



DSPL1 Newsletter – 3rd June 2026

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June 2026

Please click event for more information

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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July 2026

Please click event for more information

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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6 SEND Playgroup – British Schools Museum	7 Angels Online Support Group Parent Alienation Workshop	8	9 Bridge Support Group SEND Chat & Play Parent Alienation Workshop	10	11 Play & Learn Hub	12
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Support Groups

[Bridge Support Group](#)

Thursdays, 12.30pm - 2.30pm, Welwyn Cricket Club

A support group designed for parents, carers and young people in school years 6,7 and 8 who are struggling with school attendance.

['The Bridge' Support group \(for parents of children struggling to attend school\) Welwyn - 14/05/2026 | Hertfordshire County Council](#)

[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 or **07824 467471**



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SEND Chat and Play

Our Special Educational Needs and Disabilities Chat and Play sessions are a great opportunity to come and meet other families going through a similar journey, in a relaxed environment. Our SEND Champions are on hand to talk to you about the services we offer, signpost to different organisations or to simply act as a listening ear. All are welcome whether your child is diagnosed or you are concerned about a possible need. We have toys out for the children, or you can come by yourself. We hope to see you soon! *Drop in, no booking required!*

SEND Chat and Play - Free drop in

Arise & Shine, Letchworth Garden City Church, SG6 1EF

9th Jun, 14th Jul

10:00 - 11:15

Come and meet with professionals from the Early Years SEND Team 12th May

SEND Chat and Play - Free drop in

Broadwater Family Centre, Stevenage, SG2 8LT

Thursdays Weekly 10:00 - 11:00 *Come and meet with professionals from the Early Years SEND Team and Public Health Nursing Team 2nd Jul*

NEW SEND Chat and Play - Free drop in

Chestnut Tree Family Centre, Letchworth, SG6 2JZ

Thursdays Weekly 13:30 - 14:30


OLLIE Foundation and ADD-vance - Online Support Group

The OLLIE Foundation and ADD-vance are together offering a support group for families navigating neurodiversity, mental health challenges, and suicidal ideation.

They understand how sensitive and challenging this can be for both you and your child. You are not alone. This session will signpost you to appropriate services, share helpful resources and offer suicide prevention and well-being awareness.

The OLLIE Foundation's mission is to help prevent suicide, with a particular focus on young people, by empowering individuals and communities with the skills, confidence and understanding needed to be able to recognise distress and provide effective support to those in crisis.

