



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

9th September 2026

Welcome to the 1st DSPL9 newsletter for the academic year 2026/27 .

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- **23rd September 2026**

DSPL9 support

The DSPL 9 Triage Service offers guidance and practical support for parents and carers of children and young people with SEND.

- Supporting parents in navigating services and making referrals and the referral process.
- Promoting and signposting services available to parents of children and young people with SEND.
- Local SEND coffee mornings for parents/carers

To refer to the Triage team for support please complete the referral form [here](#)

Other services offering support or training

- [Add Vance](#) would like to remind about their support line
- BeeZee have a full programme of support to share
- Supporting Links have courses for families running this Autumn
- Potential Kids have a fun September lined up.
- HCC share The SEND section on the Hertfordshire Directory
- Step 2 Skills share details of their job fair along with other services and events.
- Watford FC Community Sports and Education Trust are running FREE SEND Football Sessions at Meriden Community Centre



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.**





FREE Healthy Lifestyle support for families in Hertfordshire

Our FREE 12 week in-person programme
starts on 14th Sept 2026, with an intro call beforehand



Monday	Tuesday	Wednesday	Thursday
WATFORD Leavesden Green Community Hub WD25 0BW 5:00 - 7:00pm	CHESHUNT Oakview Primary School EN7 6LB 5:00 - 7:00pm	STEVENAGE Oval Community Centre SG1 5RD 5:00 - 7:00pm	WATFORD Chater Junior School WD18 0ND 5:00 - 7:00pm
** NO SESSION **	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm	BOREHAMWOOD St Michael's & All Angels Church Hall WD6 5EQ 5:00 - 7:00pm	** NO SESSION **
ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (10 weeks) (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm	ONLINE (10 weeks) (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **



hrt.maximusuk.co.uk

Scan to find our online timetable!



hellohertfordshire@maximusuk.co.uk



01707 248 648



Hertfordshire

Our programmes are for children above their ideal weight, see our website for more information.

24-0547



Autumn Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 5th October)

Tuesdays

Online (Morning)

 Starting 6th October

 10am - 11.15am

 Online

Wednesdays

Online (Morning)

 Starting 7th October

 10am - 11.15am

 Online

Wednesdays

Online (Evening)

 Starting 7th October

 6.00 - 7.15pm

 Online

Thursdays

Face to face

 Starting 8th October

 10am - 12pm

 Bridge Road Family
Centre, Stevenage
Woolenwick Junior
School,
Hertfordshire, SG1
2NU

All programmes run for 8 weeks with a break.

Find out more:

 01707 248648

 herfordshire@henry.org.uk

 www.henry.org.uk/hertfordshire



Beezee
by maximus

Ready to unlock the secrets of
healthy eating on a budget?

Date:

Thursday 24 Sep '26

Time:

12:30 - 1:30pm

Join us for a **FREE** one-hour workshop to get practical tips from our nutritionists. During your time with us you can:

- Discover low-cost healthy swaps
- Understand the importance of meal planning
- Get tips to stick to your shopping list and budget
- Learn about different cooking methods
- Ask questions and get free resources!

Click me
to sign up



hellohertfordshire@maximusuk.co.uk



01707 248648

Secure your

FREE spot today



26-6054

Beezee
by maximus

Sign up to our **FREE** masterclass

How to support children with a limited diet?

Date: **Monday 28 Sept '26**

Time: **5:30 - 6:30pm**

This one hour session will be led by our nutritionists who can help you understand more about limited diets and offer their expert support. By signing up, you can:

- 📍 Share challenges and tips with liked-minded parents/carers
- 📍 Join an informal, inclusive and non-judgemental atmosphere
- 📍 Get lots of practical tips you can use for your family

This is available to all parents, whatever your child's age.

Secure your

FREE spot today

Click me
to sign up

@ hellohertfordshire@maximusuk.co.uk

📞 **01707 248648**


Hertfordshire

Parent & Carer Support

Autumn Term 2026



FREE to parents and carers living in Hertfordshire

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

15th Sep to 20th Oct

Online Course ID 864

Tuesdays 9.45 - 11.15am

3rd Nov to 8th Dec

Online Course ID 859

Wednesdays 7.00 - 9.00pm

4th Nov to 9th Dec

F2F Course: ID 858

Longdean School

Hemel Hempstead

TALKING FAMILIES

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

- Managing 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.



Thursdays 8.00 - 9.30pm

17th Sep to 22nd Oct

Online Course ID 861

Wednesdays 9.45 - 11.15am

4th Nov to 9th Dec

Online Course ID 860

TALKING ANXIETY

6, weekly sessions for parents and carers of children **3-19**, 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.



Wednesdays 7.45 - 9.30pm

4th Nov to 9th Dec

Online Course ID 862

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

16th Sep to 21st Oct

Online Course: ID 867

Tuesdays 7.45 - 9.15pm

3rd Nov to 8th Dec

Online Course: ID 868

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

15th Sep to 20th Oct

Online Course: ID 863

TALKING TEENS

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

- The Teen Brain: the 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.



