important to remember that these signs can vary between individuals, and having one or more does not necessarily mean someone has an eating disorder. If you are concerned about yourself or someone else, make a referral today.

- Eating large amounts of food in a short amount of time
- Forming rigid rules about eating e.g. avoiding certain foods or only eating at certain times
- Frequent trips to the toilet during or after mealtimes
- Frequent checking of their own or others bodies
- Uncomfortable eating around others
- Missing/skipping meals

**Referrals can be made by you, a parent, carer, or healthcare professional.**



0300 1021685 | Registered Charity 1185092 | [www.firststepsed.co.uk](http://www.firststepsed.co.uk)

# First Steps - ED - ARFID



## What is ARFID?

**Avoidant Restrictive Food Intake Disorder**

Avoidant Restrictive Food Intake Disorder (ARFID) is an eating disorder where a person avoids or restricts certain foods and is often dismissed as 'picky eating'. It may be caused by sensory sensitivities (e.g. texture, smell, or taste aversions), fear of negative consequences (e.g. choking, vomiting, allergic reactions), or lack of interest in eating.

At First Steps ED, our treatment for ARFID is person-centred and tailored to the needs of the individual, based on the nature of their difficulties. Some things we aim to work on with the individual include:

- Exploring the anxiety which arises around foods and mealtimes
- Being more comfortable eating in public
- Exploring a variety of different foods
- Working on recognising hunger cues

**Referrals can be made by you, a parent, carer, or healthcare professional.**



0300 1021685 | Registered Charity 1185092 | [www.firststepsed.co.uk](http://www.firststepsed.co.uk)

# Families Feeling Safe

## Supporting Dads with Protective Behaviours

For Dads & Male Carers

Online course  
starting  
October 2025



Are you looking for strategies and new ideas to help improve family life?

This fully funded 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

Build on your own and your child's strengths

Learn strategies to help you and your family feel safe

Wednesday  
evenings

8 Oct—3 Dec  
7.00pm—9.00pm  
(excluding half term)

Course code L4/eve



Please like us on Facebook for further updates @familiesfeelingsafe

For eligibility and to book your fully funded place please contact:  
[enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)  
Tel: 07850 518216

\*Please quote the course code and your

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

# Families Feeling Safe

## Supporting Families with Protective Behaviours

For Mums, Dads & Carers

Online courses  
starting  
October 2025



Are you looking for strategies and new ideas to help improve family life?

This fully funded 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

Improve communication to build better relationships

Build on your own and your child's strengths

Learn strategies to help you and your family feel safe

Thursday  
mornings

9 Oct — 4 Dec  
9.30am — 11.30am  
Course code L5/am

Or

Thursday  
evenings

9 Oct — 4 Dec  
7.00pm — 9.00pm  
Course code L5/eve

For eligibility and to book your fully funded place please contact:

[enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk) or Tel: 07850 518216

\*Please quote the course code and your mobile number



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. [www.familiesfeelingsafe.co.uk](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

## Positively Supporting Mental Health for Children and Young People.

### First Contact

We understand that it can be nerve-racking or difficult **when first deciding to contact us.**

Our team is experienced at listening to and supporting all sorts of worries or problems.

### Let's Chat

The Nessie team is always **happy to have a chat** to discuss your child or family's support needs.

### Free Webinars

There are a number of ways you can get in touch with us – however, **we encourage parents to attend our FREE Webinars** in the first instance. To find your perfect webinar, simply click the button below to browse and book!

*Reach Out*

## What Else Do We Offer?

**Nessie welcomes diversity.** We value difference and are proud to support those from a range of social and ethnic backgrounds, of different genders, sexual orientations, ages, religions and disabilities. We acknowledge experiences of racialised individuals and are neurodiverse affirmative.

In **Hertfordshire**, we are funded across many areas. You can also access funding through EHCPs or pay privately. **Neurodiverse children and young people 7-16 years** can access our NHS and HCC newly funded 'Understanding my autism and ADHD – My World & Me' groups.

In **Cambridgeshire and Peterborough**, we are funded by Public Health to support schools, parent/carers, children and young people who are struggling to attend schools.

