



Delivering Special
Provision Locally

DSPL9 Parent, Carer and Family Newsletter

23rd September 2026

Welcome to the 2nd^t 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- **7th October 2026**

DSPL9 support

- DSPL9 Parent and Carer Coffee Morning 1st October (see flyer)

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
- Five fully funded Supporting Families with Protective Behaviours courses for mums, dads and carers starting soon.
- Coram Family Lives are delivering online parenting groups in the Autumn term, funded by Herts County Council for parents/carers who live in Hertfordshire.
- Super 1s is an inclusive cricket session for young people with disabilities or neurodiverse conditions.
- [Angels](#) have a new term of free support on offer with some fantastic speakers joining them this term.
- North Hertfordshire College is pleased to announce their November open event at **Springboard Watford**
- Hertfordshire County Council, working in partnership with Herts Parent Carer Involvement (HPCi), would like to hear from you.
- Herts NHS Children's Wellbeing Practitioner Workshops October - December 2026



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PARENT/CARER COFFEE MORNINGS 2026/27

The aim of these relaxed meetings

- To provide a safe space where you can talk freely about your child/young person and your family, and the challenges you are facing
- To help signpost parents/carers to the correct services/information
- To enable parents/carers to meet other local parents and connect with like-minded people in their community that may be going through similar challenges
- To be a listening and understanding ear, without judgement
- To help parents/carers feel that they are being supported and are not alone

Parents are welcome to bring along toddlers and children - including those that may be struggling to attend school for whatever reason. And of course, refreshments will be provided!

Please join [DSPL9](#) and [Space Herts](#) to find out about the support available locally and to meet other parents and carers of children with SEND.

- **1st October 11am-12.30pm**
- **ASDA Community Rooms**



If you would like to attend or to find out more please email us at enquiries@dsplarea9.org.uk



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.**





Starting soon - Protective Behaviours courses for parents & carers

We have five fully funded Supporting Families with Protective Behaviours courses for mums, dads and carers starting soon. There are some spaces available on our online and face to face courses. The courses are funded by HCC for parents and carers who may need some additional support.

There's just one link below to register which can be used by referrers, parents and carers.

Online:

For Mums, Dads & carers

- Thursday mornings 1 Oct – 26 Nov 9.30am -11.30am
- Wednesday evenings 30 Sept – 25 Nov 7.00pm – 9.00pm

For Dads & Male carers:

- Thursday evenings 1 Oct – 26 Nov 7.00pm – 9.00pm

Face to Face

- Broxbourne – Friday mornings 18 Sept – 20 Nov 9.30am – 11.30am
- Hertford - Thursday mornings 24 Sept – 19 Nov 9.30am – 11.30am

Please note that parents and/or their children need to live in Hertfordshire.

These fully funded 8-week term time courses can help with:

- Understanding how Feelings, Thoughts and Behaviour link together (including the 3-Part brain and stress response system)
- Understanding what may be influencing their child's behaviour
- Responding to a range of feelings e.g. anger, frustration, anxiety, stress and worry
- Improving communication to build better relationships
- Building on strengths
- Learning strategies to help parents and their family feel safe

To book a place on any of our courses this term please use this link:

<https://forms.office.com/e/xx8X4pUcj4>

To book a place please click here for our online referral form
[Parenting when separated for parents of SEN children](#)



Come along to our six-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

The programme includes:

- Understanding SEN and its impact on children and family dynamics
- Effective communication skills
- Managing emotions and stress
- Collaborative problem solving
- Building a supportive network
- Creating a unified parenting approach

Dates and times

Date: Tuesday 13th and 20th October, 3rd, 10th, 17th and 24th November 2026

Time: 9.30am to 11.30am

Date: Wednesday 14th and 21st October, 4th, 11th, 18th and 25th November 2026

Time: 7.00pm to 9.00pm

This will be delivered online via MS TEAMS

SCAN ME



For more information or to make a referral, scan the QR code, email [**services@coramfamilylives.org.uk**](mailto:services@coramfamilylives.org.uk) or call **0204 522 8700** or **0204 522 8701**

We build better family lives together

[**www.coramfamilylives.org.uk**](http://www.coramfamilylives.org.uk)



