

## DSPL5 Newsletter

June 2022

### WELCOME

Only a few weeks left until Summer! Thank you for your continued engagement with DSPL 5. We are making some great progress in our collaborative working and we are excited to see the impact we can make in the new academic year. The DSPL 5 team hope you have a well-deserved break over summer!

Please see below the updated Services Overview below.

#### DSPL 5 Services Overview

Service	Overview	Referral Criteria	Support I can expect
<b>SEND Family Support</b> Available to families with children with SEND. Supporting children and young people from age 5-14	Early intervention support for families with children with SEND, whereby the child's needs are impacting their education. This service will offer advice and/or strategies to support their child with SEND.	<ul style="list-style-type: none"> <li>Child must have or be on the pathway to having a diagnosis of ASD or ADHD</li> <li>Child must be in a mainstream setting</li> <li>Child must attend school in DSPL 5</li> <li>Service also available to EHE CYP in DSPL 5</li> </ul>	<ul style="list-style-type: none"> <li>Support with understanding ASD/ADHD</li> <li>Support with increasing reduced timetables</li> <li>Structure and routine</li> <li>Sleep and bedtime</li> <li>Sensory processing</li> <li>Visual support</li> <li>Social Stories</li> <li>Social skills, support with anxiety</li> <li>Signposting to external agencies and charities</li> </ul>
<b>Early Years and KS1 Support</b> Available to all Early years and primary settings.	EY and KS1 support for families with a child with SEND, impacting their education.	<ul style="list-style-type: none"> <li>Support for child, family and setting</li> <li>Children with SEND, unable to manage in their setting</li> <li>Children displaying challenging behaviours and unable to self-regulate</li> <li>Children likely to need an EHC needs assessment or those already with an EHCP</li> <li>Whole settings in need of support</li> <li>Not already supported by 0-5 team</li> </ul>	<ul style="list-style-type: none"> <li>In class support; QFT and RA advice</li> <li>Transition support plans written and followed up</li> <li>Settling in support</li> <li>Multi agency working with family, setting, ISL</li> <li>Sign posting with ISL and/or external agencies/charities</li> <li>SLCN and Nurture support</li> <li>Hubs of excellence and good practice</li> </ul>
<b>DSPL 5 Triage Service</b> Available to all DSPL 5 settings	First step of the pathway of referrals to DSPL 5 services and Behaviour Outreach	<ul style="list-style-type: none"> <li>Any setting can book a slot to discuss a child's need.</li> <li>SEMH, Behaviour, SEND</li> </ul>	<ul style="list-style-type: none"> <li>Time to discuss the child's need</li> <li>Advice, support and signposting</li> </ul>
<b>NESSie Therapeutic Support</b> Available to Primary and secondary aged CYP	Focused therapeutic support for children/young people unable to access full time education due to SEMH, Neurodiversity, and Behaviour.	<ul style="list-style-type: none"> <li>CYP on a significantly reduced timetable or at risk of being on a reduced timetable due to SEMH, Neurodiversity, and/or Behaviour.</li> <li>CYP not currently accessing school due to the above</li> </ul>	<ul style="list-style-type: none"> <li>Weekly therapy sessions, initially for 12 weeks</li> <li>Regular reports and feedback to school, family and any agency involved</li> <li>Advice and strategies shared with school, family and any agency involved</li> <li>Support for schools in increasing the CYP timetable</li> </ul>

### Diary Dates Autumn Term 2022

LHNF Panel	SEND Briefing	SENCO Forum
21 <sup>st</sup> September 2022 (deadline for applications 9 <sup>th</sup> September) 19 <sup>th</sup> October 2022 (deadline for applications 7 <sup>th</sup> October) 24 <sup>th</sup> November 2022 (deadline for applications 11 <sup>th</sup> November)	8 <sup>th</sup> December 2022	4 <sup>th</sup> October 2022 30 <sup>th</sup> November 2022

# Introduction to the SEND Local Offer website

LITEBITES



An introduction to the [Hertfordshire SEND Local Offer website](#) by senior web content officer, Claudia Ferlisi.

We'll go through what's on the website and how it can help you in your role with signposting families.

**To attend, save your preferred time and date in your diary along with the joining link for MS Teams.**

Thursday 7 July, 11am - 11.45am:  
[Session 1 joining link](#)

Monday 11 July, 2pm - 2.45pm:  
[Session 2 joining link](#)

<https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx>

Thursday 7 <sup>th</sup> July 11- 11.45am Join on your computer or mobile app <a href="#">Click here to join the meeting</a>	Monday 11 <sup>th</sup> July 2 – 2.45pm Join on your computer or mobile app <a href="#">Click here to join the meeting</a>
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**School Doctor – Free Online Conference for Teachers AND Parents  
Recognition and Early Intervention for Children and Young People with Support Needs to  
Access Education**

To register: [www.eventbrite.com/e/348045362047](http://www.eventbrite.com/e/348045362047)



SCHOOL DOCTOR™

**SCHOOL DOCTOR LAUNCH AND FREE ONLINE  
CONFERENCE FOR TEACHERS AND PARENTS**

Free online conference for teachers and other educational professionals, parents, and caregivers – **9.15am to 2.00pm on Friday, 7th October 2022**

**Recognition and Early Intervention for Children and Young People with  
Support Needs to Access Education**

For teachers, this will provide CPD as evidence for the School Improvement Plan (SIP), Ofsted, and Individual Performance Management Targets.

For parents and caregivers, this will offer advice on common neurodevelopmental conditions in children and young people, and where to go in the system for support.