We also funded to offer a range of parent/carer support across Hertfordshire, Cambridgeshire and Peterborough from our **Private Facebook Group**, where you can get advice and peer support, to **1-1 Single Session Support**, peer support group **webinars** and a dedicated **parent support line**.

Nessie is here to help!

## Free Parent/Carer Support



**1:1 Support and Advice**  
You can access up to 4 sessions of solution-focused mental health support from a therapist to help you support your child, or receive advice and signposting from a Specialist Family Support Worker



**Live Webinar**  
Our webinars cover a range of topics including anxiety, school avoidance, and self-harming behaviours. There is always an opportunity to ask questions in a non-judgmental space.



**Peer Support**  
We run peer support groups for 8 weeks and we have informal monthly drop-ins. These provide an opportunity to connect and share experiences with other parents/carers.



**Helpline**  
Our parent helpline is answered by a Specialist Family Support Worker who can provide advice and signposting.  
The number is: **07396 313632**



**Facebook Group**  
Nessie has a moderated Facebook group for parents/carers to contribute ideas and share their experiences to inform Nessie's services.

# Children and Young People's Speech and Language Therapy



Hertfordshire Community  
NHS Trust

## Children and Young People's Speech and Language Therapy

*Information for parents and carers*



### A children's Speech and Language Therapist can support a child with:

- Understanding spoken language
- Creating and using spoken sentences
- Understanding and using vocabulary
- Using their communication skills with others
- Fluency of speech, such as stammering
- Forming sounds and using these in words
- Eating and drinking skills

### What will happen at your appointment?

Parents/carers are required to attend a child's initial appointment. The Speech and Language Therapist will talk to you about your concerns and ask about your child's speech and language development, or eating and drinking skills. The therapist will observe your child and may carry out specific activities and assessments. The therapist will talk to you about your child's strengths and any needs/ differences they may have identified.

### What will happen after your appointment?

At the end of the appointment, the therapist will talk to you about how your child is functioning and explain any next steps, these may include:

- Providing you with some advice and strategies
- Informing you about what episode of care is needed to support your child
- Guiding you to seek further support through your child's educational setting
- Making a referral to another service
- Advising you that no further support from the service is required at this time

### What we can offer

Speech and Language Therapy in Hertfordshire follows the 3 Tier Model of service delivery. This is recognised as being the most effective way of improving children's speech, language, communication and eating and drinking skills.



### For further information

Please go to our website pages:

[www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/](http://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/)



[www.hct.nhs.uk](http://www.hct.nhs.uk)

# NHS - Sensory Information sessions



Hertfordshire Community  
NHS Trust

## Parent / Carer Sensory Information Sessions

Places are now available to book on our information sessions for parents and carers.



Innovative



Caring



Agile

## Understanding your child's sensory preferences

How do our sensory likes and dislikes affect the choices we make in everyday life? How do children develop their sensory awareness?

*"Very useful to understand sensory needs and some ideas of how to support them"*

Comment from a parent who attended a session

Our 'Understanding your Child's Sensory Preferences' workshop is for parents and carers who live in Hertfordshire/have a Hertfordshire GP and would like to know more about their child's sensory development. The workshop aims to increase understanding of sensory processing and differences and how to support children to engage in daily tasks. It offers practical advice and strategies that you can try at home with your child.

This session introduces the topic of sensory processing for parents and carers. The workshop provides initial information and advice for families who are worried about their child's sensory development.

**BOOK YOUR PLACE FOR SPRING 2025:**

**Tuesday 11th March 2025 11:00 – 12:30 - <https://www.eventbrite.co.uk/e/1226155567309>**

**Monday 28<sup>th</sup> April 2025 12:00 – 13:30 - <https://www.eventbrite.co.uk/e/1259330364019>**

The sensory service is under redevelopment and parents and carers now will only need to attend the 'Understanding your Child's Sensory Preferences' workshop.