@coramfamilyliveshertsandbeds

Funded by
Hertfordshire
County Council



Coram Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: Coram Family Lives, Coram Campus, 41 Brunswick Square, London, WC1N 1AZ

Super 1s

Free of charge inclusive cricket sessions for young people with a disability or neurodiverse condition

Have fun, be Active and make new friends

Participants are welcome to bring their friends/siblings to take part with them



Harpenden Hub

Thursdays 5-6pm

Katherine Warington School, Harpenden, AL5FH

Age: 10-25 year olds

Start Date: 08/10/26

West Herts Hub

Saturday 11am-Midday

Parmiters School, High Elms Lane, Watford, WD250UU

Age: 8-25 years old

8-13 year olds will train together, 14 year old plus together

Start Date: 03/10/26

Hatfield Hub

Sundays 5-7pm

Chancellors School, Pine Grove, Hatfield, AL97BN

Ages: 10-25 Years Old

Start Date: 04/10/26

Hitchin Hub

Saturdays 9-10am

Westmill Community Centre, John Barker Place, Hitchin, SG52PG

Age: 8-16 year olds

Start Date: 04/10/26



CONTACT:



Luke Heskett



07894318756



luke.heskett@hertscricket.org



LORD'S TAVERNERS

Empowering young people through cricket

www.lordstaverners.org/super1s

Registered Charity No. 306054 | OSCR No. SCO46238

[Click Here to Join the Nessie Community!](#)

We're so excited to finally welcome you to Nessie Community — a new online community created to support parents, carers and those supporting children and young people with their mental health.

We know how overwhelming it can feel when a child is struggling. Knowing where to turn, finding information you can trust, or simply connecting with people who get it can make such a difference.

That's why we've created Nessie Community.

Join FREE and you'll have access to:

- Helpful resources and practical information
- Live **Nessie Cuppas** — relaxed, informal conversations and a chance to connect
- Our **What's On** programme of events and sessions
- A growing library of support and guidance
- A community where you can feel understood and less alone

And this is just the beginning. We'll continue adding new resources, conversations, events and opportunities to connect as the Community grows.

More than 100 families have already joined us —



and we'd love you to be part of it too.

NESSIE
Helping Children & Young People Thrive

**KNOW A CHILD
STRUGGLING TO
ACCESS EDUCATION?**
**JOIN THE NESSIE COMMUNITY
FREE TODAY**

**EXPERT INFO
& RESOURCES**

**LIVE CUPPA
& DROP-INS**

**SCAN TO JOIN THE
NESSIE COMMUNITY
FREE**

**SUPPORTIVE
COMMUNITY**

**TRUSTED
SIGNPOSTING**

'Because no family should face this alone'

NESSIEINED.COM

Angels

AUTISM & ADHD SUPPORT



WEEKLY ONLINE WORKSHOP AND SUPPORT

10AM-12PM EVERY TUESDAY DURING TERM TIME



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



Topic List:

15 Sept – Workshop: Understanding Behaviour Policies

22 Sept – Speakers: Herts and Bed's Local Offer

29 Sept – Service Meet and Greet:
Breakaway Scheme Outside of the Box & Space

6 Oct – Speaker: Charley Crowe, Herts CC SASSAutism and Puberty

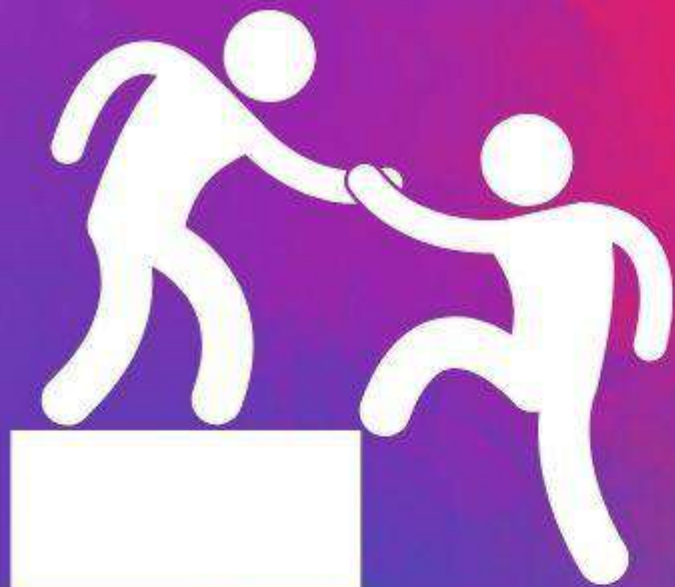
13 Oct – Workshop: EBSA, part time/flexi school, Section 19, ESMA

