

Delivering Specialist Provision Locally
DSPL 4 has links with many family support groups
and services across Hertfordshire. Here you will
find links to many of their websites containing
contact lines, training, local support groups and
more.



DSPL4

<https://www.dspl4.co.uk/>

Summer Holidays

2025

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
29 th Tue	Fun in the garden 4+ Garden Cooking	11.00-12.30
31 st Thur	Gosling - FUN RINGS 8+yrs	17.30-18.30
	AUGUST	
1 st Fri	Pony Morning at Danecroft Stables 6-11yrs	10.00-12.00
2 nd Sat	Lee Valley White Water Center Water Wipe Out 8+yrs	10.30- 11.45
5 th Tue	Fun in the garden 4+ Water Fight	11.00-12.30
7 th Thur	Gosling - FUN RINGS 8+yrs	16.00-17.00
8 th Fri	Inflatables 8+ Hatfield Leisure Centre	17.00-18.00
12 th Tue	Fun in the Garden 4+ Mad Science	11.00-12.30
15 th Fri	Pony Morning at Danecroft Stables 6-11yrs	10.00 - 12.00
16 th Sat	Lee Valley White Water Center TBC 8yrs+	TBC
19 th Tue	Fun in the Garden 4+ Photo Scavenger Hunt	11.00-12.30
21 st Thu	Gosling - FUN RINGS 8+yrs	16.00-17.00
26 th Tue	Fun in the Garden 4+ Bushcraft	11.00-12.30
30 th Sat	Lee Valley White Water Center Water Wipe Out 8yrs+	10.30-11.45

For further information on any of our Activities or Educational
Services please email us at info@potentialkids.org

POTENTIAL KIDS

BOOKINGS at
potentialkids.org.uk/events

PK Hub & Garden



Therapeutic Gardening
1:1 & Group Sessions.
Volunteers Needed



Danecroft Stables



Pony Days

OUR OFFER

Sports & Social
Activities
Tutoring
Mentoring
Therapies
1:1 & Group Work
Alternative
Provision Provider
EOTAS

Communication,
Learning & Social
Support for All



Visit us here



Workshops Autumn 2025

Promoting Strong Family Relationships



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

SCHOOL AVOIDANCE



What is Emotionally Based School Avoidance and is this what your child is experiencing?
Common causes and triggers of school avoidance.
How EBSA is affecting you and your family.
Practical steps you can take to support your child and look after yourself.
How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

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

Funded by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



Wednesdays 8.00 - 9.30pm

17th Sep – 22nd Oct

Online Course ID 774

Thursdays 9.45 - 11.15am

18th Sep – 23rd Oct

Online Course ID 772

Tuesdays 8.00 - 9.30pm

4th Nov – 9th Dec

Online Course ID 773

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **12-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



Tuesdays 7.45 - 9.30pm

16th Sep – 21st Oct

Online Course ID 776

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



Wednesdays 7.45 - 9.15pm

17th Sep – 22nd Oct

Online Course: ID 779

Wednesdays 7.45 - 9.15pm

5th Nov – 10th Dec

Online Course: ID 780

Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund
Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request

>>> HERTS SEND NEWS



- [SEND Summit announced - shaping future SEND provision in Hertfordshire](#)
- [Our supported intern, Louis, reflects on his year in the Local Offer team \(ages 16+\)](#)
- [Just Being Me events - creating inclusive events for young adults \(ages 14+\)](#)
- [Support for unpaid carers - Carers' week - 9-15 June](#)
- [Update on the Plan for Children and Young People \(all ages\)](#)
- [Events](#)

>>> SPEECH AND LANGUAGE >>> AUTISM AND ADHD >>> PARENTING AND HEALTH



To contact the children and young people's therapy (CYPT) service:

Call: 01923 470 680, choose option 3, then option 1 for children not known to the service or option 2 for children known to the service

Email: hct.cypttherapies1@nhs.net

Twitter/X: [@Herts_CYPT](https://twitter.com/Herts_CYPT)

Facebook:

[facebook.com/HertsCYPT](https://www.facebook.com/HertsCYPT)

<https://www.hct.nhs.uk/children-and-young-people-speech-and-language-therapy-parents>



<http://www.spaceherts.org.uk/>



<https://www.add-vance.org/>



<https://potentialkids.org.uk/about-us//>



<https://www.autism.org.uk/>



Pathological Demand Avoidance
Part of the Autism Spectrum

<https://www.pdasociety.org.uk/>



<https://www.adhdfoundation.org.uk/>



[Families in Focus](#)



[Supporting Links](#)



[beezee bodies](#)



[Family Lives](#)



[School Nursing Duty Line](#)

Tel: 0300 123 7572

Monday to Friday 9am - 5pm



>>> MENTAL HEALTH AND WELLBEING

[CAMHS](#)

[EMWIE](#)

[SANDBOX](#)

[YOUTH TALK](#)

[The Sandbox](#) digital mental health service is a free service for 10-25-year-olds
[Self-refer](#) for access to [The Sandbox Academy](#) and/or a [therapist](#)

DSPL4

Delivering Special Provision Locally

>>> DSPL4 Managers Adrienne Viall and Laura Gilpin
<https://www.dspl4.co.uk/> https://www.instagram.com/dspl_4/