Children & Young  
People's Therapies  
Service

Contact us

Telephone:  
01923 470680 Opt. 3

Email:  
[hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)

Twitter: @CypHCT



[www.hct.nhs.uk](http://www.hct.nhs.uk)

# Angels Autism and ADHD support



**AUTISM & ADHD SUPPORT**  
for parents/carers of children with  
ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

### We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our  
online membership form to access our  
FREE support.



### Note for Professionals:

If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on [info@angelssupportgroup.org.uk](mailto:info@angelssupportgroup.org.uk)

Follow Angels  
Support Group on  
Social Media



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

Registered Charity No. 1117059

# Angels Autism and ADHD support



Charity no: 1117059

## Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.



Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats" on Spotify or Apple Podcasts or listen on our website:

<https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



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

# Vista SEND Coffee Mornings



**Vista** *and*  
St Albans Plus Schools' Partnership

**DSPL7**

Delivering Special  
Provision Locally

## SEND 25/26 Coffee Mornings

**DSPL7 & Vista St Albans+** host coffee mornings where School and SEND Family Workers are available to support parents / carers of children with SEND regardless of a diagnosis. This is an informal and safe place for parents / carers to share information and chat. The DSPL7 SEND Lead and other professionals may also be available for discussions. There is no need to book to attend this drop in session.

**Dates:** Mornings on 8<sup>th</sup> October, 25<sup>th</sup> November, 28<sup>th</sup> January, 17<sup>th</sup> March, 13<sup>th</sup> May & 30<sup>th</sup> June

**Time:** 9:15 - 11:30am

**Venue:** The Hub, Fleetville Junior School, 228 Hatfield Road, St Albans, AL1 4LW. The Hub is to the right hand side of the school building at the bottom of the car park. **There is no parking available onsite, but 3 hours free parking is available nearby in Morrisons supermarket.**

## Appointments

Running alongside our coffee mornings, there is also the opportunity to reserve a 20-30 minute appointment to speak to the following professionals between 9:30am - 12:00pm.

**To book an appointment:**

Please email  
[admin@dspi7.org.uk](mailto:admin@dspi7.org.uk)

Dates	Professionals attending
Wednesday 8 <sup>th</sup> October	Thelma Mugovera - Ask Sali (EHCP advice)
Tuesday 25 <sup>th</sup> November	Harri Nicholas - EBSA
Wednesday 28 <sup>th</sup> January	Laura Tarrant - ASD & PDA
Tuesday 17 <sup>th</sup> March	Tanya Suri - Speech and language
Wednesday 13 <sup>th</sup> May	Jess Pickle - First Steps, eating disorders, ARFID
Tuesday 30 <sup>th</sup> June	Elaine Bridle- ADHD

**Vista contact details:** 01727 519128 [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com) [www.vistastalbans.org.uk](http://www.vistastalbans.org.uk)  
**DSPL7 contact details:** 01727 519229 [admin@dspi7.org.uk](mailto:admin@dspi7.org.uk) [www.dspi7.org.uk](http://www.dspi7.org.uk)

# Sandbox

## What Is The Sandbox?

The Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**.

**Mental health struggle** is something most of us will experience at some point in our lives – it's simply part of being human. We're here for you when that happens.

We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.

Not sure where to start? Head over to the **Service Zone**.



## Who Is The Sandbox For?

The Sandbox is for **Children and Young People** who want additional support for their mental health.

Everything on **The Sandbox website** can be accessed **without registering**.

If you need **additional support**, continue reading below where you will find a **self-referral assessment** to access **NHS funded therapy**.



## The Toolbox – Autism & ADHD Resources



The **Toolbox** is a brand new website for Young People who have been diagnosed with or suspect they have **Autism** or **ADHD**.

Find out about **local workshops** (Hertfordshire only), national organisations, and go through our **resources** to help you better understand and live with those conditions.

**Let's Go!**



## The Talkbox

Our **podcast episodes** on topics related to young people's mental health

# Supporting You Project



Hertfordshire County Council Services for Young People

## Supporting You Project

**Supporting You Project**  
for 13-17s  
Every Thursday 6-8pm  
at Pioneer Young People's  
Centre  
Heathlands Drive  
St Albans  
AL3 5AY



Supporting You is a project which equips young people with the tools to help themselves to strengthen their resilience and emotional well-being. Attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills plus a method for planning how to achieve goals. Sessions are delivered by Youth Workers trained to deliver CBT.

Complete the SfYP referral form (QR code below) or contact the St Albans Team to join.

