



Delivering Special  
Provision Locally

## DSPL9 Parent, Carer and Family Newsletter

14<sup>th</sup> January 2026

Welcome to the 8<sup>th</sup> DSPL9 newsletter for the academic year 2025/26 .

This provides families and school colleagues with current local SEND information with a focus on **Parents and Families**.

This newsletter is published fortnightly during term time. Next edition-**28<sup>th</sup> January 2026**

Please contact Triage [enquiries@dsplarea9.org.uk](mailto:enquiries@dsplarea9.org.uk) if your child or young person has complex needs that you require further support with.

### DSPL9 support

- DSPL9 Parent and Carer Coffee Mornings for all parents of children with SEND in February 2026.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA

### Other services – New this week

- Potential Kids share their January activities
- Families Feel Safe are pleased to be providing four fully funded 'Supporting Families with Protective Behaviours' courses for parents and carers
- The new **Hertfordshire My Healthcare Passport** is live
- Supporting Links share their courses and workshops for Spring 2026
- Angels have some new topic workshops and support sessions this term
- Hertfordshire Council and Small Steps would like to invite you to attend a free program, aimed at fostering understanding and prevention of radicalization



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Provision Locally



## PARENT/CARER COFFEE MORNINGS 2026

For all parents/carers of children with SEND

Wednesday 11th February 2026 10-11.30am

ASDA WATFORD COMMUNITY ROOMS  
ST ALBANS RD, WATFORD WD24 7RT

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Please join the DSPL9 Triage team to find out about the support available locally and to meet other parents and carers of children with SEND.

Members of the [ADD-vance](#) team will be in attendance at our February coffee morning.

**ADD-vance** is a Hertfordshire based charity that supports neurodivergent families and the professionals who support them

If you would like to attend or to find out more please email us at  
[enquiries@dsplarea9.org.uk](mailto:enquiries@dsplarea9.org.uk)



# DSPL 9

## Emotionally Based School Anxiety Coffee Morning



DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (emotionally based school anxiety/avoidance).

The event will be run by DSPL 9 with a Family Support Worker and Nessie Therapist available to offer support and guidance.

Dates for 2025-26:

**Monday 2<sup>nd</sup> February 2026**

**Monday 11<sup>th</sup> May 2026**

Time: 10.00am-11.30am

Venue: ASDA Community Room 3,  
St Albans Rd, Watford WD24 7RT

Please let us know you will be attending by booking using [this link](#)  
or contact [admin@dsplarea9.org.uk](mailto:admin@dsplarea9.org.uk) for further information.

# JANUARY 2026 ACTIVITIES

| Date                   |      | Sessions                                   | Time        | Venue                         |
|------------------------|------|--|-------------|-------------------------------|
| 6th                    | Tue  | <b>Connect Primary age</b>                 | 4.30-6.00   | <b>The Zone@The Galleria</b>  |
| 8th,15th<br>22nd ,29th | Thu  | <b>Bushcraft/Stem<br/>Home Ed Age 4+</b>   | 10.30-12.00 | The Zone @ The Galleria       |
| 9th,16th<br>23rd,30th  | Fri  | <b>Early Years Stay &amp; Play</b>         | 10.30-12.00 | <b>The Zone@The Galleria</b>  |
| 9th,16th<br>23rd,30th  | Fri  | <b>Parent /Carer Wellbeing</b>             | 12.30-2.00  | <b>The Zone@The Galleria</b>  |
| 10th,31st              | Sat  | <b>Family Football</b>                     | 4.00-5.00   | Birchwood Leisure Centre      |
| 12th                   | Mon  | <b>Dungeons &amp; Dragons<br/>(Full)</b>   | 12.30-3.30  | <b>The Zone@The Galleria</b>  |
| TBC                    | Tue  | <b>Roller Skating</b>                      | TBC         | <b>Roller City WGC</b>        |
| 15th                   | Thur | <b>Trampolining Age 5+</b>                 | 5.30-6.30   | Gosling Sports Centre         |
| 16th                   | Fri  | <b>Youth Group 16 Plus</b>                 | 6.30-8.00   | <b>The Hub@The Galleria</b>   |
| 22nd                   | Thur | <b>Connect Secondary Age</b>               | 5.00-6.30   | <b>The Zone@The Galleria</b>  |
| 24th                   | Sat  | <b>Basketball/Archery</b>                  | 4.00-5.00   | Birchwood Leisure Centre      |
| 29th                   | Thur | <b>Trampolining Age 5+</b>                 | 5.30-6.30   | Gosling Sports Centre         |
| TBC                    | Fri  | <b>Skateboarding Age 9+</b>                | 5.30-6.30   | <b>Pioneer Club St Albans</b> |
| 31st                   | Sat  | <b>Potential Tracks Train Club<br/>10+</b> | 12.00-2.00  | <b>The Hub@The Galleria</b>   |

