

Dear Parents/Carers,

Below you will find a quick description of each page with some contact information and some booking links, but for all the important information head to each page.

<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
Beezee: Healthy Pregnancy	Monday 11 th May from 6pm-7.30pm join a FREE online master to give tips and advice on how to have a healthy lifestyle during pregnancy. To secure a place please contact: Phone: 01707 248648 Email: hellohertfordshire@maximusuk.co.uk
Angels Support Group	Angels offer Autism and ADHD support groups and workshops to parents/carers and young people. Pages 5 and 6 have information what they have on offer coming up this term. Please visit their website for more details: www.angelssupportgroup.org.uk
Bounce Forward: Navigating Transitions	A 4-session online course for Dacorum parents/carers to explore how to support children and young people to face transitions with mental resilience. Starting on 4 th June at 7pm, to register your interest please click the link below: Bounce Forward: Navigating Transitions
Families in Focus	Families in Focus are running a FREE online course for parents/carers of Hertfordshire called 'Handling Anger of children with Autism & ADHD' starting Tuesday 2 nd June. To register your interest please email: bookings@familiesinfocus.co.uk
Coram Group formerly Family Lives	Family Lives has now joined the Coram Group (1 st April 2026) and has become Coram Family Lives. Page 9 has some upcoming workshops available for parents and carers.
Supporting Links	Parent & Carer Support Summer Term 2026 FREE COURSES for parents and carers in Hertfordshire. Information about what courses are coming up can be found on page 10 , booking is essential: to book a place please quote the course ID and contact them on: 07512 709556 or bookings@supportinglinks.co.uk



DSPL8 Website

DSPL8

Delivering Special
Provision Locally

IS HERE!!

Our website has been redesigned and is nearly fully operational. Please start using it and give us feedback as we finalise content over coming weeks.

Please check it out:

<https://www.dspl8.co.uk/>



Beezee: Healthy Pregnancy



Date: **Monday 11th May** **Time:** **6:00 7:30pm**

Join our FREE online masterclass to learn how you can live a healthy lifestyle during your pregnancy. By signing up you can:

- ◉ Discover the vitamins your body needs – and the foods to avoid
- ◉ Find fun, safe ways to stay active during each trimester
- ◉ Gain expert support and practical tips
- ◉ Learn how to manage common pregnancy symptoms

**Click me
to sign up**

Secure your **FREE spot today**

@ hellohertfordshire@maximusuk.co.uk

☎ **01707 248648**


**LOVE YOUR
BUMP**


Hertfordshire

26-6076



Angels: Weekly online workshop & support



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

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

HELP
SUPPORT
GUIDANCE

Topic List:


28 April- Speaker: Charley Crowe SASS: Transitions
– Between school years and phase transfers

5 May - Speakers: HPCI - Kate Hudson & Lynn Turnball - White Paper Consultation

12 May - EBSA - Emotionally Based School Absence

19 May - Executive Function Dysfunction

Scan this QR code to access our support and zoom links



www.angelssupportgroup.org.uk



Angels



Charity no: 1117059



Charity no: 1117059

Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.

Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see programme for dates



Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats" on Spotify or Apple Podcasts or listen on our website:
<https://angelssupportgroup.org.uk/podcasts/>



Follow us on social media for updates:

www.angelssupportgroup.org.uk

Zoom every Tuesday 10am-12noon	Letchworth Wednesday 10am-12noon	Stevenage Wednesday 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
21 April What makes a good EHCP & Annual Review		22 April Meet Up and Chat	
28 April Speaker: Charley Crowe SASS: Transitions – Between school years and phase transfers			30 April Evening Parent/Carer Support Group
5 May Speakers: HPCI - Kate Hudson & Lynn Turnbull White Paper Consultation	6 May Meet Up and Chat		
12 May EBSA - Emotionally Based School Absence		13 May Meet Up and Chat	
19 May Executive Function Dysfunction			21 May Evening Parent/Carer Support Group

MAY HALF TERM - 25th - 29th May

For support during this period please contact the Neurodiversity support hub



Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire
Tel: 01727 833963 - lines are open from 9am-1pm weekdays

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
2 June Understanding Demand Avoidance and PDA	3 June Meet Up and Chat		
9 June Speaker: KayReeve - Emotional Awareness Expert		10 June Meet Up and Chat	
16 June Speaker: CYFMHS, PALMS and Early Help			18 June Evening Parent/Carer Support Group
23 June Helping to reduce meltdowns			
30 June Making the most of meetings with professionals	1 July Meet Up and Chat		
7 July Supporting Sensory Needs		8 July Meet Up and Chat	
14 July Autism and Anxiety			16 July Evening Parent/Carer Support Group
21 July Surviving the Summer Holidays			

Summer Holidays - For support during this period please contact the Neurodiversity support hub



Bounce Forward: Navigating Transitions



Navigating Transitions



A four-session online course for parents Fully funded by DSPL8 for parents in Dacorum

Children and young people will face many transitions throughout their lives. Change and uncertainty is something we can help children learn to navigate. **How do we support children to deal well with times of change?**

Whether the move is from primary to secondary, to a new school or setting, or to a new teacher or class. It can be an anxious time for parents.