Hertfordshire County Council is excited to offer young people the opportunity to participate in the **Supporting You Project**, which is designed to build resilience and emotional well-being. This project is aimed at 13-17 yr olds, takes place every **Thursday from 6-8pm** at the **Pioneer Young People's Centre in St Albans** (Heathlands Drive, AL3 5AY).

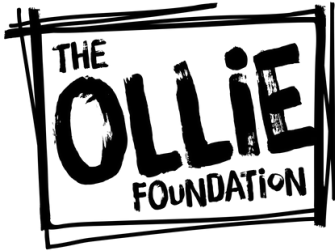
The **Supporting You Project** provides young people with the tools they need to help themselves navigate challenges and develop positive mental health. Over the course of the project, attendees will learn 12 CBT (Cognitive Behavioural Therapy) skills, as well as a method for planning and achieving personal goals. These valuable skills are delivered by Youth Workers who are specially trained in CBT techniques.

If you or someone you know would like to join, you can complete the SfYP referral form by scanning the QR code in the poster or contact the St Albans Team for more details.

Tel: 01442 454060  
SFYP.StAlbans@hertfordshire.gov.uk  
www.servicesforyoungpeople.org  
X   @HCCSFYP



# OLLIE Foundation



## Parents and Carers

When your child (no matter their age) feels distressed, overwhelmed, or sad, chances are you do too, and we know that navigating the available support can be both daunting and isolating.

If you are also worried that your child may be self-harming or having thoughts of suicide, you may find yourself walking on eggshells, not sure what to say. At Team OLLIE, we know how delicate you and they are feeling right now, and we are here to support you. OLLIE can signpost you to immediate help and guide you through some useful resources and/or training that may feel helpful.

## Training

OLLIE's **training** is designed to be both highly relevant as well as actionable for parents and carers, providing you with additional skills and knowledge to understand what might help in your situation and what other help is available.

From mindful drawing classes, talks exploring the neuroscience of emotion and stress, through to prescription safe plans, suicide prevention, intervention and postvention support, OLLIE is here to help. Our online talks and **training sessions** are always fully funded for parents and carers.

## Events

We hope that by attending an OLLIE event we deepen your understanding of well-being, and leave you with hope for the future. Our event programme is designed to nourish the mind, body, and soul.

Below, you will find information on all of OLLIE's upcoming events and activities. Additional dates are always being added so please check back regularly or **sign up to our mailing list** where we can keep you up to date with all things OLLIE.

For general enquiries please call **07715 311 891** or email **[contactus@theolliefoundation.org](mailto:contactus@theolliefoundation.org)**.

# OLLIE Foundation

## Need help now?

If you believe your child is in crisis or feeling suicidal [get emergency help here](#).

If your gut instinct is that something is wrong, trust it. You know your child better than anyone. If your child has shared that they're feeling suicidal, or have acted on those thoughts, as difficult as it might be, they need you to stay as calm as possible and think for them. If you want some help and advice on how to talk with them, OLLIE provides some gentle guidance in the [Help and Advice section](#) and in particular, these [FAQs](#) may feel useful. During office hours, and if there isn't an immediate threat to life, there is usually someone at OLLIE that you can speak to, too!

## Helplines

Many national and local helplines provide the opportunity to talk about how you're feeling, share your problems and find out how you can access more support.

- [PAPYRUS HOPELineUK](#) is manned by suicide prevention advisers who are mental health professionals trained in suicide prevention intervention skills.
- [Samaritans helpline](#) is answered by trained volunteers who will listen to you and help you talk through your concerns, worries and troubles.
- [CALM](#) offers confidential anonymous, and free support, information and signposting for anyone anywhere in the UK through their helpline.
- The [SANELine](#) is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.
- [Shout](#) is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. They take people from crisis to calm every single day.
- [7 Cups](#) – Free online and confidential chat with therapists and trained listeners.

Please be aware that all the helplines listed can get very busy, and you might ring at a time when there are no call handlers available.

Please don't give up. You could try the [Hub of Hope](#), a UK online service directory as they may list other organisations that will be able to support you.

Download our [service directory](#) to find UK services covering a range of concerns.