To book visit : [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

For further information email: [info@potentialkids.org](mailto:info@potentialkids.org)



# All Feelings Matter workshop

(including the strong and uncomfortable ones)

**For Mums, Dads & Carers**

**Online  
December 2025  
&  
January 2026**



**This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Learn more about:**

- Why all feelings matter for everyone.
- How feelings, thoughts, and behaviour link together.
- Recognising physical and emotional feelings, including anxiety and anger.
- Ways to support healthy emotional development.
- The stress response system and '3-Part Brain' concept.
- Feelings and the Protective Behaviours process.

**To book your place please use this link or the QR code**

<https://forms.office.com/e/dTwhKe8yaM>



Please like us on Facebook for further updates @familiesfeelingsafe

**Wednesday  
10 December  
9.30am—11.30am  
or  
7.00pm—9.00pm  
or  
Monday  
26 January  
7.00pm—9.00pm**



Funded by  
Hertfordshire  
County Council



# Communication workshop For Mums, Dads & Carers

Online  
December 2025  
&  
January 2026



Thursday  
11 December 2025  
9.30am—11.30am  
or  
Monday  
19 January 2026  
7.00pm—9.00pm

This 2 hour fully funded workshop is open to all Hertfordshire parents and carers. Join us to learn more about:

- Why communication matters for everyone
- Communication to build and support healthy relationships
- The stress response system and the effects on communication
- The Language of Safety
- Skills and strategies - from learning to practice
- Communication and the Protective Behaviours Process



To book your place please use this link or the QR code

<https://forms.office.com/e/dTwHKe8yaM>



Please like us on Facebook for further updates @familiesfeelingsafe

Funded by  
Hertfordshire  
County Council



# Supporting Dads with Protective Behaviours

For Dads & Male Carers

Online course  
starting  
February 2026



Thursday evenings

5 Feb—26 March  
7.00pm—9.00pm  
(excluding half term)

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

**This fully funded 7-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

**For eligibility and to book your fully funded place please use this link or the QR code**

**<https://forms.office.com/e/AhqfPJUW6T>**

**or email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)**



Please like us on Facebook for further updates @familiesfeelingsafe

Funded by  
Hertfordshire  
County Council



# Families Feeling Safe

Supporting families with Protective Behaviours

**BROXBOURNE**  
starting  
January 2026

**A FREE course for Mums, Dads,  
and Carers of children 5-19yrs**



**Are you looking for some strategies and new ideas to help improve family life? This 9 week fully-funded term time course can help you to:**

- ◆ Understand how Feelings, Thoughts and Behaviour link together
- ◆ Understand what may be influencing your child's behaviour
- ◆ Respond to a range of feelings e.g. stress, anger, anxiety and worries
- ◆ 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**  
**9.30am—11.30am**  
**22 Jan—26 March 2026**

