

Delivering Specialist Provision Locally  
DSPL 4 has links with many family support groups and services across Hertfordshire. Here you will find links to many of their websites containing contact lines, training, local support groups and more.



DSPL4

<https://www.dspl4.co.uk/>

## »»» DSPL4 SEND PARENT COFFEE MORNING - MONDAY 16TH JUNE

Following the success of our last two DSPL4 SEND Parent/Carers coffee morning we have planned another one for Monday 16th June from 10-11.30am at High Leigh (old Westfield). All parent/carers of children who have SEND are welcome to attend this coffee morning and a chance to chat informally with professionals in Hertfordshire and other parent/carers for SEND support and guidance.



## »»» COURSE ON MENTAL RESILIENCE AND EMOTIONAL WELLBEING

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. 17,000+ parents highly rate this. What is covered

- 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 [Register Here](#)

## »»» ANXIETY, STRESS AND PANIC -SANDBOX SUPPORT



Stress, anxiety, and panic can show up in different ways. Sometimes as a constant worry about what's ahead or as a sudden feeling of being overwhelmed. It's not always easy to tell the difference or know how to manage these feelings. This month, the resources will help you recognise the signs, understand what's happening, and take steps to feel more in control.

[Resources to help manage anxiety, stress and panic.](#)

## >>> TRAINING FOR PARENTS/CARERS

### >>> FREE ASD/ADHD WORKSHOPS AND COURSES FOR PARENTS



#### ADD-VANCE COURSES



#### SPACE COURSES

#### ANGELS COURSES   ANGELS PODCASTS



### >>> WELLBEING TRAINING FOR PARENTS/CARERS - HERTS HCT

Herts Children's Wellbeing Practitioners are running free parent workshops on:

- Emotional Wellbeing Workshop (For young people 11-16)
- Child General Emotional Wellbeing and Regulation Tips for Parents
- Child Sleep Difficulties,                      -Developing Emotional Literacy,
- Child Self-Esteem,                              - Adolescent Self-Esteem,

[Click here to book](#)



### >>> TALKING ASD & ADHD WORKSHOPS - SUPPORTING LINKS

This series of workshops are for parents and carers of young people with (diagnosed OR suspected) ASD & ADHD

- The Teenage Years                      - Tech Use
- Responding to Anger                      - Coping with Change
- Stress and Anxiety

[Click here to book!](#)



### >>> FREE PARENT/CARER TRAINING - FAMILY LIVE

Bringing Up Confident ADHD/ASD Children - Online

Thursday 15 May to 26 June  
9.30am – 11.30am

Less Shouting more Cooperation - Online

Friday 6 June to 11 July  
9.30am – 11.30am

Getting on with your Pre-Teen / Teenager - Online

Wednesday 4 June to 9 July  
7.00pm to 9.00pm

Sorting our Family Arguments - Online

Tuesday 10 June to 15 July  
7pm – 9pm

[Click here to access the online referral form!](#)



### >>> PARENT/CARER MENTAL HEALTH TRAINING AND SUPPORT - NESSIE

**NESSIE** offer a range of workshops and courses that support various mental health and emotional/wellbeing needs.

They also offer a Parent Support Line on Thursdays between 9-12pm for further support 07932 651319



## FAMILY SUPPORT WORKERS



BCW SCHOOLS  
PARTNERSHIP



## >>> ADVICE AND GUIDANCE



## >>> HERTS SPECIALIST ADVICE LINES



Early years (0 - 5).

01442 453 920

Wednesday 9am - 12pm

Thursday 1.30pm - 4pm

Physical and neurological impairment team (PNI).

01442 453 920

Monday 1.30pm - 4pm

Education Support for Medical Absence (ESMA).

01442 454 802

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

Neurodiversity Hub

01727 833963

Monday to Friday 9am - 1pm

## >>> EHCP SUPPORT

EHCP - HERTS LOCAL OFFER

IPSEA - INDEPENDENT

PROVIDERS OF SPECIAL EDUCATION  
ADVICE

SENDIASS - HERTS SEND  
INDEPENDENT ADVICE AND  
SUPPORT SERVICE

## >>> POST 16

View Hertford Regional College's courses

Enquiries: Inclusive Learning Tel: 01992  
411854

Email: [sfrench@hrc.ac.uk](mailto:sfrench@hrc.ac.uk)

Mainstream Additional Learning Support Tel:  
01992 411617 / 602

Email: [djames@hrc.ac.uk](mailto:djames@hrc.ac.uk) / [celliott@hrc.ac.uk](mailto:celliott@hrc.ac.uk)

## >>> HERTS SEND NEWS



- Support on a page - service directories for different areas of need (all ages).
- Siouxsie shares her experience of living with Developmental Language Disorder (all ages).
- Could you be a foster carer for a young person with SEND?
- Stevenage Herts Haven Cafe - now closed (ages 10-18).
- Help us find more inclusive activities in Hertfordshire (all ages).
- Improvements to Hertfordshire's SEND data recognised by NHS England and DfE
- Events

## >>> SPEECH AND LANGUAGE >>> AUTISM AND ADHD >>> PARENTING AND HEALTH



To contact the children and young people's therapy (CYPT) service:

Call: 01923 470 680, choose option 3, then option 1 for children not known to the service or option 2 for children known to the service

Email: [hct.cypttherapies1@nhs.net](mailto:hct.cypttherapies1@nhs.net)

Twitter/X: [@Herts\\_CYPT](https://twitter.com/Herts_CYPT)

Facebook:

[facebook.com/HertsCYPT](https://facebook.com/HertsCYPT)

<https://www.hct.nhs.uk/children-and-young-people-speech-and-language-therapy-parents>



<http://www.spaceherts.org.uk/>



<https://www.add-vance.org/>



<https://potentialkids.org.uk/about-us//>



<https://www.autism.org.uk/>



Pathological Demand Avoidance  
Part of the Autism Spectrum

<https://www.pdasociety.org.uk/>



<https://www.adhdfoundation.org.uk/>



[Families in Focus](https://www.familiesinfocus.org.uk/)



[Supporting Links](https://www.supportinglinks.org.uk/)



[beezee bodies](https://www.beezeebodies.co.uk/)



[Family Lives](https://www.familylives.org.uk/)



[School Nursing Duty Line](https://www.nhs.uk/health/school-nursing-duty-line)

Tel: 0300 123 7572

Monday to Friday 9am - 5pm



## >>> MENTAL HEALTH AND WELLBEING

[CAMHS](https://www.camhs.nhs.uk/)

[EMWIE](https://www.emwie.org.uk/)

[SANDBOX](https://www.sandbox.org.uk/)

[YOUTH TALK](https://www.youthtalk.org.uk/)

[The Sandbox](https://www.sandbox.org.uk/) digital mental health service is a free service for 10-25-year-olds  
[Self-refer](https://www.sandbox.org.uk/) for access to [The Sandbox Academy](https://www.sandbox.org.uk/) and/or a [therapist](https://www.sandbox.org.uk/)

DSPL4

Delivering Special Provision Locally

>>> DSPL4 Managers Adrienne Viall and Laura Gilpin  
<https://www.dspl4.co.uk/> [https://www.instagram.com/dspl\\_4/](https://www.instagram.com/dspl_4/)