

# DSPL1 Parents and Carers Newsletter – 20<sup>th</sup> April – 4<sup>th</sup> May 2026

## Welcome

This month's update brings together key resources, training opportunities, financial support, and upcoming events for parents and carers.

## Support for Families

### Financial Support

Balancing work and caring commitments can sometimes lead to financial pressure and add to stress.

The Money section of the Hertfordshire SEND Local Offer website provides essential information and guidance to help navigate the financial aspects of caring for a child with SEND.

It's split out into 3 sections:

#### 1. **Funding you can apply for:**

Discover various funding options including Disability Living Allowance (DLA), Personal Independence Payments (PIP), Carer's Allowance, Personal budgets plus more.

#### 2. **Advice and help with knowing what you're eligible for:**

Find services who can help to complete application forms, understand your eligibility for certain grants and funds and navigate difficult financial situations.

#### 3. **Funding available to education providers:**

Learn about the funding that schools and early years settings can apply for.

**Visit Money on the SEND local Offer website:**

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/Money/Money.aspx>

### WaterSure scheme

Families with children who have SEND may be able to get help with water bills through the **WaterSure scheme**. WaterSure caps your water bill if you use extra water because of medical or care needs.

To qualify you must:

- Be on certain benefits (check with your supplier which benefits they cover)
- Have a **water meter** (or be waiting for one to be installed)
- Have a high essential use of water (this means you have three or more children under 19 in full-time education, or a child with a medical condition or disability that requires your household to use a lot of water)

Apply directly through your **water supplier**.

For more information, [visit the Contact website](#)

## **SEND Local Offer**

A central hub for SEND services, support, events, things to do and guidance in Hertfordshire which can be filtered by location, date and age range:

[SEND Local Offer | Hertfordshire County Council](#)

## **Help for Families**

Across Hertfordshire, the Herts Council are working in partnership to support families. Through these partnerships and the services funded, every child has the opportunity to thrive in a safe and supportive environment and there is support for families most in need.

To find out what's available and how to access it, please click the following link:

<https://www.hertfordshire.gov.uk/.../help-for-families-in...>

## **Talking ASD and ADHD – free course for parents**

A series of workshops for parents and carers of young people with (diagnosed OR suspected) ASD & ADHD, commissioned by Hertfordshire County Council to provide FREE support, information and advice for families of children living and/or schooling in Herts.

Please find the booking link here:

[Talking ASD & ADHD: \\*FREE\\* for parents in Herts | Eventbrite](#)

## Supporting Links – Parent and Carer Support

Supporting Links are hosting various free courses delivered via Zoom for parents and carers in Hertfordshire across the Summer Term.

- **Talking Teens**
- **Talking Families**
- **Talking Dads**
- **Talking Additional Needs**

Please find further information for dates and how to book in the poster at the end of the newsletter.

## Play and Learn Hub

A relaxed stay and play group for primary aged children with Down Syndrome. This group is run **Saturdays in term-time 2:30pm – 4:30pm** at **Applecroft School, WGC, AL8 6JZ**.

To book or find out more information, please contact [info@dsachieve.org](mailto:info@dsachieve.org) or **07824 467471**

## Upcoming Events

### Inclusive Online Dance Sessions

Para Dance UK at Communities 1st offers inclusive dance sessions for those with disabilities, all ages and abilities, featuring various styles like street and folk. They focus on fun, physical activity and community.

Join their fun weekly online sessions for adults and children, with instructors adapting to all levels. They also run local groups that foster a sense of family and belonging, plus an online after-school club for kids to explore dance.

- Adults Inclusive Dance – Mondays 10am (13 April to 20 July).
- Primary After School Inclusive Dance Club – Wednesdays 4.15pm, (15 April to 22 July)
- Young Adults Inclusive Dance Club – Wednesdays 5pm (15 April to 22 July)

All classes are via Zoom. Classes will not run on Bank Holidays, during May Half Term, or during the week of 1st June.

