

Dear Parent/Carers,

Please find below some information and resources from local services. All flyers included are picture images, which you can click on to expand, save and share as you wish.

Be safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

Facebook - www.facebook.com/dspldacorum


Website - www.dacorumdspl.org.uk

Raise Resilience Free 6-week online course for Parent/Carers – Bounce Forward

DSPL8 are pleased to offer a free 6-week online course, Raise Resilience by Bounce Forward. We recognise the impact the Coronavirus lockdown has had on children and young people and these sessions will help to support building their resilience in this uncertain time.

These sessions are after half term on Wednesday 10th, 17th, 24th June & 1st, 8th July and Thursday 16th July, 11am - 12pm. Book now to secure your place.

If you are unable to watch a live session, these will be recorded and sent to you after so you can watch them in your own time.



B bounce forward
*Thrive in life.
Start with resilience.*

RAISE RESILIENCE

Helping Children Thrive at Home

A six-session course with worksheets

The coronavirus lockdown has caused millions of children to be home for an indefinite amount of time. Children and teenagers can find this difficult for a whole host of reasons - leaving them feeling stressed, overwhelmed, or exhausted.

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help parents, help their children cope with uncertainty to thrive.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build skills to help their children be more resilient during this uncertain time.

“ So useful to have tangible, written down, step by step guidelines to follow! ”

Fully Funded by
Hertfordshire DSPL 8


[LEARN MORE & SIGN-UP >](#)

To book your place, please click on the following link - <https://bounceforward.com/raise-resilience-dacorum-parents/> alternatively you can click on the link on the PDF flyer attached via 'Learn more & Sign up'

Fortnightly Communication for Parent/Carers – 20.05.2020

Parent Network Zoom Sessions for June and July by Families in Focus

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email francine@familiesinfocus.co.uk. Parents who have attended previous sessions will receive a text invitation to join the virtual meetings.




Parent Network
Lockdown June 2020 Zoom Parent Network

Harpenden with Francine and Lesley	Thursday June 4th 7pm - 9pm	Understanding more about Autism
Hemel Hempstead with Francine and Lesley	Monday June 8th 9.30 - 11.30am	Strategies to manage behaviours
Watford with Francine and Lesley +YC Herts	Monday June 8th 7pm-9pm	Teaching teens with SEND protective behaviours and understanding consent
Stevenage with Francine and Lesley	Thursday June 11th 9.30 - 11.30am	Supporting fussy eaters with Helen Allen
Hatfield with Siobhann	Thursday June 11th 7pm - 9pm	Ideas to manage sensory issues
Hemel Hempstead ASD/ADHD/ PDA with Siobhann and Maria	Monday June 15th 9.30 - 11.30am	How SEN support works in schools
Hemel Hempstead with Francine and Lesley	Monday June 29th 9.30 - 11.30am	Successful EHCP reviews with Helena Marks-Dwyer, Independent SEND Advisor
Watford with Francine and Lesley	Monday June 29th 7pm-9pm	Understanding children's sensory issues, Beverley Hamilton, Ask Bev Consultancy

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email francine@familiesinfocus.co.uk. Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[f @familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FIFHerts](https://twitter.com/FIFHerts) www.familiesinfocus.co.uk



Parent Network
Lockdown July 2020 Zoom Parent Network

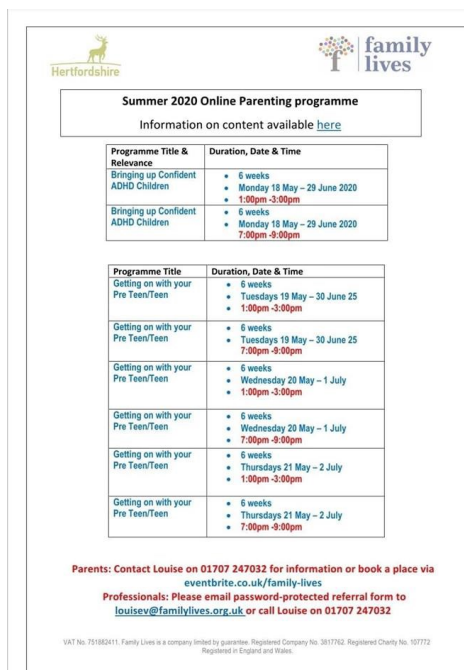
Stevenage with Francine and Lesley	Thursday July 2nd 9.30 - 11.30am	Sharing tips for happy holidays
Harpenden with Francine and Lesley	Thursday July 2nd 7pm - 9pm	Tips for keeping children with SEND safe online with YC Herts
Hemel Hempstead ASD/ADHD/ PDA with Siobhann and Maria	Monday July 6th 9.30 - 11.30am	Holiday tips and chats
Hatfield with Siobhann	Thursday July 9th 7pm - 9pm	Fussy eaters and holiday tips with Helen Allen

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email francine@familiesinfocus.co.uk. Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

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Family Lives – Summer 2020 Online Parenting Programme

Click on the flyer to see the online Parenting Courses on offer from Family Lives. Content information is available here: <https://www.familylives.org.uk/how-we-can-help/in-your-area/london-and-the-northern-home-counties/services-in-your-area/>



Summer 2020 Online Parenting programme
Information on content available [here](#)

