

Free Confidential Impartial

Parents and Carers, Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

New Hertfordshire one stop parenting directory for parents

www.hertsdirect.org/parentingsupport










Parenting Courses and Support in Dacorum Autumn Term 2018



This leaflet last amended 18.10.18 by Ashley Fabray, Administrator,
PoDS (Partnership of Dacorum Schools)
Email: fabraya@kls.herts.sch.uk M: 07525 917125
If you would like to be added to the email distribution list for future issues, please
contact Ashley on the details above

FREE courses open to parents in Dacorum

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Courses & Workshops

DSPL Dacorum

Dyslexia SUPPORT GROUP

Support group run by Lyndsey Hooper, Family Support Worker, who will be sharing personal experiences of having Dyslexia.

Guest Speakers | Advice | Support
No need to book, just drop in!
*Term Time only

Second Tuesday of every month*
1.15-2.45pm
LINK Family Services
Hobletts Manor School
Adeyfield Road
Hemel Hempstead
HP2 5JS

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

Upcoming Support Group Dates:

13/11/2018	No April Group – Easter holidays
11/12/2018	14/05/2019
08/01/2019	11/06/2019
12/02/2019	09/07/2019
12/03/2019	

Please note

This group is only open to Dacorum Parents/carers.
As Parking is limited please park offsite.

Free mini drop-in consultations for parent/carers

Facilitated by ADHD/Autism Specialist Coaches from ADD-vance



Dacorum DSPL Area 8 are pleased to offer
Mini Drop-in Consultations For Parent/Carers of children with Autism/ADHD

These mini consultations are designed to meet the needs of parent/carers to help them build on existing skills in supporting children with ADHD/Autism

Date	Day	Time	Venue	Area
12.09.18	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
11.10.18	Thursday	09:30-11:30	Dundale Primary School	Tring
12.11.18	Monday	19:00-21:00	Hobbs Hill Wood Primary School	Hemel Hempstead
12.12.18	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
10.01.19	Thursday	09:30-11:30	Dundale Primary School	Tring
11.02.19	Monday	19:00-21:00	Hobbs Hill Wood Primary School	Hemel Hempstead
13.03.19	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
04.04.19	Thursday	09:30-11:30	Dundale Primary School	Tring
13.05.19	Monday	19:00-21:00	Hobbs Hill Wood Primary School	Hemel Hempstead
12.06.19	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
11.07.19	Thursday	09:30-11:30	Dundale Primary School	Tring

Please note that these mini consultations are only open to Dacorum parent/carers

Courses & Workshops

DSPL Dacorum



Do you live in the DSPL Dacorum area?

Are you thinking of applying for an EHCP and want to find out more?

Yes? Then a DSPL Dacorum EHCP new application workshop might be for you!

When? Friday 23 November 2018, 10am to 2pm

Where? Hobbs Hill Wood Primary School

To find out more and book your place, just drop KIDS an email at hub.herts@kids.org.uk or call on 01923 676549



Are you concerned about your child's eating?

Would you like to learn more about -

- How to increase the range of food they eat
- How to support your child with the sensory aspect of food
- How to reduce anxiety around food

Date: January 17th 2019

Time: 7-9pm

Venue: The Willow Room, Hobbs Hill Wood School, Peascroft Road, Hemel Hempstead, HP3 8ER

To book a place, please contact Ashley Fabray on 07525 917 125 or email fabraya@kls.herts.sch.uk

Places are limited, so please book early to avoid disappointment

Please note that this course is only open to Dacorum parents/carers

More information is available on the website
www.hertsdirect.org/specialneeds



COURSES & WORKSHOPS

Warners End, Gadebridge, Chaulden & Hemel Central

Gade Schools Family Support Parenting Courses/Workshops

Debt Management – 1:1 Advice Sessions

Date: Thursday 15th November 2018

Time: 9.30am–10.00am, 10.05am–10.35am, 10.40am–11.10am & 11.15am–11.45am

What's it about? CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of our service, we offer 1:1 advice, where you can speak confidentially to one of our fully qualified debt coaches to discuss the best options to get on top of your money worries.