Wednesdays 7.45 - 9.15pm

16th Sep to 21st Oct

Online Course: ID 865

Wednesdays 7.45 - 9.15pm

4th Nov to 9th Dec

Online Course: ID 866

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

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2026



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.

Monday 21st September, 7.30-9.15pm

Workshop SL-871 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-871-for-parentscarers-in-herts-registration-1989106887245>

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Wednesday 30th September, 7.30-9.15pm

Workshop SL-869 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-869-for-parentscarers-in-herts-registration-1988978053901>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance or Non-Attendance & what is your child's experience.
- 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.

Wednesday 21st November, 7.30-9.15pm

Workshop SL-872 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance872-for-parentscarers-in-herts-registration-1989109348607>

TECH USE



- Understand your child's use of Social Media, Gaming & the Internet.
- The effect of banning, strict time limits or using devices as a reward or consequence.
- Teach children how to manage their tech use, stay safe online and switch off.
- Improve communication and reduce conflict.
- Dopamine and other hormones.

Thursday 19th November, 9.30-11.15am

Workshop SL-870 book via [Eventbrite](#):

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-870-for-parentscarers-in-herts-registration-1989100977569>

Parent newsletter: <https://supportinglinks.co.uk/page/png1q>



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

Funded by
Hertfordshire
County Council





BITESIZE WORKSHOPS



Short, practical, interactive **online** workshops
FREE to parents and carers living in Hertfordshire



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



Worries

Ages 2-19

Helping children deal with worries & anxious thoughts

Does your child seek constant reassurance? Do their worries stop them from trying? Practical strategies to support children who worry.



Tuesday, 29th September 2026, 10-11am

<https://tinyurl.com/43ajnwfe>

Thursday, 19th November 2026, 7-8pm

<https://tinyurl.com/3zpk4fk6>



Eating

Ages 2-19



How do I get my child to eat better?

No matter how restrictive your child's diet is, there are things you can do to help.

Tuesday, 13th October 2026, 10-11am

<https://tinyurl.com/mr2hw6ph>



Behaviour

Ages 2-19

The 7 underlying causes of behaviour

Understand why your child behaves the way they do, and how you can respond as a parent.



Tuesday, 20th October 2026, 10-11am

<https://tinyurl.com/58r5es9r>

You will get the most from attending live, however, recordings will be available if you are unable to make it.

Parent newsletter: <https://supportinglinks.eo.page/png1q>



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

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Anger

Ages 2-19

Helping children manage their anger

Practical tools to help your child cope with their angry feelings and behaviours.



Thursday, 5th November 2026, 10-11am <https://tinyurl.com/32y6ayhd>

Tuesday, 1st December 2026, 7-8pm <https://tinyurl.com/6k2t2mwk>



Teenage Brain

Ages 11-19



What's going on in my teenager's head?

How & why adolescent development affects teenage behaviour.

Monday, 9th November 2026, 7-8pm <https://tinyurl.com/ytdnpysu>



Difficult Conversations

Ages 9-19

How do I talk to my child about...?

Talking to our young people about tricky issues like sex, drugs, going out & social media.



Thursday, 26th November 2026, 7-8pm <https://tinyurl.com/2vyz5wuf>



Parenting Styles

Ages 2-19



What kind of parent do you want to be?

Strict, soft, gentle, friendly, how do you want to parent? What effect does it have? What if your co-parent has a completely different approach?

Thursday, 3rd December 2026, 7-8pm <https://tinyurl.com/35pbj3df>

SEPTEMBER 2026 ACTIVITIES

Date		Sessions	Time	Venue
3rd,10th 24th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
4th,11th 25th	Fri	Gardening for Wellbeing	10.30 12.00	Potential to Grow Garden
5th	Sat	Tech support	10.00 1.00	The Zone@The Galleria
7th,14th, 21st,28th	Mon	Dungeons and Dragons Age 12+ & 18+ Groups	12.30 3.30	The Zone@The Galleria
8th,15th 22nd,29th	Tue	Coding & Game Design Home Ed 6-12yrs	1.00 2.30	The Zone@The Galleria
15th,22nd 29th	Tue	Coding & Game Development 3 week course Age 6-12	4.30 5.30	The Zone@The Galleria
10th 24th	Thur	Trampolining 5+	5.30 6.30	Gosling Sports Centre WGC
11th,18th 25th	Fri	Parent /Carer Wellbeing	12.30 2.00	Potential to Grow Garden
17th	Thur	Youth Club 11-15yrs	5.30 7.00	The Hub@The Galleria
18th	Fri	Youth Group 17+	6.30 8.30	The Hub@The Galleria
22nd	Tue	Roller Skating 8+	6.00 7.30	Roller city The campus WGC
26th	Sat	Learn to play Dungeons and Dragons Age 11-15yrs	10.00 1.00	The Zone@The Galleria
26th	Sat	Potential tracks 10+	1.00 2.00	The Hub@The Galleria
26th	Sat	Family Football 7+	4.00 5.00	Birchwood Leisure Centre Astro Turf

To book visit : potentialkids.org.uk/events
For futher information email: info@potentialkids.org

SCAN FOR ALL OF OUR
IMPORTANT LINKS





Are you a family with children and young people aged 0-25 with Special Educational Need and/or Disabilities looking for local activities?