 Tuesday 9th June

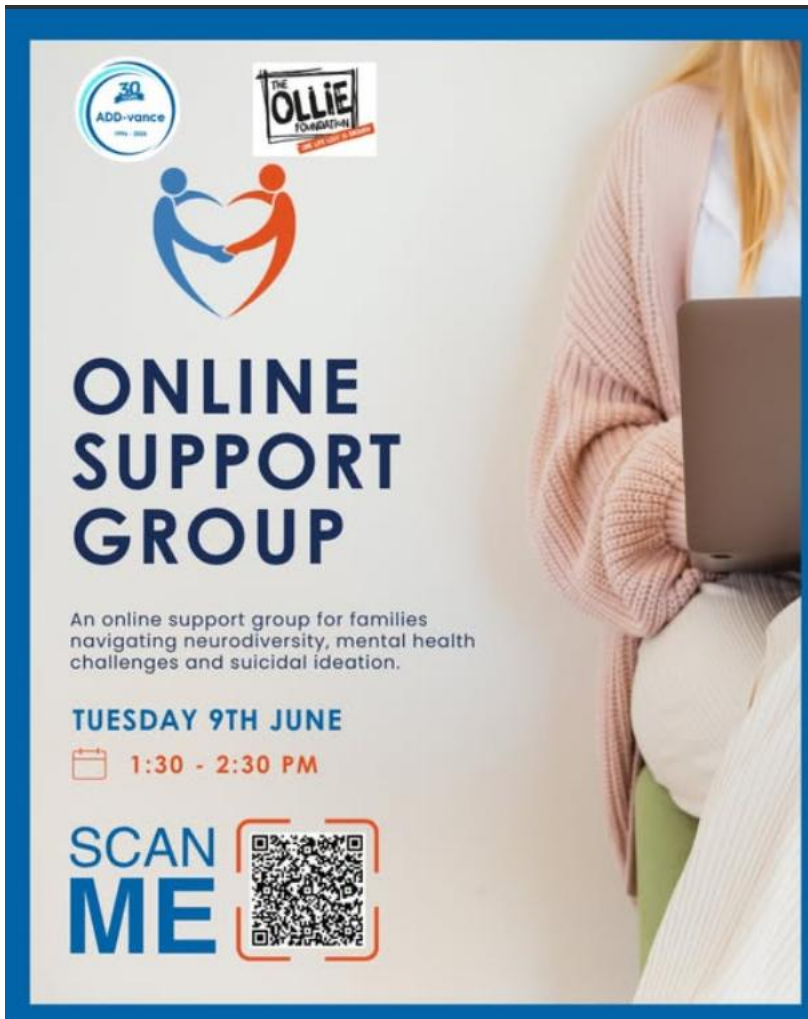
 1.30 - 2.30pm



 Online: <https://t.ly/7TgXH>




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A poster for an online support group. It features logos for '30 ADD-vance' and 'THE OLLIE FOUNDATION' at the top left. Below these is a logo of two stylized figures holding hands. The main title 'ONLINE SUPPORT GROUP' is in large blue letters. Below the title is a description: 'An online support group for families navigating neurodiversity, mental health challenges and suicidal ideation.' The date and time 'TUESDAY 9TH JUNE 1:30 - 2:30 PM' are listed. At the bottom left, it says 'SCAN ME' next to a QR code. The background of the poster shows a person with long blonde hair wearing a pink cardigan, sitting at a desk with a laptop.



ONLINE SUPPORT GROUP

An online support group for families
navigating neurodiversity, mental health
challenges and suicidal ideation.

TUESDAY 9TH JUNE
 **1:30 - 2:30 PM**

**SCAN
ME** 

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[SEND Playgroup at the British Schools Museum](#)



**SEND
PLAYGROUP**
At the British Schools Museum

1pm - 2.30pm
Every Monday (from 25 Nov)
No booking necessary - all welcome
ages 0-5.

FREE

The Café @ The Museum
The British Schools Museum
41 Queen St, Hitchin,
SG49TS

britishschoolsmuseum.org.uk
01462 420144

Children must be accompanied
by a responsible adult

Hertfordshire
Family Centre
Service

The poster features a pink border and a central yellow circle. It includes a circular inset showing children playing in a courtyard and another showing a child in a playroom. A logo for 'Café @ The Museum' is in the top right, and the Hertfordshire Family Centre Service logo is in the bottom left.

[2026 Herts Summer Parks Dates Announced](#)

The Herts Sport & Physical Activity Partnership, in collaboration with Hertfordshire County Council and local partners, is pleased to announce the return of Herts Summer Parks in August 2026.

This initiative, now in its 4th year of delivery, is designed to help address gaps in provision for 12–16-year-olds across Hertfordshire during the summer holiday period. Running across August, the programme will take place in five public parks and offer a wide range of free sports, wellbeing,



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and arts and crafts activities. Activities in previous years have included; inflatables, Zorb footballs, BMX bike tracks, graffiti art, summer craft making and much more! Young people who attend also receive a voucher to redeem a nutritious meal from a local food provider.

Find out more information here:

[2026 Herts Summer Parks Dates Announced](#)

Workshops and Courses

Community Kitchen

Community Kitchen is a 6 week programme designed to put the fun back into meal times with quick and easy nutritious recipes for you and your family.

Designed for families with children aged 5 and up, for all of you to learn how to cook healthy, simple meals without breaking the bank and spending time together as a family, making meal times fun!

Sessions are led by our friendly culinary tutor who will take you through all aspects of planning, preparing and cooking great meals. Supporting families, by giving you key tips to take home and replicate recipes. Plus some fun family activities too!

We provide additional support around managing food budgets, food hygiene and leading healthy active lifestyles with simple steps in a group environment. Giving you a chance to meet other families from your local community!

The Community Kitchen project has received significant support since it's inception, from partners including North Herts District Council, Stevenage Borough Council, Co-Op, North Hertfordshire College, Public Health Hertfordshire as well as from Local Councillors.

[Community Kitchen – Stevenage FC Foundation](#)

Transition Course

BounceTogether, working with schools across England to help them measure and improve pupil wellbeing, wanted to share some free resources available.

Right now they have a free course available called Resilient Transitions, built around supporting children through the move to secondary school, which as you'll know is one of the highest-anxiety periods for young people. It's free to access until 7 June and doesn't require anything beyond a free account.