Managing Anxiety and Developing Confidence & Self Esteem

Date: Wednesday 21st November 2018

Time: 7.00pm – 8.30pm

What's it about? This 2 hour workshop will cover the following: understanding young people's anxiety. Anxiety, self-esteem and signs to look out for, the power of positive language and communication. Developing resilience and confidence through empathy and assertiveness and simple coping strategies and skills for you and your child.

Autism Support – 1:1 Advice Sessions

Date: Wednesday 5th December 2018

Time: 9.30am–10.00am, 10.05am–10.35am, 10.40am–11.10am & 11.15am–11.45am

What's it about? Louise Howe, Specialist Teacher for Autism will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Housing Surgeries

Dates: Thursday 13th December 2018

Time: 9.30am–9.55am, 10.00am–10.25am, 10.30am–10.55am, 11.00am–11.25am

What's it about? Speak to a member of Dacorum Council Housing Team for a free 25 minute appointment who will offer advice and guidance to any housing queries.

All of the workshops/courses will be held at:

The Gade Community Room, Gade Schools Family Support, off of Chaulden Junior School, School Row, Hemel Hempstead, Herts, HP1 2JU

Please note - If you would like to book onto our courses or to find out more information please contact Emma Christie on 01442 278793 or email: christiee.gadesfs@kls.herts.sch.uk

There is a deadline for booking so please contact us as soon as possible to get a space! Please be aware that if we don't get a minimum amount of people on the above courses unfortunately we will not be able to run them.



Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



Parent Network support & information drop in sessions for parents caring for children and young people with any additional needs, chronic health condition and/or disability

Lesley and Francine at Families in Focus will be running Parent Network support & information *drop in* sessions for parents/adoptive parents/grandparents caring for children with any additional need/disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in Hemel Hempstead.

For parents by parents so come and join others living in families similar to yours; share your experiences and knowledge gained along the way in a supportive and non-judgemental, warm and welcoming environment. Each session will also have 'Families in Focus Guide to...' learning topics:

Where:

**South Hill Centre,
Cemetery Hill, Hemel
Hempstead HP1 1JF**

When:

**Mondays
9.30am to 11.30am**



2018 Dates

September 17th EHCP
Basics: Independent SEND
professional

October 15th
Understanding Teenage brain

November 12th Sibling
issues

December 3rd Handling
Stress

Lottery funded Families in Focus Parent Network also in Watford,

St Albans, Stevenage & Biggleswade

Website: www.familiesinfofocus.co.uk Email: info@familiesinfofocus.co.uk

Join Families in Focus CIC on facebook

Courses & Workshops

Berkhamsted & Villages



Are you a parent of a child with ASD/Communication Disorder or with Sensory Processing needs?

A daytime support group has been set up for parents across Dacorum.
The following dates for Autumn 2018 Term:

- **Wednesday 12th December**

Time 1:00-2:30pm

The group is facilitated by Lisa MacGovern (School Family Worker) with
Autism Teacher Louise Howe

Location: Bridgewater School, Bridle Way

Berkhamsted, HP4 1ES

Small children are welcome! No need to book!

If you would like further information and advice on ways to get support
for your child please contact -

Vicky McKirgan, DSPL Dacorum Area Send Lead @ 07809240858

Hertfordshire Local Offer

Information about services available in your local area for parents,
children and young people aged 0-25 with special educational needs and disabilities (SEND).
directory.hertsdirect.org/kb5/hertfordshire/directory/localoffer.page



Courses & Workshops

Berkhamsted & Villages

The teen brain

FREE

For those parenting 11 - 16 year olds



4 sessions to help parents understand what's happening to their teen and to offer some ideas on understanding teenagers, communication and managing conflict.