Programme Title & Relevance	Duration, Date & Time
Bringing up Confident ADHD Children	<ul style="list-style-type: none"> 6 weeks Monday 18 May – 29 June 2020 1:00pm-3:00pm
Bringing up Confident ADHD Children	<ul style="list-style-type: none"> 6 weeks Monday 18 May – 29 June 2020 7:00pm-9:00pm
Programme Title	Duration, Date & Time
Getting on with your Pre Teen/Teen	<ul style="list-style-type: none"> 6 weeks Tuesdays 19 May – 30 June 25 1:00pm-3:00pm
Getting on with your Pre Teen/Teen	<ul style="list-style-type: none"> 6 weeks Tuesdays 19 May – 30 June 25 7:00pm-9:00pm
Getting on with your Pre Teen/Teen	<ul style="list-style-type: none"> 6 weeks Wednesday 20 May – 1 July 1:00pm-3:00pm
Getting on with your Pre Teen/Teen	<ul style="list-style-type: none"> 6 weeks Wednesday 20 May – 1 July 7:00pm-9:00pm
Getting on with your Pre Teen/Teen	<ul style="list-style-type: none"> 6 weeks Thursdays 21 May – 2 July 1:00pm-3:00pm
Getting on with your Pre Teen/Teen	<ul style="list-style-type: none"> 6 weeks Thursdays 21 May – 2 July 7:00pm-9:00pm

Parents: Contact Louise on 01707 247032 for information or book a place via [eventbrite.co.uk/family-lives](https://www.eventbrite.co.uk/family-lives)
Professionals: Please email password-protected referral form to louisev@familylives.org.uk or call Louise on 01707 247032

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For information contact Louise on 01707 247 032 or book a place via: <https://www.eventbrite.co.uk/o/family-lives-3737064609>

Parenting Courses

Click on the click below to view the Parenting Courses available in Hertfordshire:
<https://directory.hertfordshire.gov.uk/Categories/53>

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Hertfordshire Mind Network

Carers Online Group - Our Friday online Carers Group allows carers to have time for themselves, provide opportunities to share experiences and information, learn new skills and meet other carers online. For more information and to book your place on a session, please visit our website:

<https://www.hertsmindnetwork.org/carers-support>



Online Meeting Places - a safe and welcoming social drop-in where you can feel supported. To book your place, please e-mail us at meetingplaces@hertfordshiremind.org up to one hour before the start of the session. For more information on our online Meeting Places, please visit our website: www.hertfordshiremind.org/online-meeting-places



Spot the Signs & Emotional Wellbeing Webinars - Hertfordshire Mind Network are offering free online sessions for all the family as well as youth professionals. These can be viewed and booked onto here: <https://bit.ly/2QZqK4f> The sessions do get booked up fairly quickly and are updated on a monthly basis.



Consultation on SEND information, advice and support



HCC is consulting on the way that HCC delivers SEND information, advice and support across Hertfordshire and is looking for your views on how they do this.

We are also aware that although the new refreshed Local Offer is the main online one stop shop for information, parents/carers of children or young people with SEND have told us it's not easy to know *what* help they need, or where to get it - sometimes they just need to talk to someone. With this in mind a key proposal within the

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consultation is to provide a single telephone helpline to run alongside the SEND Local Offer website giving families the opportunity to talk to a trained information worker as well as finding up to date SEND information and support online. The consultation opened on Monday 23 March and closes **on 14 June**

2020 at www.hertfordshire.gov.uk/iasconsultation

An easy read and printable version of the questionnaire as well as FAQs is also available online

Please have a look, have your say and we'd be grateful if you share this with your own teams/groups and audiences. If you have any questions you can also email sendtransformation@hertfordshire.gov.uk

Returning to school – Audit of needs

The Educational Psychology Service are creating a resource to help schools support the wellbeing of children and families in the return to school. To make sure this is matching the needs of parents, we would like to hear from school leaders and parents about any concerns you have and the support you would be interested in receiving.

The survey should take less than 5 minutes to complete and can be accessed by clicking on one of the following link:

Parent survey: <https://app.sli.do/event/l9wyw5z8>

Schools and Families Advice Line



Schools and Families Advice Line (SFAL)

The 'Schools and Families Advice Line' (SFAL) is a new service established to provide emotional wellbeing advice and early help to children and young people, families and schools during the COVID-19 pandemic.

It can be really worrying when you or someone you know is going through a difficult time. If you feel this service could help, please call our Single Point of Access (SPA) who will take your details before passing them onto our call back service.

This service is open to self-referrals from families and young people, and education, health and other professionals involved in supporting young people and their families.

Contact Details:

Telephone: 0300 777 0707

Email: hfft.spa@nhs.net

You will get a call back from a mental health practitioner between 8am-5pm, Monday-Friday. Support will be offered in a one-off, up to 1 hour phone call

How can the service help?

Supporting children, young people, their families and schools by providing early advice around:

- General concerns around mental well-being, coping strategies and self-care.
- How to support children and young people in relation to the Covid-19 outbreak (e.g. understanding, frustration, anxiety etc). Supporting mental well-being during the transition back to school and the anxiety around this uncertainty.
- Support for education staff around their own mental well-being and advice around how they can care for themselves.
- 'Whole school approaches' to supporting mental well-being.
- Specific anxieties (around COVID-19/self-isolating measures, transition between year groups, developing and maintaining relationships, fear of failure, low self-esteem or aspirations, trust issues, social anxiety, etc.)
- Phobias (animals/insects, specific food stuffs, specific objects, modes of transport etc.)
- Low mood
- Emotional regulation difficulties.
- Mild obsessive compulsive difficulties that are starting to impact day to day activities.
- Low-level behavioural concerns
- Sleep difficulties
- Signposting to services and resources that may be helpful for supporting mental well-being.