

Dear Parent/Carers,

Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

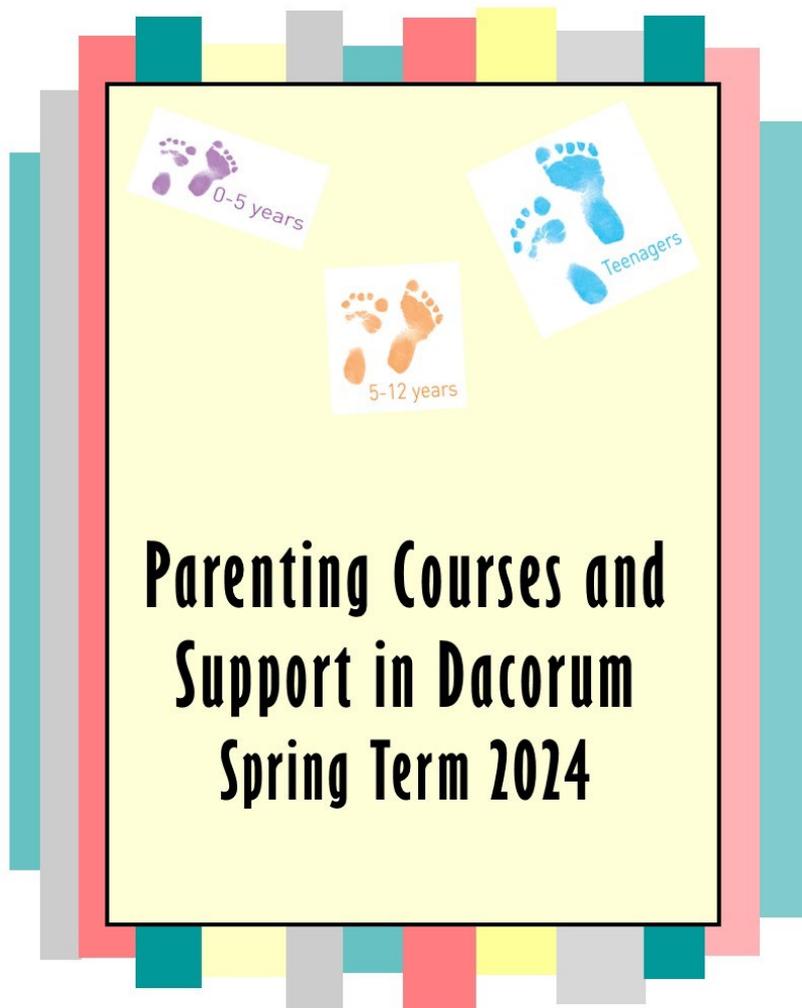
Kind Regards, DSPL 8 Team

### Parenting Courses and Support in Dacorum Spring Term 2024

Spring Term 2024 Course and Workshops in Dacorum will be advertised in 'Parenting Course & Support in Dacorum Spring Term 2024' brochure, which will be available by the end of term.

The PDF brochure will be email to our mailing list, schools and we will upload the document to our website on the following page:

[Online resources for parents and carers | DSPL \(dacorumdspl.org.uk\)](https://www.dacorumdspl.org.uk)



FREE courses open to parents in Dacorum



### HAPpy Camps



Booking is now open for winter HAPpy camps.

Camps are free to school aged children (Reception to Year 11) in receipt of benefits-related free school meals.

Ask your school for your HAPpy Booking Code and secure your place today:

<https://sportinherts.org.uk/happy-activity-camps>



### SPACE Hertfordshire: December Activities

Eventbrite: [SPACE HERTFORDSHIRE Events](#) | [Eventbrite](#)

## DECEMBER ACTIVITIES

**Booking now open**

Fri 1st	Children's Online Art
Sat 2nd	Driving
Sat 2nd	Therapeutic Farming
Sun 3rd	The Patch Outdoor Play
Mon 4th	Junior Online Cooking
Mon 4th	Teens Online Cooking
Wed 6th	Online Lego Club
Thurs 7th	Wellbeing Walk
Sat 9th	Jump City - Christmas Special
Sat 9th	Aerial Gymnastics
Sat 9th	Little City - Christmas Special
Fri 15th	Teens Online Art
Sat 16th	Driving
Wed 20th	Ranger Stu Virtual Zoo
Thurs 21st	Wildlife Mosaics <small>Herts and Middlesex Wildlife Trust</small>



We hope you can join us!