**At**  
**Wormley School Community**  
**Room**  
**Cozens Lane East,**  
**Broxbourne, EN10 6QA**

**For eligibility and to book your fully funded place please use this link or the QR code**

<https://forms.office.com/e/AhqfPJUW6T>

or email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

Funded by  
Hertfordshire  
County Council



Please like us on Facebook for further updates @familiesfeelingsafe





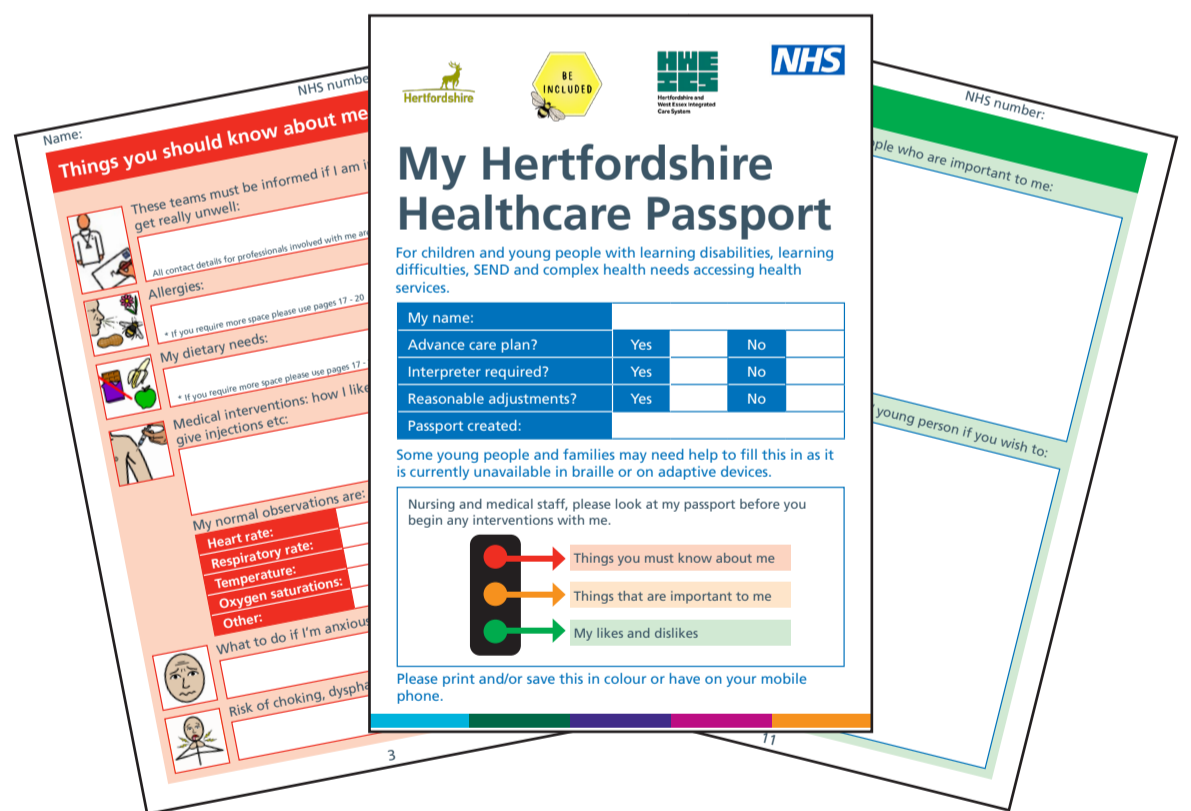
# Does your child have a complex health need, additional needs and/or a disability?

# Is there anything we can do to make your visit or appointment easier?

## My Hertfordshire Healthcare Passport

My Hertfordshire Healthcare Passport is for all your child's needs including:

- Physical health
- Access requirements
- Emotional wellbeing
- Communication
- Extra support



To find out more and to download a copy of My Healthcare Passport for your child, scan the QR code to the left or visit:

[www.enherts-tr.nhs.uk/resources/my-healthcare-passport-children/](http://www.enherts-tr.nhs.uk/resources/my-healthcare-passport-children/)

Hard copies available at request. This record belongs to your family. Please keep it safe and bring it with you when needed. All patients in Hertfordshire and West Essex can use this Healthcare Passport. Whilst the trust logo shows who was responsible for created the passport, access to the passport is for everyone within the region.

# Parent & Carer Support Spring Term 2026



**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.



**Mondays 7.45 - 9.15pm**  
**5<sup>th</sup> Jan to 9<sup>th</sup> Feb**  
**Online Course: ID 804**

**Wednesdays 7.45 - 9.15pm**  
**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**  
**F2F Course: ID 802**  
**St Albans, AL1 2LE**

**Thursdays 7.45 - 9.15pm**  
**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**  
**Online Course: ID 803**

## TALKING ANGER in TEENS

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

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Tuesdays 7.45 - 9.30pm**  
**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**  
**Online Course: ID 805**

## TALKING ADDITIONAL NEEDS

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

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Tuesdays 8.00 - 9.30pm**  
**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**  
**Online Course ID 797**