Call our Parents Helpline for free on [0808 802 5544](tel:08088025544).

We're open Monday - Friday 9:30am - 4:00pm.

### Mobility Hubs Service



- Do you need alternatives to driving a car?
- Looking to travel by public transport using a wheelchair?
- Are you unsure about your travel options with a physical or hidden disability?
- Seeking venues suitable for older people? / Finding social venues for older people to reduce isolation?

Discover the answers and many more travel solutions with the Hubs Mobility Service:

- Rights as a disabled passenger
- Accessible buses & coaches
- Local, national & international travel
- Easy access rail & air travel
- Hiring/purchasing scooters & wheelchairs
- Community transport

[hubinfo@hertsability.org.uk](mailto:hubinfo@hertsability.org.uk)

### Driving Lessons and Theory Test Support Service

Learning to drive can be daunting for many people, especially if you have restricted mobility or a disability – not with Herts Ability!

Our highly trained, specialist Approved Driving Instructors (ADIs) have the knowledge and experience to help you get behind the wheel with confidence. We can help you learn to drive with adapted controls and support you with theory tests.

Working alongside Occupational Therapists, our ADIs are 100% committed to helping you pass your test and can offer either one-to-one tuition or group sessions.

Want to volunteer?  
Call us now!

### We help **you** get mobile

Part of the national Driving Mobility network, supported by The Department for Transport, we provide a friendly adapted driving and personal mobility assessment service for people of all ages.

You can self refer to our services or be signposted from the DVLA, NHS and Motability. Whatever your disability or mobility issues we can help you to drive or achieve the best possible outcome with mobility equipment or accessible travel. We can help you if:

- A medical condition may impact on your decision making whilst driving
- You need specialist car adaptations to drive safely
- You are an older driver concerned about driving
- You are looking to return to driving after illness/injury
- You find accessing a car difficult



Call us today, we're ready to get you mobile:

01707 324581

[driving@hertsability.org.uk](mailto:driving@hertsability.org.uk) [hertsability.org.uk](http://hertsability.org.uk)

Scan for our introductory video



# Potential kids

## SEPTEMBER 2025 ACTIVITIES

### SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
4th Thu	<b>Bushcraft/Stem Home Ed 4 + yrs</b>	10.30-12.00
4th Thu	<b>Trampolining -Gosling sports centre 5+</b>	17.30-18.30
5th Fri	<b>Welcome Space Community Drop-In</b>	11.00-12.30
11th Thur	<b>Bushcraft/Stem Home Ed 4 + yrs</b>	10.30-12.00
12th Fri	<b>Welcome Space Community Drop-In</b>	10.00-12.30
13th Sat	<b>Free Family Football Drop-In Birchwood</b>	16.00-17.00
16th Tue	<b>Roller skating Campus West</b>	18.00-19.00
18th Thur	<b>Bushcraft/Stem Home Ed 4 + yrs</b>	10.30-12.00
18th Thur	<b>Trampolining -Gosling sports centre 5+</b>	17.30-18.30
19th Fri	<b>Welcome Space Community Drop-In</b>	11.00-12.30
19th Fri	<b>Youth Group 16 +</b>	18.30-20.30
20th Sat	<b>Basketball 8+ Birchwood</b>	16.00-17.00
25th Thur	<b>Bushcraft/Stem Home Ed 4 + yrs</b>	10.30-12.00
26th Fri	<b>Welcome Space Community Drop-In</b>	11.00-12.30
26th Fri	<b>Skateboarding Pioneer Club Age 9+yrs</b>	17.30-18.30
27th Sat	<b>Train Club PK Hub Age 12+</b>	12.00-14.00
27th Sat	<b>Soft Archery 8+ Birchwood</b>	16.00-17.00

For further information on any of our Activities or Educational Services please email us at [info@potentialkids.org](mailto:info@potentialkids.org)

## POTENTIAL KIDS

BOOKINGS at [potentialkids.org.uk/events](http://potentialkids.org.uk/events)



Therapeutic Gardening 1:1 & Group Sessions. Volunteers Needed



Pony Days

### OUR OFFER

Sports & Social Activities  
Tutoring  
Mentoring  
Therapies  
1:1 & Group Work  
Alternative Provision Provider  
EOTAS

Communication, Learning & Social Support for All



Visit us here



## EMPOWERING PARENTS TO HELP CHILDREN THRIVE



Bounce Forward, in collaboration with the Harry Kane Foundation, are gifting a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.