You can find it here, along with a few other free offers:

<https://tools.bouncetogether.co.uk/offers>



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Hitchin Thrive Newsletter

Please find the Hitchin Thrive Newsletter link below:

[Issue 5 Hitchin Thrive Newsletter May 2026 - ParentsCarers \(Final\) \(3\).pdf - Google Drive](#)

Hertfordshire Parenting and Relationship Newsletter

Please find the Herts Parenting and Relationship Newsletter linked below:

[hertfordshire_parenting_and_relationship_newsletter_sum26.pdf](#) which will provide you with information and details on Parenting Courses and Relationship Support offer.

This includes many useful resources including the **Rucksack – Early Years Autism Programme for Families**

"Rucksack" is a new course for parents of young children (age 0-5) who are autistic or on the autism diagnosis pathway. This free 6 week face-to-face course takes place at venues across Hertfordshire and aims to provide parents with essential knowledge, practical strategies and useful resources that will support both parents and children in everyday life. To register your interest please fill in this form:

[Rucksack - Early Years Autism Parent Programme](#)

or for more info, email: earlyyearstraining@hertfordshire.gov.uk

Young Mental Health First Aid Training

There are Young Mental Health First Aid Training courses for parents/carers taking place on 13th November 2026 and 12th March 2027 which are now available for booking, see poster below:



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Youth Mental Health First Aid Training **FREE** 

1 day **Champion** course designed specifically for school professionals working with 8 to 18 year olds.

You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Friday 12 June 2026 9.30am to 4pm	Hertfordshire County Council, Robertson House, Stevenage, SG1 2FQ	School Professionals	Parking available on site
Friday 10 July 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
Friday 13 Nov 2026 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 15 Jan 2027 9.30am to 4pm	Springmead Primary School, Welwyn Garden City, AL7 2HB	School Professionals	Parking available on roads near the venue
Thurs 21st Jan 2027 9.30am to 4pm	The Hub, Fleetville Junior School, St Albans, AL1 ALW	School Professionals	Parking available on site
Friday 12 Mar 2027 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	Parents/Carers	Parking available on site

2 day **First Aider** course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

You will learn:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills, such as non judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support
- How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- Tools to look after your own wellbeing

Thursday 26 & Friday 27 Nov 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
Thursday 4 & Friday 5 Feb 2027 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	School Professionals	Parking available on roads near venue

To book your place please email schoolsmh@hertfordshire.gov.uk

Parental Alienation Workshop

Coram Family Lives will be delivering the below online parenting workshops (via MS Teams), funded by Herts County Council in the Summer term for parents/carers who live in Hertfordshire or who have a child attending a Hertfordshire school.

This workshop is designed to support separated/divorced parents and protect parent-child relationships.

Parent Alienation Workshop

Tuesday 7 July

9.30 to 11.30am

Online - MS Teams

Parent Alienation Workshop

Thursday 9 July

7pm to 9pm

Online - MS Teams



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To book a place please click here [Coram Family Lives - Parent Alienation Workshop Referral Form](#) for our online referral form or scan the QR code on the attached flyers

You can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.



coram family lives

Parent Alienation Workshop

A workshop designed to support separated/divorced parents and protect parent-child relationships

The workshop will cover:

- Increase understanding parental alienation
- Recognising common patterns and behaviours in ourselves and others
- Exploring the emotional impact on children and parents
- Develop communication and de-escalation skills
- Maintain parent-child bond during reduced contact
- Improve confidence with professionals

Dates and times

Tuesday 7th July 2026, 9.30am to 11.30am

OR

Thursday 9th July 2026, 7.00pm to 9.00pm


**The workshops
will be online
via MS TEAMS**

To book your place, call Louise on **0204 522 8700**, email services@familylives.org.uk or scan our QR code to use our online referral form



We build better family lives together

www.coramfamilylives.org.uk

 @CoramfamilyLivesHertsandBeds

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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



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Starting Reception for children with SEND – online information session (ages 0-5)

Starting Reception is a big milestone for both children and parents, especially if your child has any special educational needs. It's completely natural to have questions about how to prepare.

To support families during this important transition, the Early Years SEND team are hosting an online Microsoft Team's session on Tuesday 16 June at 7pm, where we'll share practical tips, and ways to support your child's emotional and social readiness for school.

If you have any questions please contact Kay Smith Kay.Smith1@hertfordshire.gov.uk or Natalie Muller - Natalie.Muller@hertfordshire.gov.uk.

You can [join the session at 7pm on Tuesday 16 June.](#)

Angels Autism & ADHD Support



The poster features a colorful background with various icons representing autism and ADHD support, such as a group of people, a checklist, a person with a headset, a school building, a brain, and a person sleeping. The text is centered and clearly legible.