**Tuesdays 9.45 - 11.15am**  
**3<sup>rd</sup> Feb to 17<sup>th</sup> Mar**  
**Online Course ID 796**

# 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.

# TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, 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.

# 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.



**Thursdays 8.00 - 9.30pm**

**8<sup>th</sup> Jan to 12<sup>th</sup> Feb**

**Online Course ID 799**

**Thursdays 9.45 - 11.15am**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 798**

**Thursdays 8.00 - 9.30pm**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 800**



**Wednesdays 9.45 - 11.30am**

**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**

**Online Course ID 801**



**Wednesdays 7.45 - 9.15pm**

**7<sup>th</sup> Jan to 11<sup>th</sup> Feb**

**Online Course: ID 806**

**Mondays 7.45 - 9.15pm**

**2<sup>nd</sup> Feb to 16<sup>th</sup> Mar**

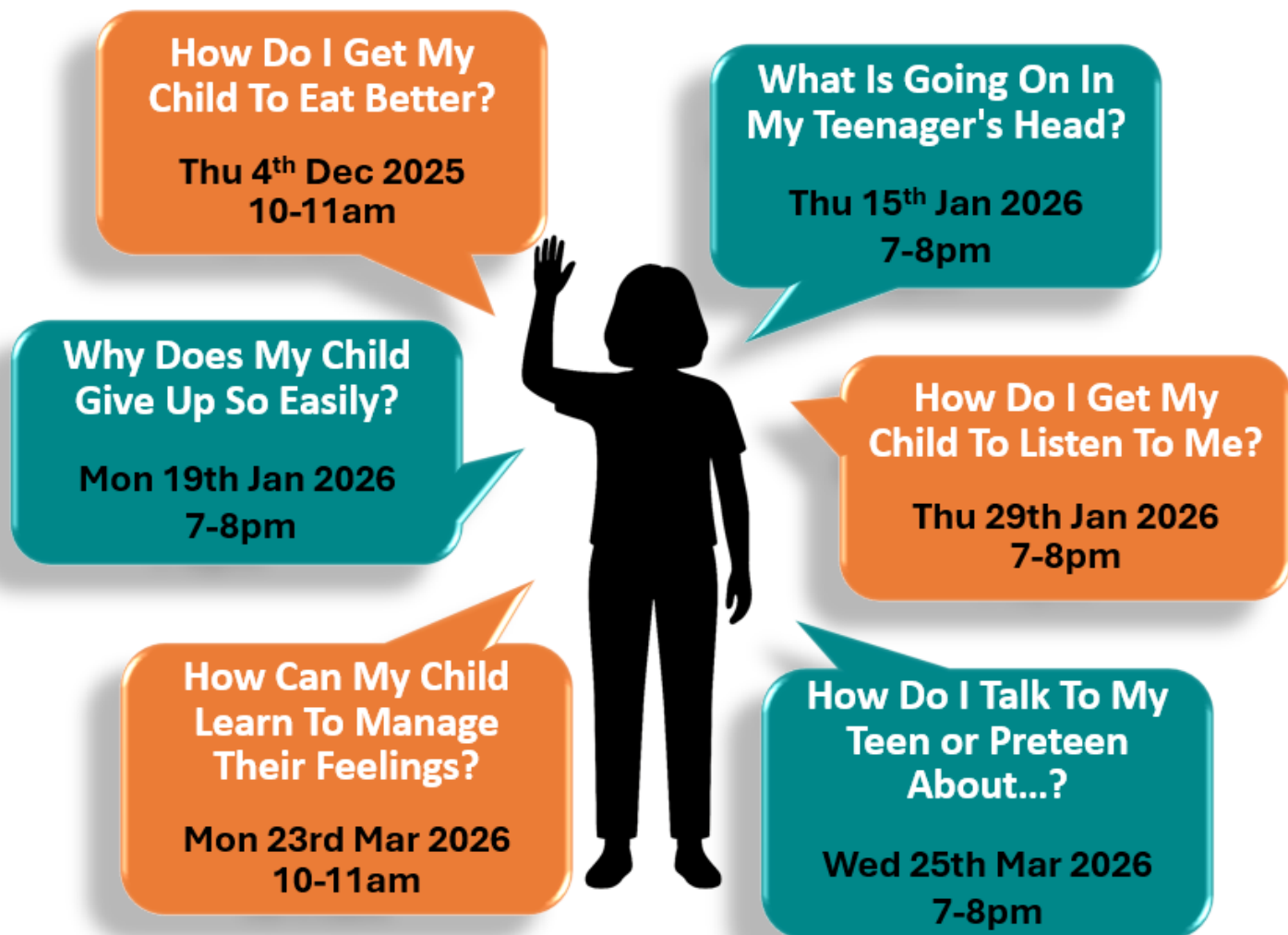
**Online Course: ID 807**

**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



**Our Bitesize Workshops answer your common parenting questions.**

These are interactive 1 hour sessions on Zoom with an opportunity to ask questions.

Book through Eventbrite

<https://www.eventbrite.co.uk/cc/bitesize-parenting-free-for-parents-in-herts-3853843>



## WEEKLY ONLINE WORKSHOP AND SUPPORT

10AM-12PM EVERY TUESDAY DURING TERM TIME



FREE :Workshop topic presentation opening to online support on any topic



### Topic List:

- 6 Jan - Women and Girls
- 13 Jan - Supporting and understanding ADHD
- 20 Jan - Speaker: Dr Sarah Lewis-Hayes  
What should be in an EP report.
- 27 Jan - Speaker: Charley Crowe (SAAS)  
Social Stories and Comic Strip Convos