20 Oct – Workshop: Understanding and Supporting ADHD

Scan this QR code to access our support and zoom links



www.angelssupportgroup.org.uk



ONE-TO-ONE SUPPORT

Facing SEND challenges can feel completely overwhelming—but you don't have to go through it alone. Our team combines lived experience with professional qualifications to give you the best possible guidance. **We've been where you are, and we truly get it.**

Here's how we can support you:

-  **One-to-One Video Calls:** Talk through your worries in a safe, confidential space.
-  **Paperwork Support:** Meet with us for help tackling those tricky forms.
-  **Meeting Support:** Have us by your side for meetings with school or healthcare professionals.

You don't have to navigate the system on your own.



North Hertfordshire College is pleased to announce our November open event at **Springboard Watford** which will be held on **Thursday 5th November 3pm – 5pm** at our prestigious premises. This is an opportunity for professionals, parents, and prospective students to meet the team and find out more about the Springboard programme.

Springboard
Unit 8 Wilmington Close
Watford
Hertfordshire
WD18 0FQ

The nearest car park is Gade car park in Rosslyn Road and Wilmington Close is off Upton Road:

<https://citipark.co.uk/car-parks/watford/gade-car-park>

Springboard, is a full-time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress into mainstream college and work.

The course is delivered in self-contained teaching centre in [Watford](#).

Springboard course is for school leavers - young people aged 16 and over who require additional support before progressing to a cross college vocational course or employment. Many of our students have a diagnosis or traits of autism. Many have associated emotional and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood.

We do also consider 15-year-olds but only if they have an EHCP – subject to funding being approved by the local authority.

Students need to meet our assessment criteria in order to access the provision although individual needs are always considered, and decisions are made on a case by case basis and subject to funding being approved by the Local Authority.

If you would like to attend, please RSVP to Mark Kucper: mkucper@nhc.ac.uk or text / call us on: 07961522708.

To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend. The event is on drop-in basis and there is no need to book to attend.

If you are unable to attend but would like to find out more about our provision, we would be happy to arrange a visit on an individual basis. Please email Mark at the above email.

We look forward to meeting you at our open event.

Parent Carer Engagement Sessions

Hertfordshire County Council, working in partnership with Herts Parent Carer Involvement (HPCi), is inviting parent carers of children and young people aged 0-25 with SEND to share your views, thoughts and ideas at our upcoming engagement sessions.

These sessions will focus on plans to strengthen support for children and young people through local SEND reforms, including improving early identification of needs in educational settings and providing access to dedicated SEND professionals through the developing Experts at Hand model.

Parent carers will have the opportunity to:

- Share their experiences and ideas to help shape the development of the Experts at Hand Model
- Help us to design Early Identification in Schools
- Have your say on how the model will develop
- Hear about proposed changes to SEND support in Hertfordshire
- Ask questions and seek clarification

Session 1: In Person

 Mid Herts Music Centre, Hatfield

 Monday 5 October 2026

 10:30am to 11:30am

[Book your ticket here](#)

Session 2: Online (Microsoft Teams)

 Microsoft Teams

 Friday 9 October 2026

 10:30am to 11:30am

[Book your ticket here](#)

Both sessions will cover the same content, so attendees only need to book one session.

We hope as many parent carers as possible can join us. Your feedback and lived experience will play an important role in helping to shape future SEND support across Hertfordshire.

Children's Wellbeing Practitioner Workshops October - December 2026

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.



All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.	Tuesday 3 November 6-8pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Monday 23 November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Wednesday 14 October 6-8pm Tuesday 8 December 10am – 12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 29 October 6-8pm Monday 14 December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 21 October 10am-12pm Tuesday 10 November 6-8pm Wednesday 16 December 10am-12pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 6 October 6-8pm Wednesday 18 November 10am-12pm Tuesday 1 December 6-8pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>