Angels
AUTISM & ADHD SUPPORT

WEEKLY ONLINE WORKSHOP AND SUPPORT
10AM-12PM EVERY TUESDAY DURING TERM TIME

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

Topic List:

- 2 June - Understanding Demand Avoidance and PDA
- 9 June - Speaker: Kay Reeve - Emotional Awareness Expert
- 16 June - Speaker: CYPMHS, PALMS and Early Help
- 23 June - Helping to reduce meltdowns
- 30 June - Making the most of meetings with professionals
- 7 July - Supporting Sensory Needs
- 14 July - Autism and Anxiety
- 21 July - Surviving the Summer Holidays

Scan this QR code to access our support and zoom links

www.angelsupportgroup.org.uk



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Families in Focus – A Complete Guide to Parenting Children with Autism & ADHD

Fully funded by HCC Targeted Parenting Fund and free for Hertfordshire parents of children aged 4 to 11 years.

A complete guide to parenting children with Autism and ADHD (inclusive of those on assessment pathways)

9 x Tuesday mornings (9.30am to 11.30am) or 9 x Tuesday evenings (6.30pm to 8.30pm)

September 8,15,22,29 & October 6,13 & November 3,10,17

Parents must be able to attend all sessions and be ready to engage and participate with video cameras on within small (up to 15) confidential and safe groups.

If you, a colleague or parent would like more information, please do email Francine and I: bookings@familiesinfocus.co.uk



A Complete Guide to Parenting Children with Autism & ADHD

(Including children on assessment pathways)

FREE Online Course for Hertfordshire Parents of Children Aged 2-11

Support, Understanding & Practical Strategies for Family Life Living with Neurodivergent Children

This evidence-based course helps:
Increase understanding of Autism, ADHD, and sensory differences

Make sense of your child's behavioural responses
Learn tried-and-tested strategies for calmer days
Support siblings with understanding and connection
Navigate EHCPs, and local services and much more...

9 x Tuesday mornings 9.30-11.30 or
9 x Tuesday evenings from 6.30pm to 8.30pm

**September 8, 15, 22, 29 &
October 6, 13 &
November 3, 10, 17**





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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 – Funded Parent and Carer Support

FREE practical and interactive 1.75 hour online on Zoom workshops for parents of children with diagnosed or suspected ASD and or ADHD.

Supporting Links are hosting various free courses delivered via Zoom for parents and carers in Hertfordshire across the Summer Term and are now taking bookings for the Autumn Term. Workshops include:

- **Tech Use**
- **Anxiety and Stress**
- **School Avoidance**
- **Talking Additional Needs**

Please find further information and booking information at the following: [New What's On](#)

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.



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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>

NHS Healthy Start Payments

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. The amount of money you receive for Healthy Start payments has increased.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. The benefit will be added onto this card every 4 weeks.

You can use your card to buy plain cow's milk, fresh, frozen and tinned fruit and vegetables, pulses and infant formula milk.

You can also use your card to collect:

Healthy Start vitamins – these support you during pregnancy and breastfeeding vitamin drops for babies and young children – these are suitable from birth to 4 years old

[Find out if you qualify and register online.](#)

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](#)



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Information

Services for Young People Youth Councils

Services for Young People (SfYP) youth councils for young people with special educational needs and disabilities (SEND) are enabling young people to have their voices heard.

Supported by professionally qualified Youth Workers, the youth council members have been engaging in many consultations and co-productions. They have worked with commissioners, councillors, senior leaders and other professionals and organisations to give their feedback on a wide range of services and campaigns across education and healthcare.

[Read the latest update for full details of all 10 youth council's activities](#)

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...>

EBSNA

Following the launch of the Emotionally Based School Non-Attendance (EBSNA) Framework for schools last June (2025), the attached poster has also been developed to provide advice, guidance and signposting for parents/carers whose children are struggling to attend school regularly.

The EBSNA Framework aims to provide professionals with a clear and accessible tool, that enables them to work more collaboratively with children, young people and their families. It uses a structured and transparent step-by-step approach to identifying the underlying issues that are preventing children and young people from attending; alongside practical guidance on the support and strategies needed for creating an action plan to help them return to school.

[EBSNA Poster can be accessed here](#)



Surveys

Have your say on Hertfordshire's online, virtual and digital mental health support for children and young people

In Hertfordshire children and young people who are registered with a Hertfordshire GP can currently access a range of services to support them with their emotional and mental wellbeing. This includes free **online, virtual and digital support** delivered through **WithYouth** young people's service for 5-18-year-olds (including the **Lumi Nova** game) and the **Sandbox** for 10–25-year-olds.