When: **Tuesday evenings from 7-9pm**

Dates: **13th, 20th and 27th November & 4th December 2018**

Where: **Thomas Coram School, Berkhamsted, HP4 2RP**

To book, or for more information: call Lisa MacGovern on **07780 114079** or email lisamacgovern@hobbshillwood.herts.sch.uk



This FREE course is brought to you and funded by Dacorum Family Services



Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



Families in Focus CIC Handling Anger in Your Family

A CANparent quality mark course providing practical & proven techniques to reduce anger in your family



This very popular, effective and award winning anger management course offers:

- ✓ Use Anger Diaries to learn more about how anger 'lives' in your family
- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children & parents
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective communication techniques to reduce angry outbursts

"I now understand that the way I reacted didn't help my children's anger! I now have the right techniques for me and my children and the whole house has calmed down."

FREE places are limited, to avoid disappointment BOOK your free place NOW!

Where:
**Southill Centre
Cemetery Hill
Hemel Hempstead
Herts
HP1 1JF**

When:
**Mondays
6.30pm to 8.30pm
November 5th 19th 26th
December 3rd 10th 17th**



Places are limited and must be booked:
Email: bookings@familiesinfocus.co.uk or
Book from our website: www.familiesinfocus.co.uk

Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



For brothers, sisters and parents
of children with additional needs

WEDNESDAY'S 4.00-5.30PM

South Hill Centre,
Cemetery Hill,
Hemel Hempstead HP1 1JF

January 9th, 16th, 23rd, 30th
February 6th

Limited
free places available.

To find out more and book your
places:

Email:
Francine@familiesinfocus.co.uk
or
Call:
07867510027

For siblings:

For siblings aged 5-10 years, of brothers and sisters of children with additional needs and their parents. Therapeutic play, fun and games with discussions, sharing and expressing feelings, understanding more about your brother or sister and why they do what they do. Find new ways of coping with difficult things and meeting other children who live in family similar to yours.

For parents:

Parents will meet in their own group with Francine and Lesley to understand the needs of siblings and how to best support them, share concerns and learn effective communication techniques to build strong supportive positive family relationships with other parents of children other children who live in family similar to yours.

The important bit

- Siblings must be accompanied by parent/s to all sessions.
- Parent will need to arrange alternative care and accommodation for the child with SEND.
- There will be simple fun family tasks to take home to support learning (taking about 10 minutes per week)



Courses & Workshops

Tring & villages



UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



Wednesdays

7th, 14th, 21st, 28th November
5th, 12th December 2018
9.30-11.30am



A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. 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 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.'

Tring Community Centre
Silk Mill Way
Tring, Herts
HP23 5EP

A limited number of childcare places are available to enable you to attend this course, and must be booked in advance.

Pre-booking essential

For further information, contact
Supporting Links on:

01442 300185

info@supportinglinks.co.uk
www.supportinglinks.co.uk



This course is provided free to parents by Hertfordshire County Council

SL282

Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green

Parent Support Group

Every Wednesday
10.30 am to 12 noon
(Term time only)

@ The Lodge, Woodfield School
Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: vanessa.gregory@woodfield.herts.sch.uk
01442 253476

Do you have a child
with additional needs?
Need somebody to
talk to?



Come and meet
other parents for a
coffee and a chat.
Young children
welcome

Whether your child is at mainstream school or a special school,
You are welcome to 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

CALL FREE ON **0800 328 0006**

Struggling with debt?

FREE debt counselling in your community
from an award winning charity

www.capdebthelp.org

Facebook.com/CAPuk @CAPuk

Registered Office: 1 London Wall, 10th Floor, London EC2M 4JF. Registered Charity No: 1071111
Charity registered in England No: 1071111. Company registered in England, Registered in England and Wales No: 08107715



Every 20 minutes a property is repossessed. Debt devastates lives; it means parents struggle to feed their children, people feel suicidal, depressed and alone. CAP'S debt help service is one of the most in depth and holistic **FREE** services in the UK. We are uniquely placed to help vulnerable people, in particular low income, financially and socially disadvantaged people out of debt.