Cost: £10 per person, per year

Please contact [paradance@communities1st.org.uk](mailto:paradance@communities1st.org.uk) to make a booking, or for any other enquiries.

## **Step2Skills – Stevenage Inclusive Job Fair**

**Thursday 14<sup>th</sup> May 2026, 10:00 – 14:00 (quiet hour 12:00 – 13:00)**

The Step2Skills Inclusive job fair is being held at **Stevenage Football Club, Broadhill Way, Stevenage, SG2 8RH.**

## **Hertfordshire Games For All**

**Hertfordshire GAA Games For All initiative – a community programme that gives children with physical and neurological disabilities the chance to enjoy Gaelic games activities in a safe, supportive, and inclusive environment.**

Hertfordshire GAA are hosting their 1<sup>st</sup> Hertfordshire GAA Games For All initiative on **Saturday 23<sup>rd</sup> May from 12pm - 1pm** alongside the All-Herts Competition which is a 4-day event for all schools and clubs in Hertfordshire, making it the most inclusive Gaelic Games Competition in Britain GAA.

The **HERO program** will be running on the day, which is part of Ulster GAA's inclusion program. Each Hero will receive our Hero Certificate on the day. On the day where any child from Games For All would like to help out, they can be the following:

**H= Helper**

**E= Energizer (supporter)**

**R- Referee Assistant/umpire**

**O- Organizer (assistant pitch co Ordinator)**

**Please find further information on the event flyer at the end of the newsletter.**



## National SEND Reforms & Consultations

The Department for Education have written shorter, simpler documents that [summarise the schools white paper and SEND consultation](#) for parents and those working in the sector.

### Have Your Say

[Herts Parent Carer Involvement \(HPCI\)](#) - will be preparing a detailed consultation response, and they welcome your feedback to help shape this. They want to make sure that they represent your views as much as possible. You can comment via [Facebook](#) or email [contact@hertsparentcarers.org.uk](mailto:contact@hertsparentcarers.org.uk).

You can also share your views by [taking part in the consultation online](#), or by responding to the consultation via email at [SENDreform.CONSULTATION@education.gov.uk](mailto:SENDreform.CONSULTATION@education.gov.uk).

The consultation closes on **Monday 18 May 2026**.

A series of documents summarising the Schools White Paper and SEND Consultation are available for parents and professionals:

[Every child achieving and thriving and SEND consultation supporting information - GOV.UK](#)

## Supporting Posters

### 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**  
**14<sup>th</sup> Apr to 19<sup>th</sup> May**  
**Online Course: ID 834**

**Wednesdays 7.45 - 9.15pm**  
**3<sup>rd</sup> Jun to 8<sup>th</sup> 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**  
**6<sup>th</sup> May to 17<sup>th</sup> Jun** Not half term 27/5  
**Online Course ID 832**

**Mondays 8.00 - 9.30pm**  
**1<sup>st</sup> Jun to 6<sup>th</sup> Jul**  
**Online Course ID 833**

Courses will be delivered on  zoom

## 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**

**6<sup>th</sup> May to 17<sup>th</sup> 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**

**14<sup>th</sup> Apr to 19<sup>th</sup> 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](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



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**A**  
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# ALL HERTFORDSHIRE COMPETITION 2026



**ALL  
HERTFORDSHIRE  
GAMES  
FOR ALL**



VENUE - HARPENDEN RUGBY CLUB - REDBOURNE LN, AL5 2BA  
SATURDAY 23<sup>RD</sup> MAY 2026 - 12PM - 1PM

**ENROL YOUR CHILD NOW**



-  FREE GAMES FOR ALL JERSEY
-  AGES 6 -17 YEARS OLD



SCAN QR  
CODE TO  
ENROL

PLEASE NOTE FOR FREE JERSEY REGISTRATIONS MUST BE COMPLETED BY 04/04/26



FOR MORE INFORMATION CONTACT - KEITH

[cda.hertfordshire@gaa.ie](mailto:cda.hertfordshire@gaa.ie)