To ensure we are commissioning services that are based on the needs of children and young people, Hertfordshire County Council and the NHS are seeking the views of those who have or may access these services' support.

By completing this short survey as a young person or a parent/carer of a child or young person, you will help us understand your views and opinions as well as indicating what you might want from future online, virtual or digital mental health and emotional wellbeing support.

Complete the survey as a Parent/Carer or young person by 7th June here:

<https://surveys.hertfordshire.gov.uk/s/KTULEE/>

Invitation to share your views on support for school attendance

We are inviting families to take part in a piece of work to help us better understand families' experiences of support related to children's school attendance.

This work focuses on families who have experienced persistent or significant difficulties with school attendance. We are keen to learn what support has been helpful, and how support could be improved for families in the future.

Who can take part?

We are particularly interested in hearing from families who meet the following criteria:

- you live in Hertfordshire
- your child attends or is enrolled in a school in Hertfordshire
- your child has experienced significant difficulties attending school
- your child's attendance difficulties are not primarily related to hospitalisation or medical treatment.

Ways to take part

There are different ways to share your views, and you can choose what feels right for you:

- completing a short online survey (around 10 minutes) **Understanding Families' Experiences of Support for School Attendance – Fill in form** or clicking on the QR code below



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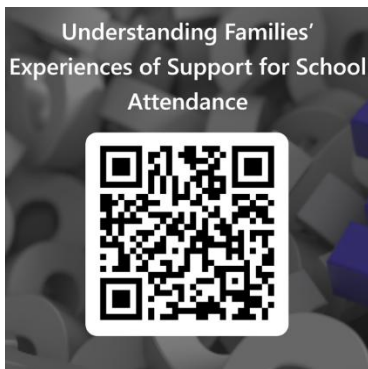
- taking part in a focus group (around 1 hour)
- taking part in both the survey and a focus group

At the beginning of the survey, you will be asked how you would like to take part.

If you choose to express an interest in a focus group, you will have the option to provide your name and contact details (email address and/or telephone number). Providing contact details is completely optional and will only be used to contact you about the focus group.

The closing date for the survey is Friday 22 May 2026.

If you have any questions about this work, please contact Fiona Convey at Fiona.Convey@hertfordshire.gov.uk



Emotional and Mental Wellbeing

In Hertfordshire children and young people who are registered with a Hertfordshire GP can currently access a range of services to support them with their emotional and mental wellbeing. This includes free online, virtual and digital support delivered through WithYouth young people's service for 5-18-year-olds (including the Lumi Nova game) and the Sandbox for 10–25-year-olds.

To ensure we are commissioning services that are based on the needs of children and young people, Hertfordshire County Council and the NHS are seeking the views of those who have or may access these services' support.

By completing this short survey as a young person or a parent/carer of a young person, you will help us understand your views and opinions as well as indicating what you might want from future online, virtual or digital mental health and emotional wellbeing support.

Complete the survey as a Parent/Carer or child or young person here: <https://surveys.hertfordshire.gov.uk/s/KTULEE/>



SEND Provision Plan

The Hertfordshire SEND Local Area Partnership has developed a [SEND Provision Plan 2026-29](#) which supports the delivery of the [new SEND Strategy for 2026-2029](#). The strategy sets out our shared ambitions to improve outcomes for children and young people with Special Educational Needs and Disabilities (SEND).

More children and young people in Hertfordshire are requiring additional support at school, many presenting with increasingly more complex needs than in the past. Families have consistently told us they want clearer pathways and better local options. In response, this Special Education, Needs and Disabilities (SEND) Provision Plan outlines how we will strengthen support in local schools, increase specialist provision where it is needed, and ensure every child receives the right help, in the right place, at the right time.

Feedback gathered so far has helped identify key priorities and has informed the five core elements of the draft SEND Provision Plan:

- Strengthen capacity in mainstream schools
- Expand specialist capacity in mainstream schools
- Create more special school places
- Update special school designations
- Child centred placements

As part of the SEND Provision Consultation running from 23 March to 15 June 2026, we are seeking your views on whether the plan reflects your priorities, and how it can be further strengthened before it is finalised.

You can share your feedback by completing a [short survey](#) or by attending one of our consultation events. All details on how to get involved are available on the Local Offer: www.hertfordshire.gov.uk/SENDProvisionPlan

Thank you for your time, your views are important to us. All responses will be carefully considered and will directly influence the final SEND Provision Plan for 2026-2029.