- 3 Feb - Emotionally Based School Absence (EBSA)
- 10 Feb - Understanding Pathological Demand Avoidance (PDA)

Scan this QR code to access our support and zoom links





**Angels**  
AUTISM & ADHD SUPPORT

# ONE-TO-ONE SUPPORT

Facing challenges can be overwhelming, but you don't have to go through it alone. Our team is here to help. We're available for one-on-one video calls, can meet with you in person to help with tricky paperwork, and even provide support at meetings with professionals. We're a team with lived experience who truly understand, and hold professional qualifications like IPSEA SEND Law training to give you the best possible guidance.

**Various time slots available.**



Letchworth  
Garden City  
Heritage Foundation

**BOOK NOW**



The Frank Lichfield  
Charitable Trust

**Stronger  
Starts.**



**Project  
Spark**

## 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.

## Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see programme for dates



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)

Zoom every  
Tuesday  
10am-12noon

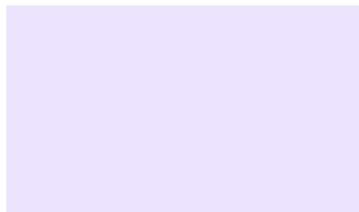
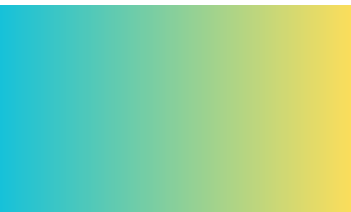
Letchworth  
Wednesday  
10am-12noon

Stevenage  
Wednesday  
10am-12noon

Zoom  
Thursday eve  
7.30pm- 8.30pm

**6<sup>th</sup> Jan**  
Women and Girls

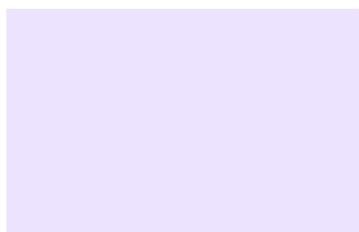
**7<sup>th</sup> Jan**  
Meet Up and Chat



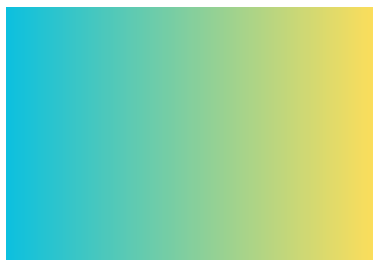
**13<sup>th</sup> Jan**  
Understanding and  
Supporting ADHD



**14<sup>th</sup> Jan**  
Meet Up and Chat



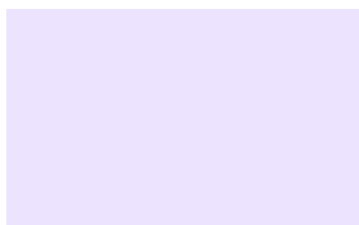
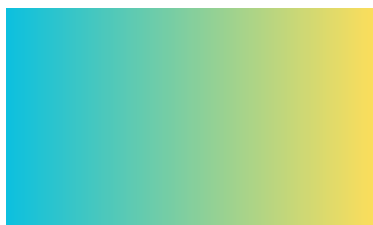
**20<sup>th</sup> Jan**  
**Speaker:** Dr Sarah  
Lewis-Hayes  
What should be in an EP  
report.