**Register:** [www.eventbrite.com/e/348045362047](http://www.eventbrite.com/e/348045362047)



# TALKING FAMILIES



Because parents don't get training for the toughest job on earth!



**TUESDAYS**

**1st November - 6th December 2022**

**7.00 - 9.00pm**

**Our FREE 6 week course for parents and carers of children aged 0-12 will help you to:**

- Understand and respond to challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to outbursts and difficult feelings in children
- Feel good about your parenting and more positive in your relationship with your children

'It was a brilliant course and has made a huge difference already, I can't thank you enough'

**Stevenage Family Centre  
Herts**

**(Exact venue to be confirmed)**

'It has taught me new skills to deal with family life, and the group were really non-judgemental'

**Pre-booking essential**

**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**QUOTING REFERENCE SL380**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



This course is provided free to parents by Hertfordshire County Council

# Parent and Carer Support Online Courses Autumn Term 2022



## TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- 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.



**Tuesdays 9.45-11.15am**

**13th Sep-18<sup>th</sup> Oct**

**Course 528**

**Tuesdays 8.00-9.30pm**

**13th Sep-18<sup>th</sup> Oct**

**Course 530**

**We are also running  
face to face in:  
Stevenage**

## TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Wednesdays 7.45-9.15pm**

**14<sup>th</sup> Sep-19<sup>th</sup> Oct**

**Course 531**

**Thursdays 7.45-9.15pm**

**3rd Nov-8<sup>th</sup> Dec**

**Course 532**

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**Quoting the Course ID**



# TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



Dads,  
Step-Dads,  
Stay at  
home Dads,  
Working  
Dads...

**Mondays 7.45-9.15pm**  
**12<sup>th</sup> Sept-17<sup>th</sup> Oct**  
**Course 533**

**Mondays 7.45-9.15pm**  
**31<sup>st</sup> Oct-5<sup>th</sup> Dec**  
**Course 534**

# TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Diagnosis  
not  
essential

**Tuesdays 9.45-11.15am**  
**1<sup>st</sup> Nov-6<sup>th</sup> Dec**  
**Course 529**

**We are also running  
face to face in:  
St Albans**



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

**Courses are open to parents and carers living in Hertfordshire**

**Pre-booking essential**

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- Manage the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

## **Fleetville Family Centre**

**Off Woodstock Rd South  
ST ALBANS AL1 4QJ**  
**Parking available in Morrisons supermarket.**

'I was in a lot of distress as I had no idea how to deal with my daughter's anger and frustration, now I have harmony in my home and I feel more in control and less

### **Pre-booking essential**

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**QUOTING REFERENCE SL526**



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**Spot the Signs – Youth Suicide Prevention Training  
(Parents/Carers and Family Members)**



The aim of this training is to help parents, carers and family members to recognise when their young people are experiencing suicidal thoughts and provide next steps support, along with practical advice, information and signposting.

If you are a parent, carer or family member over 18 and living or working in Hertfordshire, please visit the following link for more information and to sign-up for your FREE space:

**[www.hertsmindnetworkcyp.org/training-workshops/spot-the-signs-emotional-wellbeing/spot-the-signs-youth-suicide-prevention-parents-carers-family-members](http://www.hertsmindnetworkcyp.org/training-workshops/spot-the-signs-emotional-wellbeing/spot-the-signs-youth-suicide-prevention-parents-carers-family-members)**

**For further information about the training, please contact:  
Jess Whittaker – [jessica.whittaker@hertsmindnetwork.org](mailto:jessica.whittaker@hertsmindnetwork.org)**

**[www.hertfordshiremindcyp.org](http://www.hertfordshiremindcyp.org)**



# Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.



"I was in a quite low place when I joined this course but each week I took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"



Funded by Hertfordshire County Council

This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

**Where:** Online via Zoom

**When:** Tuesdays 9.30-11.30am

September 13th, 20th, 27th

October 4th, 11th, 18th

**Only 12 free places available. Bookings open on June 1st by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course**

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## Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.



"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."

This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand how anger and other emotions live in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children and parents to reduce angry outbursts
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective empathic communication techniques to reduce angry outbursts
- ✓ Meet and share experiences with other parents



Funded by Hertfordshire  
County Council

**Where:** Online via Zoom

**When:** Monday evenings 6.30-8.30pm  
September 12th, 19th, 26th  
October 3rd, 10th, 17th

Only 12 free places available. Bookings open on June 1st by emailing [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) with name and date of course

# A Complete Guide to Parenting Children with ALL Special Educational Need

**This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.**

Lesley and Francine are parents, experienced and qualified trainers too.



## Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

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October 5th, 12th, 19th

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September 15th, 22nd, 29th  
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# SUMMER HOLIDAY ACTIVITIES

## JULY

- Sat 30th Lego Club
- Sat 30th Graffiti Session
- Sun 31st Introduction To Golf



## AUGUST

- Mon 1st Online Cooking Session
- Thu 4th Pottery Painting
- Fri 5th Online Kids Art
- Sat 6th Driving Experience
- Sun 7th Outdoor Play
- Wed 10th Animal Encounter
- Sat 13th Aerial gymnastics and relaxation
- Thu 18th Pottery Painting
- Fri 19th Online Parent / Carers Art
- Sat 20th Driving Experience
- Sat 20th Softplay
- Sat 27th Lego Club



## SEPTEMBER

- Fri 2nd Online Childrens Art
- Sat 3rd Trampolining
- Sun 4th Outdoor Play
- Sun 4th Introduction to Golf

[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)



Autism | ADHD  
Neurodiverse Conditions