

Dear Parent/Carers,

We hope you enjoyed the lovely weather during the half term break and are safe and well. We have organised some online courses for you focussing on resilience, sibling support and transition. To support you with the challenges associated with the relaxing of lockdown measures. You will find further details in this communication, along with information from other local service providers.

DSPL staff are working from home looking for creative ways to keep support for children with additional needs moving forward. We are delighted to have been able to find and fund on line training. We are now looking at how support for schools, families and children can be provided in September in light of the likely social distancing requirements. We would love to hear from you about what type of courses and support you think would help during this period. Our parent reps are also attending virtually our sub groups and board to provide a parent voice and are happy to talk to parents if you would like to share views on services in Dacorum.

Be safe and take care,

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

Email – dspl@kls.herts.sch.uk

Facebook - www.facebook.com/dspldacorum

Website - www.dacorumdspl.org.uk

ADD-vance Online Seminars

We are pleased to offer the following New Online Seminars from ADD-vance. To book your place, please click www.dspl8.eventbrite.com



Dacorum DSPL Area 8 are pleased to present

NEW Online Seminars from ADD-vance – The ADHD and Autism Trust

Preparing Children with ADHD/Autism to Go Back to School after Lockdown
Tuesday 16th June 7.30-8.30pm

This one-hour seminar will explore ways that parents/carers can support neurodiverse children to return to school. We will cover basic principles and specific ideas relevant to children of all ages.

Preparing Children with ADHD/Autism For the Transition from Primary to Secondary School
Tuesday 23rd June 7.30-8.30pm

This one-hour seminar will explore ways that parents/carers can support neurodiverse children currently in Year 6 with their transition to Secondary School.

Supporting Siblings of Children with ADHD/Autism at Home
Tuesday 30th June 7.30-8.30pm

This one-hour seminar will give parents/carers an insight into the needs and experiences of siblings and explore ways of meeting those needs.

Supporting Neurodiverse Young People with the Transition to Adulthood
Tuesday 7th July 7.30-8.30pm

This one-hour seminar will explore ways that parents/carers can support their young person with preparing for adulthood, including planning for the future, post-secondary education, vocation and employment, independent-living skills and local adult services.

Each seminar will include a 40-min presentation followed by 20 mins of questions and answers led by Specialist ADHD/Autism Trainers from ADD-vance. A summary handout and list of suggested resources will be made available to participants by email afterwards.

To book, please click www.dspl8.eventbrite.com

Places are limited, so please do book early to avoid disappointment.


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

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

We still have a few places available on the free 6-week online course, Raise Resilience by Bounce Forward. Book now to secure your place.

These sessions are take place on Wednesday 10th, 17th, 24th June & 1st, 8th July and Thursday 16th July, 11am -12pm. 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.

To book your place, please click on the following link - <https://bounceforward.com/raise-resilience-dacorum-parents/>



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 >

(Click on the photo to enlarge)

Preparing Your Child for the First Day Back in School

Practical Calm advice to help Prepare your Children for their return to school.

Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

<p>Be Calm.</p> <p>Your child will take their lead from you and be reassured if you are steady and matter of fact.</p> 	<p>Be Curious.</p> <p>These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – "it's completely fine to feel like that at the moment" or "I can really understand why you would feel like that"</p> 
<p>Be Positive.</p> <p>Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.</p> 	<p>Be Thankful.</p> <p>Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them</p> 
<p>Be Supportive</p> <p>Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.</p> 	<p>Be Prepared.</p> <p>Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your 'goodbye' routine and create a 'hello' greeting for the end of the day for them to look forward to.</p> 

www.traumainformedschools.co.uk



(Click on the photo to enlarge)

Youth Webinar

The Coronavirus webinar for Hertfordshire young people took place on Thursday 14 May 2020. You can watch a recording of the webinar below:

<https://www.justtalkherts.org/News/Youth-webinar.aspx>

Herts Parent Carers Involvement

You can check out our latest email to our HPCI members, containing the latest HCC leaflet for parents and carers around reasonable endeavours and EHC plans below.

Latest Email News - <https://www.hertsparentcarers.org.uk/29th-may-2020-return-.../>

If you would like to become a HPCI member you can join via our website link here - <https://www.hertsparentcarers.org.uk/get-i.../become-a-member/>

Space

SPACE Check in Chat for June:

Hemel Hempstead and St Albans - Busting those EHCP myths with Team SPACE

<https://www.eventbrite.com/e/st-albans-and-hemel-online-check-in-and-chat-and-ehcp-myth-busting-tickets-105600588202>

Newsletter:

2020
COMING UP . . . FOR FAMILIES

MAY

MON 25TH
MINECRAFT TUTORIAL
FB POST

TUES 26TH
STORY TIME
FB POST

WED 27TH
LIVE MINECRAFT FAMILY QUIZ NIGHT
6pm - 7pm
Booking Required

THURS 28TH
COOKING TUTORIAL
FB POST

FRI 29TH
CREATIVE FRIDAY SPACE THEME
2pm - 4pm
Booking Required

SAT 30TH
STORY TIME
FB POST

* Can be subject to change, correct at time of printing.

Issue 1
COMING UP . . . FOR WORKSHOP/COURSES

MAY

TUES 26TH
DSPLS SENSORY SIGNS & SIGNALS
7.30pm - 9.30pm
Booking Required
For Professionals

WED 27TH
SPACE SENSORY SIGNS & SIGNALS TBC
Booking Required
For Parents

UPDATES

Its great to see so many parents and professionals accessing our latest online SENsory workshop
More workshops and courses coming soon

TIP OF THE WEEK

"Give yourself a break! Neurodiverse adults homeschooling neurodiverse children can create a lot of tension. Don't forget to find support via friends, at our check in and chat sessions or on the closed SPACE facebook page if you need to"
- Karen.S

LOCKDOWN LOWDOWN
LIVE - LEARN - LAUGH

Welcome to the new **SPACE** Lockdown newsletter. We have taken feedback from the families and professionals we work with and have noted that you can miss some of the things we offer as the open and closed facebook pages are so fast paced. We are now offering more online, either live or pre-recorded. We have some great online activities with our young **SPACERS** including story time, Minecraft Mondays and weekly quiz time.

WATCH THE SPACE! FOR QUIZZES INCLUDING POKEMON, DISNEY, FORNITE AND MORE

We had a fab Harry Potter Quiz, a few photos of the SPACE families who joined us ... well done, we hope you enjoyed it!

98 out of 98 for the quiz team. Thank you very much we had a lovely time.

If you need any further information then please email: spacecherts@gmail.com or check Eventbrite, our FB page & group

#SPACEhometogether

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM, ADHD, RELATED CONDITIONS
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

(Click on the photo to enlarge)

Autism & Coronavirus

Take a look at the useful links that you may find helpful regarding Autism and the Coronavirus:

<https://petervermeulen.be/2020/03/16/autism-and-the-corona-virus-20-tips/>

<https://www.bbc.co.uk/news/av/health-51909368/coronavirus-how-to-manage-anxiety-and-ocd-during-the-pandemic>

Learning Disabilities, Autism and Internet Safety: A Guide for Parents

This guide outlines some suggestions to help parents limit the risk of their child having negative experiences online and understand what action can be taken if they do. Click on the link to take you to the guide:

https://www.mencap.org.uk/sites/default/files/2016-11/Internet-Safety-web-2016.pdf?fbclid=IwAR2OL5jXgyUX_RRoOTKE74mAAOGBrrpEX4qHnyRnRcwP1CzGFoTiHXDog7w