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DSPL9 Parent, Carer and Family Newsletter

4th March 2026

Welcome to the 11th 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-**18th March 2026**

Please contact Triage 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 March 2026.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA
- DSPL9 would like to hear from you! Please take a few moments to complete our [Parent Feedback](#) form (deadline 27th March)
- DSPL 9 are pleased to provide secondary school parents with an opportunity to access a 6 week parent skills group in the summer term.

Other services offering support or training

- [Add Vance](#) would like to remind about their support line
- [Supporting Links](#) are now taking bookings for their Summer Term Courses.
- [Potential Kids](#) share their March events and activities.



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PARENT/CARER COFFEE MORNINGS 2026

For all parents/carers of children with SEND

Tuesday 24th March 2026 10-11.30am

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

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.

If you would like to attend or to find out more please email us at 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 11th 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 for further information.



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We would love to hear your thoughts on
DSPL9.

Please take a few moments to complete our
[feedback form.](#)

The deadline for this is 27th March



Neurodiversity Support Hub

For Parents, Carers and Professionals across Hertfordshire

 **01727 833 963**

 **supporthub@add-vance.org**

Whether you need practical advice, emotional support or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm

Tues & Thurs: 9am - 3pm

Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am - 1pm

All our helpline team are parents/carers of neurodivergent children.

No
diagnosis
required





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DSPL 9 EBSA Support Package 6 week parent skills group: secondary aged children

DSPL 9 are pleased to provide secondary school parents with an opportunity to access a 6 week parent skills group in the summer term. To ensure the content of the group meets local needs please can we ask that you complete the short google form. Following this further details including booking instructions will be sent out:

The 6-week parent skills group focused on supporting children's emotional wellbeing at home. The sessions will be practical, supportive and grounded in psychological approaches, with a strong emphasis on skills they can use straight away in everyday family life.

Parent/Guardian ideas matter most.

Please complete the short questionnaire by Tuesday 10th March:

<https://docs.google.com/forms/d/e/1FAIpQLSfW9aFbF2PLo85RjxyY3ZmAavc6rmgo3ECV FgCal0WACoXuhg/viewform?usp=publish-editor>

Examples of what the group might cover :

- **Co-regulation and calming strategies (what to do in the moment when emotions run high)**
- **Helping children manage worry and anxiety, especially around tasks and upcoming events**
- **Confidence-building and motivation (supporting independence without battles)**
- **Boundaries, routines and transitions (reducing conflict and improving predictability)**
- **Communication skills (supportive language, reducing escalation, problem-solving together)**
- **Managing parental stress and maintaining consistency when you're tired or under pressure**

We look forward to receiving your feedback and developing a parent skills group based upon your ideas.

Parent & Carer Support

Summer Term 2026



FREE COURSES for parents and carers 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
14th Apr to 19th May
Online Course: ID 834

Wednesdays 7.45 - 9.15pm
3rd Jun to 8th Jul
Online Course: ID 835

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 9.45 - 11.15am
6th May to 17th Jun
Online Course ID 832 Not half term 27/5

Mondays 8.00 - 9.30pm
1st Jun to 6th Jul
Online Course ID 833

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

6th May to 17th Jun

Online Course: ID 836

Not half term 27/5

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

14th Apr to 19th May

Online Course ID 831

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

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

MARCH 2026 ACTIVITIES

Date		Sessions	Time	Venue
2nd,16th 30th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.00	The Zone@The Galleria
3rd	Tue	Connect Primary age	4.30 6.00	The Zone@The Galleria
4th,11th 18th,25th	Fri	Early Years Stay & Play	12.30 2.00	The Zone@The Galleria
5th,12th 19th,26th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
5th	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
6th,20th 27th	Fri	Parent /Carer Wellbeing	12.30 2.00	The Zone@The Galleria
7th,21st 28th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre
9th,23rd	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.00	The Zone@The Galleria
12th,26th	Thur	Trampolining Age 5+	5.30 6.30	Gosling Sports Centre
13th	Fri	Youth Group 16 Plus	6.30 8.00	The Hub@The Galleria
14th	Sat	Basketball/Archery	4.00 5.00	Birchwood Leisure Centre
19th	Thur	Connect Teens yr7 plus	5.00 6.30	The Zone@The Galleria
27th	Fri	Skateboarding Age 9+	5.30 6.30	Pioneer Club St Albans
28th	Sat	Potential Tracks Train Club 10+	12.00 2.00	The Hub@The Galleria

To book visit : potentialkids.org.uk/events

For futher information email: info@potentialkids.org

SCAN FOR ALL OF OUR
IMPORTANT LINKS