Book your place via the SPACE Eventbrite - [SPACEHertfordshire](#)



**Potential Kids: December Activities**

BOOKINGS: [www.potentialkids.org.uk/activities](http://www.potentialkids.org.uk/activities)

**DECEMBER & XMAS HOLIDAYS  
ACTIVITIES**



BOOKINGS:  
[www.potentialkids.org.uk/activities](http://www.potentialkids.org.uk/activities)

**POTENTIAL  
KIDS**



Approved Education Centre Delivering Nationally Accredited Qualifications



Learning, Social & Communicational Support for everyone through our inclusive programmes

Opportunities for Duke of Edinburgh or Work Experience with PK

**PK Hub & Garden**



Always Connecting with our Community and the most vulnerable



PK Offer  
Tutoring  
Teaching  
Mentoring  
Therapies  
1:1 & Group Work  
Alternative provision  
EOTAS



**SUNDAY**  
1:1 Horse Riding  
Groundworks/Care  
Equine Therapy  
Sessions  
  
**FRIDAY - Home Education available**



**PK Garden**  
Therapeutic Gardening 1:1 & Group Sessions available

Date	Sessions	Time	Location
1st Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
2nd Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
6th Wed	Bush Craft Club	12.30-14.00	PK Garden
7th Thu	STEAM Home Education	10.30-12.30	PK Garden
8th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
8th Fri	Parent/Carer Xmas Social Evening	19.30-22.00	PK Hub
13th Wed	Bush Craft Club	12.30-14.00	PK Garden
14th Thu	STEAM Home Education	10.30-12.30	PK Garden
14th Thu	Trampolining	16.45-18.00	Gosling Sports
15th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
16th Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
19th Wed	Bush Craft Club	12.30-14.00	PK Garden
21st Thu	Christmas Party Age 4-12yrs	14.00-15.45	PK Hub
22nd Fri	Christmas Party Age 4-12 yrs and 13+ yrs	16.00-17.45 18.00-17.45	PK Hub
28th Thu	Trampolining	17.00-18.00	Gosling Sports
JAN 2nd Tue	Fun Zone	19.00-20.45	Birchwood Leisure Center

Contact us for further information on any of our Activities or Educational Services at [info@potentialkids.org](mailto:info@potentialkids.org)



## New Herts Haven Café for young people's emotional wellbeing opens in Hemel Hempstead

The Hemel Café provides a safe and welcoming drop-in space for compassionate face to face emotional and mental wellbeing information, as well as support and guidance from trained workers, without the need for a referral. Young people can also access digital emotional and mental wellbeing support services, speak to other people who may be experiencing similar things and also gain a better understanding about ways in which they can keep themselves emotionally and mentally well.

The new Hemel Hempstead Café is open on:

Thursday 3:30PM – 8PM	The Quaker Meeting House, 1 The Alleys, St.Mary's Road, Hemel Hempstead, HP2 5ZB
Saturday 12PM—5PM	The Quaker Meeting House, 1 The Alleys, St.Mary's Road, Hemel Hempstead, HP2 5ZB

### Herts Haven Cafés - WithYouth



- ◆ No referrals, no judgements – just an open door and a safe welcoming space to talk
- ◆ Professional workers to support you with your wellbeing
- ◆ Practical help at your fingertips - coping strategies, stress management techniques and more!
- ◆ Emotional support tailored to your needs

T: 0208 189 8400 E: [cyp@hertsmindnetwork.org](mailto:cyp@hertsmindnetwork.org) W: [www.withyouth.org](http://www.withyouth.org)



## Relationship Support for parents

For support and relationship and parenting courses, including Parenting SEN Children When Separated, find further information via:

[Relationship support for parents | Hertfordshire County Council](#)

## Relationship support for parents

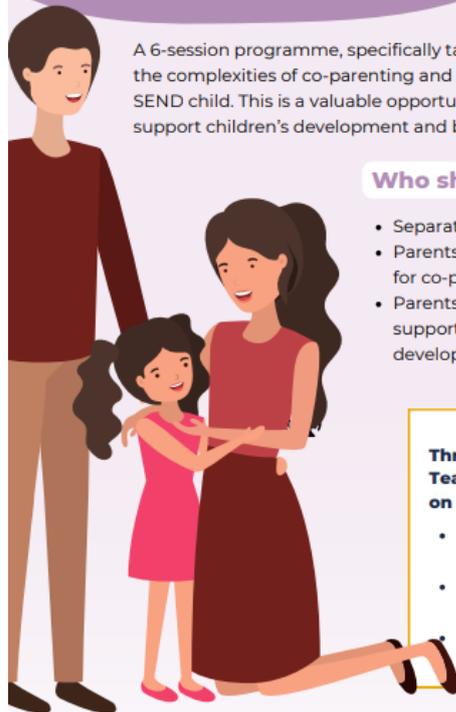
When family life is good, children thrive. Find out why relationships between parents matter so much to children, and how to improve your relationship with your partner or ex-partner.

Why relationships matter

Get support

Relationship and parenting courses

## Parenting SEN children when separated online programme



A 6-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.

### Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



**Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:**

- Mondays: 4, 11 & 18 December 2023 and 8, 15 & 22 January 2024
- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024

For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

SCAN ME



**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

@FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



Website: [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



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



Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

Neurodiversity Support Hub**Neurodiversity Support Hub****For Parents, Carers and Professionals**

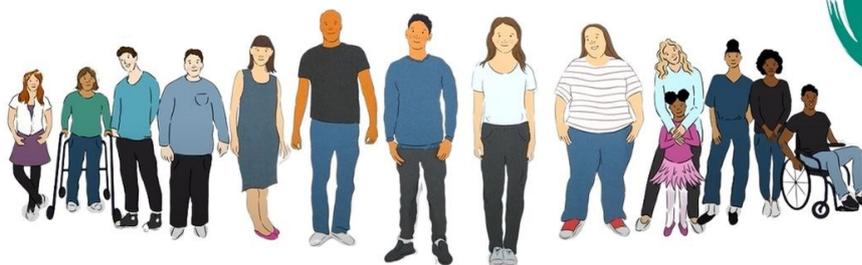
We can offer support, signposting and guidance about a whole range of things including but not limited to:

No  
Diagnosis  
Required

- Understanding ADHD/Autism
- Distressed Behaviours
  - Anxiety
  - School

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a  
Parent, Carer  
or  
Professional?



**01727 833963** 

We Can't :

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors



**supporthub@add-vance.org**

**Open Monday-Friday  
9 AM - 1PM**



Here to support, reach out for a listening ear 



**ADD-vance**  
The ADHD and Autism Trust



Herts Mental Health,  
Learning Disability and  
Autism Health and Care  
Partnership



Website: [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



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



Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

SEND Drop-in sessions

# SEND Chat and Play

The BECC Family Centre, WD6 2FD, Monday 10:00 - 11:00  
4th & 18th Sept, 2nd, 16th & 30th Oct, 13th & 27th Nov, 11th Dec

Sopwell Family Centre, AL1 2LD, Wednesday 11:00 - 12:00  
6th Sept, 4th Oct, 1st Nov, 6th Dec

Beechfield Family Centre, WD24 5TY, Wednesday 10:00 - 11:00  
13th & 27th Sept, 11th & 25th Oct, 8th & 22nd Nov, 20th Dec

Grovehill & Woodhall Farm Adventure Playground, HP2 7BA, Thursday 11:00 - 12:00  
14th & 28th Sept, 12th Oct, 9th Nov & 23rd Nov, 7th Dec & 21st Dec

\* Please note on the 26th October this event will take place at Cedar Tree Family Centre



[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

0300 123 7572



Website: [www.dacorumspl.org.uk](http://www.dacorumspl.org.uk)



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



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



Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

SEND Drop-in sessions**Parent Support Group**

Every Wednesday

9.00am – 12

(Term time only)

@ Woodfield Coffee Shop

Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: [Gemma.Tuff@woodfield.herts.sch.uk](mailto:Gemma.Tuff@woodfield.herts.sch.uk)Or: [Lauren.Lettis@woodfield.herts.sch.uk](mailto:Lauren.Lettis@woodfield.herts.sch.uk)

01442 253476

Would you like to chat,  
rant, or just let off  
steam over a cup?

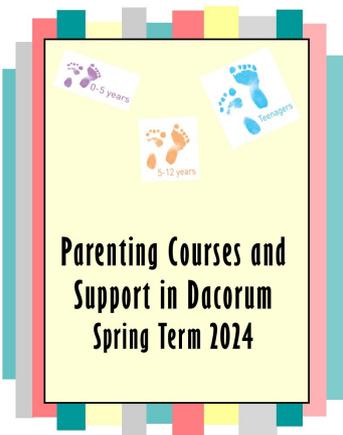


Come and join other  
parents/carers and  
share stories, advice  
and a few laughs!



Whether your child is at mainstream school or a special school,  
Diagnosed or undiagnosed, you are welcome to come along and meet  
Other parents, talk to professionals, or simply drop in for a coffee and  
Meet new friends who also have a child with special educational needs.  
**ALL WELCOME - JUST COME ALONG**

Free tea, coffee and biscuits! Fancy something a bit more special? Our  
coffee shop accepts card payments or cash.

Parenting Courses and Support in Dacorum Spring Term 2024

FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting  
Course Brochure via:

[Online resources for parents and carers | DSPL \(dacorumdspl.org.uk\)](https://www.dacorumdspl.org.uk)

For SEND courses and support, please visit either:

[https://directory.hertfordshire.gov.uk/Search?  
CategoryId=70&SM=ServiceSearch&UDG=True&SME=True](https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True)

[https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-  
activities-in-hertfordshire/things-to-do](https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do)