#### What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

## Contact Us

[schoolsmh@hertfordshire.gov.uk](mailto:schoolsmh@hertfordshire.gov.uk)

# Services for young people

The Services for Young People St Albans Team runs a wide range of groupwork projects for young people at our young people's centres as well as street-based projects across the district. If you have any questions about our support for young people in the St Albans district or would like to join a project, please:

**Email:** [sfyp.stalbans@hertfordshire.gov.uk](mailto:sfyp.stalbans@hertfordshire.gov.uk)

**Call:** 01442 454060

**Text:** 07860 065195

**Website:** [www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org)

Parents/carers and professionals who work with young people can refer a young person to a youth work project. Full details of the specific youth work projects currently running for young people in the St Albans district can be found online.

**Creative Spark Project** for young people aged 13-17 with SEND

**Creative Spark Project** for young adults aged 18-25 with SEND

**Duke of Edinburgh's Award**

**St Albans Emotional Wellbeing Project**

**Friday night projects** for young people at risk of exploitation or crime

Harpenden and Pioneer Young People's Centres

Young People's Centre and Care Leavers Hub

**Raising Aspirations Project** for home educated young people

**St Albans LGBT+ Project** for young people facing challenges in their lives

St Albans Youth Council

**Positive Pathways project** for young people at risk of exploitation or crime

St Albans Youth Council for young people with SEND

# Hertsmere Mencap



## OCTOBER Half Term

Tue 28th - Thu 30th



Tue



Games, Art & Crafts,  
Cooking, Quizzes,  
Wii, Fun & More

Wed



10pm to 2pm • Borehamwood

Thu



Sky Up Academy  
Session

1.30pm to 4.30pm • Sky Studios Event



For more info contact Susannah 07727 33 90 66  
[childrenandyouth@hertsmere Mencap.org.uk](mailto:childrenandyouth@hertsmere Mencap.org.uk)



## Family Lives

# Free Autumn Term Parenting Groups

**Bringing Up Confident ADHD/ASD Children (6 weeks) Online group**  
**Friday 26th September to 7 November 9.45am to 11.45am OR**

**Tuesday 14 October to 25 November 7.00pm to 9.00pm**

If your child has ADHD/ASD, or you think they might, join our free online 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**  
**Thursday 2 October to 13 November 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 group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

**Dads Together (6 weeks) Online group**

**Wednesday 5 November to 10 December 7.00pm to 9.00pm**

Calling all Dads - join our free online group, come along and receive support from other dads and learn how to change the way you communicate with your child, respond better and feel more in control.

**Anxiety around ADHD Online Workshop**  
Autumn term dates to be confirmed

**Reducing Conflict Online Workshop**  
Autumn term dates to be confirmed

**Sibling Rivalry Online Workshop**  
Autumn term dates to be confirmed



**SCAN ME!**

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.

# NIP IN THE BUD®



We are a charity set up to raise awareness about childrens' (between 7-16) mental health. Our mission is to be part of the change to see earlier interventions for young children who are either struggling with mental their mental health or living non-neurotypical lives in a neuro-typical world.

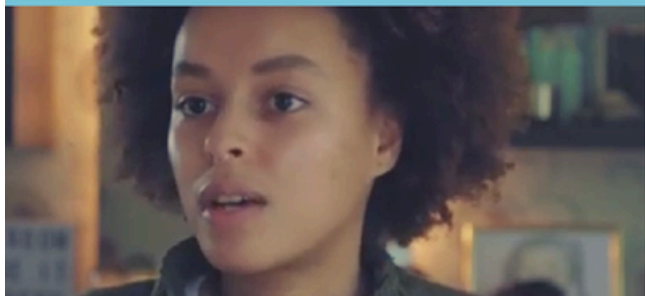
[WWW.NIPINTHEBUD.ORG](http://WWW.NIPINTHEBUD.ORG)



## WHY ARE WE HERE?

We're all too aware that certain expectations of young children in certain settings that lack understanding can often lead to issues with self esteem and mental health struggles. We are here to raise awareness and empower people (parents, carers, teachers and school communities) so that they can recognise and respond to ALL childrens needs as early as possible.