If you need help please ring our enquiries line on **0800 328 0006** to make an appointment. Or contact CAP Centre Manager in Hemel Hempstead, Owen Cooper on **01442 243 936** or email owencooper@capuk.org.

To find out more information about Christians Against Poverty visit our website www.capuk.org.

Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



Families in Focus CIC

A Complete Guide to Parenting Children with SEND

including Autism, ADHD & associated conditions

Families in Focus award winning parenting course is facilitated by Francine & Lesley who are experienced and qualified trainers, one of whom has a son with Autism and challenging behaviour.

Topics included:

- ✓ Gain greater understanding and answer the question, 'Why do they do that?'
- ✓ Learn a range of strategies & solutions, to better manage behaviours that challenge.
- ✓ Gain more understanding of anger triggers and strategies to manage 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 emotional wellbeing
- ✓ 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."

Parent of a child with Autism

Where:
**Warners End
Community Centre
Northridge Way,
Hemel Hempstead
HP1 3QG**

When:
Tuesdays

6.45pm to 8.45pm

January 29th

February 5th, 12th, 19th, 26th

March 5th, 12th, 19th, 26th

April 2nd

To book your free place on our award winning parenting course contact Francine & Lesley:

Book direct: bookings@familiesinfocus.co.uk or


Book via website: www@familiesinfocus.co.uk




Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill

FREE



Parent Network



LOTTERY FUNDED

Parent Network support & information sessions for parents caring for children and young people with Autism, Pathological Demand Avoidance (PDA) & Anxiety

Danielle and Clare are trained **Families in Focus** CIC facilitators and are running **Parent Network support & information** drop in sessions in **Hemel Hempstead** for parents/adoptive parents and grandparents caring for children and young people with either a diagnosis or awaiting diagnosis of **Autism, PDA** and/or **Anxiety**. Non-judgemental, caring support groups for parents by parents caring for a child with any additional needs – No need to book just turn up. Delivered by experienced and qualified facilitators who are also parents.

Come and join other parents living in families similar to yours and receive emotional and practical support; share your experiences and knowledge gained along the way in a supportive and non-judgemental environment. Each session will also have 'Families in Focus Guide to...' learning topics:

Where:

**Adeyfield Community Centre,
The Queens Square,
Hemel Hempstead
HP2 4EW**

When:

**Mondays
9.30 am to 11.30am
(dates opposite >>>>)**

2018 Dates: Mondays

24th September Working Successfully with Professionals


22nd October The Expert Parent/Carer Toolkit

19th November Independent SEND Advisor: EHCP Question & Answer session

10th December Handling Conflict

Lottery funded Families in Focus Parent Network also in Watford,
St Albans, 2 x Hemel Hempstead & Biggleswade

Website: www.familiesinfocus.co.uk Email: info@familiesinfocus.co.uk

Join Families in Focus CIC on facebook 

Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green



Are you a parent of a child with Autism, Communication issues or with Sensory Processing needs?

A daytime support group is held for parents across Dacorum and at The Coffee Shop at Woodfield School, Leverstock Green. Forthcoming dates are below:

- **Wednesday, 14th November**
- **Wednesday, 16th January (2019)**

Time 9:30 - 11:00 a.m.

The group is facilitated by

Cathy Agnihotri, SEND School Family Worker

Louise Howe, Communication and Autism Specialist Advisory Teacher

and Woodfield School Outreach Team

Location: Woodfield School, Malmes Croft, Hemel Hempstead HP3 8RL (please park on the roads outside the school)

Coffee and tea will be available. No need to book!

If you would like further information and advice on ways to get support for your child please contact -

Vicky McKirgan, DSPL Dacorum Area Send Lead @ 07809 240858



ADD-vance

The ADD-vance ADHD and Autism Trust

www.add-vance.org

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

Information and Support Professionals and families can reach ADD-vance for information or support via: Telephone Helpdesk: 01727 833963

Open Monday: Friday 9am - 1pm Answer phone service at other times. For more information on courses running in the area, see the website for more details.