

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

Angels New Autumn Programme of Workshops and Support Groups

Email: info@angelssupportgroup.org.uk

Website: angelssupportgroup.org.uk



AUTISM & ADHD SUPPORT

for parents/carers of children with
ADHD and/or on the Autistic Spectrum

Angels provide individualised, professional expertise and advice for the families of autistic children and children with ADHD (and those awaiting diagnosis). Come along to our meetings to chat with other parents, share ideas and experiences and gain information, advice and strategies.

We provide:

- Parent support group meetings and workshops in Stevenage, Letchworth and Online.
- Online evening support group meetings
- One-to-one service to support you in a personalised way with any issue around your child/young person's conditions, including support with meetings and forms.
- A private moderated Facebook group just for members.

Scan the QR code and complete our
online membership form to access our
FREE support.



Note for Professionals:

If you are a professional working with families and would like to learn more about Angels, then please contact The Angels Team on info@angelssupportgroup.org.uk

Follow Angels
Support Group on
Social Media



www.angelssupportgroup.org.uk

Registered Charity No. 1117059



Charity no: 1117059



Tue - via Zoom
10am-12noon

Wed - Letchworth

10am-12noon at
The Pod, Northfields Infant
and Nursery School, Burley,
Letchworth SG6 4PT

Thu - Stevenage

10am-12noon at
The Phoenix Group,
2-6 The Hyde, Shephall,
Stevenage SG2 9SE

Thu - via Zoom
7.30pm- 8.30pm

7th Sept
Meet Up and Chat

12th Sept
Workshop:
Understanding &
responding to your
child's behaviour

14th Sept
Parent/Carer
Support Group with
Lorraine Jones

14th Sept
Evening Parent/Carer
Support Group

19th Sept
Parent/Carer
Support Group with
Lorraine Jones

20th Sept
Meet Up and Chat

*In partnership with the Letchworth
Family Support Team*

21st Sep
Meet Up and Chat

26th Sept
Workshop: Emotionally
Based School
Avoidance

28th Sep
Parent/Carer
Support Group with
Lorraine Jones

3rd Oct
Parent/Carer
Support Group with
Lorraine Jones

5th Oct
Meet Up and Chat

10th Oct
Workshop: Q&A on
Education Issues (EHCPs,
Graduated Response,
Panels, Appeals, Mediation
and Tribunals

12th Oct
Parent/Carer
Support Group with
Lorraine Jones

12th Oct
Evening Parent/Carer
Support Group

17th Oct
Parent/Carer
Support Group with
Lorraine Jones

18th Oct
Meet Up and Chat

*In partnership with the Letchworth
Family Support Team*

19th Oct
Meet Up and Chat

Half Term



Website: www.dacorumdspl.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/

| Tue - via Zoom 10am-12noon | Wed - Letchworth 10am-12noon at The Pod, Northfields Infant and Nursery School, Burley, Letchworth SG6 4PT | Thu - Stevenage 10am-12noon at The Phoenix Group, 2-6 The Hyde, Shephall, Stevenage SG2 9SE | Thu - via Zoom 7.30pm- 8.30pm |
|---|--|---|---|
| 31st Oct Workshop: Knowing your Rights and helping your child access healthcare | | 2nd Nov Parent/Carer Support Group with Lorraine Jones | |
| 7th Nov Parent/Carer Support Group with Lorraine Jones | 8th Nov Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i> | 9th Nov Meet Up and Chat | 9th Nov Evening Parent/Carer Support Group |
| 14th Nov Workshop: TBC | | 16th Nov Parent/Carer Support Group with Lorraine Jones | |
| 21st Nov Parent/Carer Support Group with Lorraine Jones | | 23rd Nov Meet Up and Cchat | |
| 28th Nov Workshop: Specialist Advisory Support Service - Masking in School: Things to help | | 30th Nov Parent/Carer Support Group with Lorraine Jones | |
| Tue - via Zoom 10am-12noon | Wed - Letchworth 10am-12noon at The Pod, Northfields Infant and Nursery School, Burley, Letchworth SG6 4PT | Thu - Stevenage 10am-12noon at The Phoenix Group, 2-6 The Hyde, Shephall, Stevenage SG2 9SE | Thu - via Zoom 7.30pm- 8.30pm |
| 5th Dec Parent/Carer Support Group with Lorraine Jones | 6th Dec Meet Up and Chat <i>In partnership with the Letchworth Family Support Team</i> | 7th Dec Meet Up And Chat | 7th Dec Evening Parent/Carer Support Group |
| 12th Dec Workshop: Services for Young People - Post 16 Provision | | 14th Dec Parent/Carer Support Group with Lorraine Jones | |
| 19th Dec Parent/Carer Support Group with Lorraine Jones | | | |



Family Lives Autumn Term Groups

For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Autumn Term Groups

All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email services@familylives.org.uk

Bringing Up Confident ADHD/ASD Children - 6 week group

Tuesday 12 September to 17 October 7.00pm – 9.00pm Online via MS Teams

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 week group

Thursday 5 October to 16 November 7.00pm – 9.00pm Online via MS Teams

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.

Dads Together (face to face 6 week group)

Tuesday 7 November to 12 December 7.30pm – 9.30pm

Canary Club, Fishponds Road, Hitchin SG5 1NU

Are you a dad who feels 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.

Sorting out Arguments in the Family - 6 week group

Wednesday 8 November to 13 December 9.30am – 11.30am Online via MS Teams

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family

Anxiety around ADHD workshop

Tuesday 7th November 9.30am – 11.30am Online via MS Teams

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.

Reducing Conflict workshop

Thursday 7th December 9.30am – 11.30am Online via MS Teams

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

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.



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

0300 123 7572



Website: www.dacorumdspl.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/

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

Every Wednesday

9.00am – 12

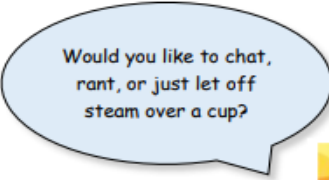
(Term time only)

@ Woodfield Coffee Shop


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

Contact: Gemma.Tuff@woodfield.herts.sch.ukOr: Lauren.Lettis@woodfield.herts.sch.uk

01442 253476



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

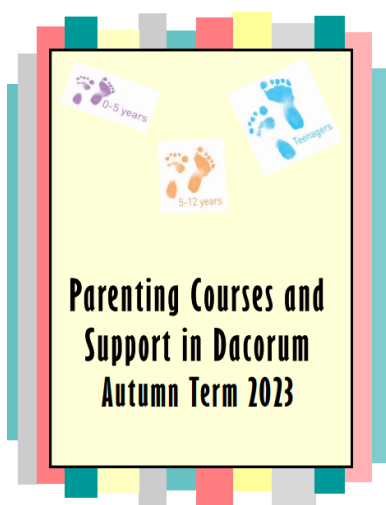



Come and join other
parents/carers and
share stories, advice
and a few laughs!



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 Autumn Term 2023

FREE courses open to parents in Dacorum

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

<https://dacorumspl.org.uk/wp-content/uploads/2023/07/Dacorum-Parenting-Course-Brochure-Autumn-2023.pdf>

For SEND courses and support, please visit either:

<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>