Mental health had a profound impact on our founders', Kitty and Daniel's lives. Their daughter first displayed symptoms of OCD at the age of eight but wasn't diagnosed until well into her late teens - precisely because there was such a serious lack of information about children's mental health conditions at the time. Nip in the Bud® was set up to encourage awareness and empower communities about mental health in young children through our free films & resources.



OUR RESOURCES (FILMS & FACTSHEETS) COVER

[ATTENTION DEFICIT HYPERACTIVITY DISORDER \(ADHD\)](#)

[ANXIETY DISORDERS](#)

[AUTISM SPECTRUM CONDITION \(ASC\)](#)

[DEPRESSION](#)

[EATING DISORDERS](#)

[CONDUCT & OPPOSITIONAL DEFIANCE DISORDERS](#)

[OBSESSIVE COMPULSIVE DISORDER \(OCD\)](#)

[SELF-HARM](#)

[TRAUMA](#)

[POST-TRAUMATIC STRESS DISORDER \(PTSD\)](#)

[MANAGING EMOTIONS](#)

[WWW.NIPINTHEBUD.ORG](http://WWW.NIPINTHEBUD.ORG)



## WE'RE ALSO ABOUT TO LAUNCH A PODCAST

We're very aware, from the children, families and adults who we've met who have gone through mental health challenges or experienced life as a neurodivergent person, living in a "neuro-typical" world, that film is sometimes a challenge.

So we've decided that a Podcast is the perfect way to ensure that we don't lose the chance to tell peoples' stories, purely because they'd prefer not to be on film.

Our regular podcast aims to raise awareness and understanding of mental health conditions in children and young people, in order to offer support and information to our local community.

The podcast will feature information, advice and tips on how to recognise and respond to mental health needs. Guests will range from SENDCos, teachers, medical experts, parents, as well as children and young people.

This will allow the opportunity for the community to have a voice and be able to share their knowledge and experiences in order to help others. The goal is to increase the prospects of early intervention and to reduce the risks of mental health conditions becoming more serious in later years.

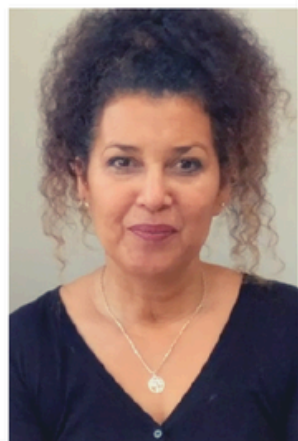
We are also very lucky to have Alis Rocca as part of this project. Alis brings with her over 18 years as a teacher, senior leader, Head Teacher, and Education Consultant which is seamlessly blended with her passion for physical and mental health and wellbeing, connected to personal and organisational leadership development.

Alis's ability to empathise and communicate with young children, combined with her knowledge of how to support them, their families (& through her 'whole school' approach, her teaching staff and school communities) makes her the perfect expert to bring these critical conversations to life.

## OUR LATEST LAUNCH: EARLY INTERVENTION

Our mission is to promote the importance of Early Intervention so we were keen to look at how to facilitate it in the lives of families we aim to support.

"Early Intervention" is our latest series - 4 short films. Each made to support parents and carers who are navigating the journey from feeling like something feels different with their child to getting the right help - be that from schools, their GPs to applying for an ECHP - demystifying the process with helpful tips from experts in the field - again with our wonderful friend Alis Rocca.



# Children's Practitioners Services- tbc



# Delivering Special Provision Locally

## Who are we?

DSPL7 supports parents and carers, staff in early years settings, schools and further education colleges by ensuring there is a range of provision and support services within the St Albans and Harpenden area for children and young people with additional needs.

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## Contact Us



DSPL7, The Hub, 228 Hatfield Road, St Albans, AL1 4LW



01727 519229



admin@dsp17.org.uk



www.dsp17.org.uk



dsp17\_stalbansandharpenden