**22<sup>nd</sup> Jan**  
Evening Parent/Carer  
Support Group

**27<sup>th</sup> Jan**  
**Speaker:** Charley Crowe  
(SAAS) Social Stories  
and Comic Strip Convos

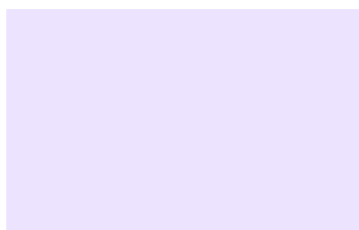
**28<sup>th</sup> Jan**  
Meet Up and Chat



**3<sup>rd</sup> Feb**  
EBSA



**4<sup>th</sup> Feb**  
Meet Up and Chat



**10<sup>th</sup> Feb**  
Understanding PDA



**12<sup>th</sup> Feb**  
Evening Parent/Carer  
Support Group

## FEBRUARY HALF TERM - 16th - 22nd Feb

For support during this period please contact The Neurodiversity Support Hub:

Tel: 01727 833963

lines are open from 9am-1pm weekdays

[www.add-vance.org/parents/neurodiversity-support-hub/](http://www.add-vance.org/parents/neurodiversity-support-hub/)



**Zoom every Tuesday**  
**10am-12noon**

**Letchworth**  
**10am-12noon**

**Stevenage**  
**10am-12noon**

**Zoom**  
**Thursday eve**  
**7.30pm- 8.30pm**

**24<sup>th</sup> Feb**

**Speaker:** Paul Chambers  
Poets In - Wellbeing

**25<sup>th</sup> Feb**

Meet Up and Chat

**3<sup>rd</sup> March**

**Speaker:** Helen Nice2Meetya  
Rejection Sensitive  
Dysphoria (RSD)

**4<sup>th</sup> March**

Meet Up and  
Chat

**10<sup>th</sup> March**

SEN Support: Ordinary  
Available Provision  
(OAP)and EHCPs

**12<sup>th</sup> March**

Evening Parent/Carer  
Support Group

**17<sup>th</sup> March**

Helping to reduce  
meltdowns

**18<sup>th</sup> March**

Meet Up and Chat

**24<sup>th</sup> March**

Supporting Sensory Needs

**25<sup>th</sup> March**

Meet Up and  
Chat

**EASTER HOLIDAYS 30<sup>th</sup> March - 13<sup>th</sup> April**

For support during this period please contact **The Neurodiversity Support Hub:**

**Tel: 01727 833963**

lines are open from 9am-1pm weekdays

[www.add-vance.org/parents/neurodiversity-support-hub/](http://www.add-vance.org/parents/neurodiversity-support-hub/)



Hertfordshire Council  
delivered by Small Steps  
Hosted at Croxley Danes School



FOR PARENTS & CARERS OF CHILDREN IN HERTFORDSHIRE  
ALL WELCOME

**EXTREMISM THRIVES ON MISUNDERSTANDING**  
**A BRIEFING ABOUT THE 'DARK SIDE OF THE INTERNET'**  
**Let's get informed!**



**MONDAY**  
**9 FEBRUARY 2026**  
**6-8pm**



**At Croxley Danes School**  
Baldwins Ln  
Croxley Green,  
Rickmansworth  
WD3 3LR

**SCAN THE QR CODE  
TO REGISTER**

[www.eventbrite.com/e/1968569467269](http://www.eventbrite.com/e/1968569467269)



**IF YOU ARE WORRIED ABOUT...**

What is your child watching online?

What are the dangers and warning signs?

Who are they interacting with?

Are they spending too much time online?

**Join our session for parents and carers to learn how can we support our young people to stay safe online.**

Small Steps is a specialist company aimed at raising awareness of the dangers of Extreme Right-Wing (ERW) extremism via quality training delivered by people with lived experience of radicalisation.

For more information visit: [smallstepshub.com](http://smallstepshub.com)