The SEND directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered for our Herts Card (SEND).

www.hertfordshire.gov.uk/SENDdirectory

Are you looking for local activities and SEND services for a child or young person with SEND?

The SEND community activities directory promotes a wide range of local activities and support groups. Some activities will also include discounts for families registered with a Herts Card (SEND).

We will be adding additional activities on a regular basis.

Find fun, inclusive activities your child will love – all in one place! [Explore the SEND community directory](#)

If there are any activities you know of or wish to see promoted through this directory, please email us on: SENDcommissioning@hertfordshire.gov.uk





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STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS

**SKILLS
FOR LIFE**

**SKILLS
BOOTCAMPS**

Early Years

FULLY FUNDED ACCREDITED COURSE

Scan the QR code or visit our website to
get more details and apply:

www.step2skills.org.uk/SkillsBootcamps



GAIN

- ✓ Level 2 certificate
- ✓ 1:1 Careers Advice
- ✓ Paediatric First Aid Certificate



**HERTFORDSHIRE
FUTURES**



**SKILLS
FOR LIFE**

**SKILLS
BOOTCAMPS**





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STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS

October & November Short Courses



Introduction to Microsoft PowerPoint - £15 | 2 wks | Online | Starts Tue 13th Oct

Introduction to Microsoft Word - £15 | 2 wks | Online | Starts Wed 14th Oct

Introduction to Microsoft Excel - £15 | 2 wks | Online | Starts Fri 23rd Oct

Capture and Create Digital Photography - £35 | 5 wks | Online | Starts Tue 3rd Nov

CV Writing Essentials to Stand Out to Employers - £10 | 2.5 hours | Hoddesdon | Tue 3rd Nov
or Online | Thu 5th Nov

Improving your Skills in Microsoft Word - £35 | 5 wks | Online | Starts Tue 3rd Nov

Interview Techniques that Work - £10 | 2.5 hours | Hoddesdon | Tue 3rd Nov
or Online | Thu 5th Nov

Speak and Present with Confidence - Communication & Presentation Skills - £35 | 5 wks | Online | Starts Fri 6th Nov

Content Writing for Blogs, Books & Business - £35 | 5 wks | Online | Starts Mon 9th Nov

Growth Mindset for Work and Life - £35 | 5 wks | Hoddesdon | Starts Tue 10th Nov

Introduction to Digital Marketing - £35 | 5 wks | Online | Starts Tue 10th Nov
or Hatfield | Starts Thu 12th Nov

Digital Skills Essentials for the Workplace - £35 | 5 wks | Stevenage | Starts Wed 11th Nov

Confidence Skills for Work and Life - £35 | 5 wks | Hatfield | Starts Thu 12th Nov

First Steps to Working in Schools - £35 | 5 wks | Online | Starts Thu 12th Nov

Improving your Skills in Microsoft PowerPoint - £35 | 5 wks | Online | Starts Thu 12th Nov

Setting Up Your Own Business - £35 | 5 wks | Online | Starts Wed 18th Nov



Take the next step towards your goals this autumn. Scan the QR code to discover what's on and book your place today.



step2skills.org.uk



01992 556 194



@step2skills



Watford Inclusive Job Fair



- Find out about local opportunities and the skills that employers are looking for
- Chat with the Step2Skills Supported Employment team
- BSL Interpreter available all day
- Quiet Hour 12pm - 1pm



THURSDAY

22nd October, 2026



STARTS AT

10:00am - 2:00pm



LOCATION

Watford Colosseum,
Rickmansworth Road,
Watford, WD17 3JN

Contact us:



01992 556194



step2skills@hertfordshire.gov.uk



**COMMUNITY SPORTS
& EDUCATION
TRUST**
REGISTERED CHARITY NO: 1102239



FREE!

SEN & Pan-Disability

**STARTING
FRIDAY 25TH
SEPTEMBER**

FOOTBALL SESSION

**FRIDAYS
4-5PM**



@ MERIDEN COMMUNITY CENTRE

For people aged 18+ with any form of physical and/or learning disability or special educational need.

Whether this be for a first time footballer, or someone with some experience, why not come along and give it a go!

**SCAN TO
SIGN UP**



**ALL ABILITIES
WELCOME!**

**FOR MORE INFO:
THOMAS.HOSIER@WATFORD
FC.TRUST.COM**



Premier League
Foundation



**COMMUNITY SPORTS
& EDUCATION
TRUST**
REGISTERED CHARITY NO: 1102239



FREE!

ALL ABILITIES WELCOME!

SEN & Pan-Disability

FOOTBALL SESSION

**FRIDAYS
5-6PM**

**STARTING
FRIDAY 25TH
SEPTEMBER**

@ MERIDEN COMMUNITY CENTRE

For young people aged 9-17 with any form of physical and/or learning disability or special educational need.

Whether this be for a first time footballer, or someone with some experience, why not come along and give it a go!

SCAN TO SIGN UP



**FOR MORE INFO:
THOMAS.HOSIER@WATFORD
FCTRUST.COM**



No Limits
2026

Premier League
Foundation