Join Bounce Forward for a series of four 60-minute sessions to explore how to support children and young people to face transitions with mental resilience and receive downloadable activities to use at home to encourage a growth mindset.

Starting 4th June at 7PM

Find out more →

Knowing how best to manage your own emotions, worries and actions is vital for supporting children in the best way possible.



Families in Focus



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling Anger of Children with Autism & ADHD

(inclusive of those on assessment pathways)

FREE Online Course for Parents in Hertfordshire
Why join Francine & Lesley on this course?

**Understand more about Autism, ADHD,
and sensory differences**

**Learn what's happening in your child's brain
during anger**

Gain practical tools too build emotional regulation
Develop calming routines and reduce daily stress
Connect with other parents in a supportive space

6 x Tuesdays

9.30am to 11.30am or 6.30pm to 8.30pm

June 2nd 9th 16th 23rd 30th & July 7th



Email Francine & Lesley:
bookings@familiesinfocus.co.uk



Coram Group

Family Lives has now joined the Coram Group (1st April 2026) and has become Coram Family Lives, strengthening support for parents, carers, children, and young people. enabling both organisations to expand support for parents, carers, children, and young people. Coram's broad expertise and the strong alignment between our missions will strengthen our service delivery, research, and policy development through the new Coram Institute for Children. Family Lives will continue as an independent charity with our same charity number, bank details and VAT information, though our registered address will change to Coram Campus, 41 Brunswick Square, London, WC1N 1AZ, and our website is now www.coramfamilylives.org.uk. Jeremy (Jez) Todd will continue to lead our organisation.



Parenting when separated for parents of SEN children - online programme

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: Wednesday 22nd and 29th April, 6th, 13th and 20th May and 3rd June 2026
Time: 9.30am to 11.30am

Date: Thursday 23rd and 30th April, 7th, 14th, 21st May and 4th June 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 or call **0204 522 8700** or **0204 522 8699**

We build better family lives together

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. 3877762. Registered charity No.1077722. Registered address: Coram Family Lives, Coram Campus, 41 Brunswick Square, London, WC1N 1AZ.

Groups and workshops



Summer 2026

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 14th May to 25th June, 7pm - 9pm

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Wednesday 13th May to 24th June, 7pm - 9pm | Monday 1st June to 6th July 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Getting on with your Pre Teen / Teen (6 weeks) Online group

Friday 5th June to 10th July, 9.30am to 11.30am

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

Sibling Rivalry Online Workshop

Thursday 25th June, 9.30am to 11.30am

This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.

Reducing Conflict Online Workshop

Tuesday 7th July, 7pm to 9pm

This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.

Anxiety around ADHD Online Workshop

Thursday 11th June, 9.30am to 11.30am

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more info, please contact **Louise** on **0204 522 8700/8701** or email services@coramfamilylives.org.uk or scan the QR code for our online form.



We build better family lives together

www.coramfamilylives.org.uk



@coramfamilyliveshertsandbeds

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Website: www.dacorumspl.org.uk



Email: dspl@kls.herts.sch.uk



Eventbrite: <https://dspl8.eventbrite.co.uk/>



Facebook: www.facebook.com/dspldacorum



Instagram: https://www.instagram.com/dspl_dacorum/

Supporting Links

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
14th Apr to 19th May
Online Course: ID 834

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

Mondays 8.00 - 9.30pm
1st Jun to 6th 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
6th May to 17th Jun Not half term 27/5
Online Course: ID 836

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-10**, with any additional need. Your child does not need a diagnosis.

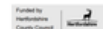
- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



Tuesdays 8.00 - 9.30pm
14th Apr to 19th 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**
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.



TALKING FAMILIES



Delivered online using Zoom

Mondays 8.00 - 9.30pm Course ID: 833
01-Jun, 08-Jun, 15-Jun, 22-Jun, 29-Jun, 06-Jul 2026

Wednesdays 9.45-11.15am Course ID: 832
03-Jun, 10-Jun, 17-Jun, 24-Jun, 1-Jul, 8-Jul 2026

6, weekly sessions for parents and carers of children under 12, sharing tips on how to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

Booking essential
Please quote the course ID
To check eligibility and book a place, contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk
www.supportinglinks.co.uk



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

You can sign up to the Support Links newsletter by clicking the link below:

[Supporting Links Newsletter](#)

