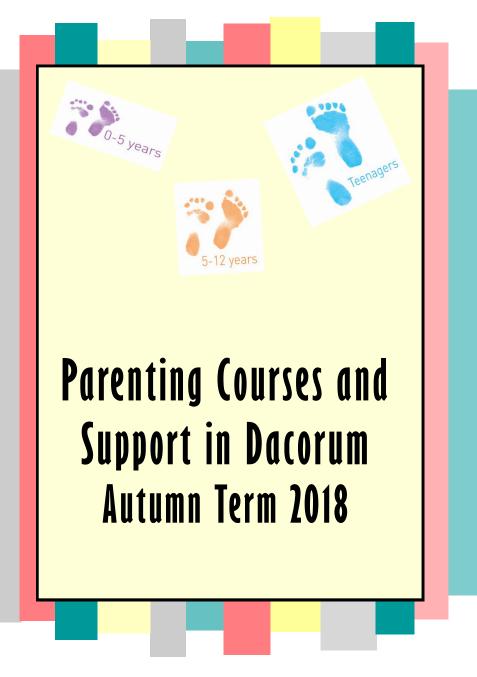
Free Confidential Impartial

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.



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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Dacorum DSPL

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Dacorum

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www.dacorumdspl.org.uk

Delivering Special Provision Locally is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25. Tel: Dacorum DSPL 07525 917125

Courses & Workshops

DSPL Dacorum

Dyslexia SUPPORT GROUP

Second Tuesday of every month*

1.15-2.45pm **LINK Family Services** Hobletts Manor School Adeyfield Road Hemel Hempstead HP2 5JS

DSPL

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	Berkhamstead
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	Berkhamstead
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	Berkhamstead
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	Berkhamstead
11.07.19	Thursday	09:30-11:30	Dundale Primary School	Tring

DSPL Delivering Special Provision Locally Achieving quality outcomes

DSPL Dacorum





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.

Warners End, Gadebridge, Chaulden & Hemel Central



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

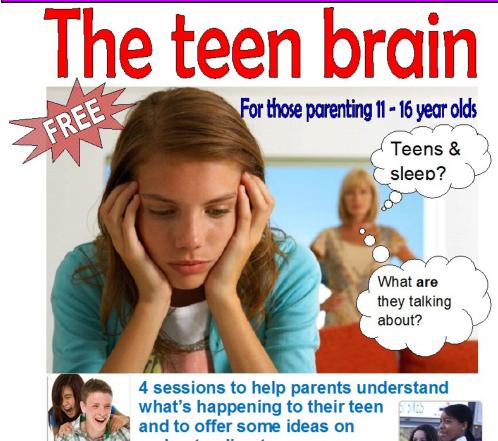
Vicky McKirgan, DSPL Dacorum Area Send Lead @ 07809240858



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). <u>directory.hertsdirect.org/kb5/hertfordshire/directory/localoffer.page</u>

Berkhamsted & Villages



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



Southill Centre

Hemel Hempstead

Cemetery Hill

Herts

HP1 1JF

c(a(n)

"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." 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 <u>children & parents</u>
- ✓ Discover creative ways to support children to 'let go' of anger safely
- Gain effective communication techniques to reduce angry outbursts

<u>FREE</u> places are limited, to avoid disappointment BOOK your free place <u>NOW</u>!

Mondays

6.30pm to 8.30pm November 5th 19th 2

November	5 ^m	19 th	26 ^m
December	3 rd	10 th	17 th



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

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Warners End, Gadebridge, Chaulden & Hemel Central

Siblings First

For brothers, sisters and parents of children with additional needs

WEDNESDAY'S 4.00-5.30PM

South Hill Centre, Cemetery Hill, Hemel Hempstead HP11JF

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 <u>must</u> be accompanied by parent/s to <u>all sessions</u>.
- 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)

UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



Wednesdays

parent www.conparent.org.uk

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

Tring & villages

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: <u>vanessa.gregory@woodfield.herts.sch.uk</u> 01442 253476
bo you have a child with additional needs? Need somebody to talk to?
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? The debt counselling in your community means award winning change

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....

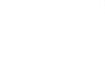
When:

Where:

Warners End Community Centre Northridge Way, Hemel Hempstead HP1 3QG Tuesdays 6.45pm to 8.45pm January <u>29th</u> February <u>5th, 12th, 19th, 26th</u> March <u>5th, 12th, 19th, 26th</u> April 2nd

To book your free place on our award winning parenting course contact Francine & Lesley: Book direct: <u>bookings@.familiesinfocus.co.uk</u> or

Book via website: www@familiesinfocus.co.uk



"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



Adeyfield, Highfield, Woodhall Farm & Grovehill

FREE	LOTTERY FUNDED
	Parent A Network
	ormation sessions for parents caring for children and young , Pathological Demand Avoidance (PDA) & Anxiety
Parent Network support & parents/adoptive parents an with either a diagnosis or aw judgemental, caring support	ed Families in Focus CIC facilitators and are running information <i>drop in</i> sessions in <u>Hemel Hempstead</u> for d grandparents caring for children and young people vaiting diagnosis of <u>Autism</u> , <u>PDA</u> and/or <u>Anxiety</u> . Non- groups for parents by parents caring for a child with any to book just turn up. Delivered by experienced and also parents.
and practical support; share	
Where:	2018 Dates: Mondays
Adeyfield	24th September Working Successfully with Professionals
Community Centre, The Queens Square, Hemel Hempstead	22nd October The Expert Parent/Carer Toolkit
HP2 4EW <u>When:</u>	19th November Independent SEND Advisor: EHCP Question & Answer session
Mondays 9.30 am to 11.30am (dates opposite >>>>)	10th December Handling Conflict
Lottery funded Fa	amilies in Focus Parent Network also in Watford,
St Alban	s, 2 x Hemel Hempstead & Biggleswade
Website: www.fa	miliesinfocus.co.uk Email: info@familiesinfocus.co.uk
Joi	n 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



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.

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