

SUPPORT FOR PARENTS – AUTUMN 2023

Healthy Start - Nourishing Families for a Healthier Future

Are you needing support to cope with the rising cost of living? You might qualify for a weekly payment for fresh fruit, vegetables and milk through the NHS Healthy Start Scheme. To see who is eligible and visit the Healthy Start website [here](#) for more information.

Healthy Start – Oral Health Referrals

The Emerging Needs teams of Hertfordshire's Family Support Service offer an oral health pathway for children in need of this, who have been identified by Public Health Nursing, their GP or dentist, their school or Early Years Provider. Referrals can be made via the [referral portal](#) and will be picked up by one of the Emerging Needs team. They will make contact with the family; *please note that consent from the family must be obtained *before* making the referral.

Sandbox: The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being. In addition to providing NHS-funded support, The Sandbox is a central place for information about common mental health issues, with information on how to access additional support or emergency services. <https://sandbox.mindler.co.uk/>

Potential Kids: Potential Kids run a variety of activities for children with neuro-diversities. Bookings can be made at www.potentialkids.org.uk/activities.

HERTS Local Offer: Run a number of free courses on a range of SEND topics for parents. <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do/find-courses-and-things-to-do-new?service=eventLocalOffer&pageIndex=0>

Families in Focus: Have a number of workshops for parents, including:
(ADHD D8) **Handling anger of children with ASD or ADHD (children 4-11)** – Monday mornings from 9.30am to 11.30am, **October 30 & November 6,13,20,27 & December 4** (No diagnosis needed)

(ADHD D5) **Handling anger of children with ASD or ADHD (children 4-11)** - Tuesday mornings from 9.30am to 11.30am, **October 31 & November 7,14,21,28 & December 5** (No diagnosis needed)

(FiF L2 E7) **Handling anger in your family Primary aged child 4-11** - Tuesday evenings from 6.30pm to 8.30pm, **October 31 & November 7,14,21,28 & December 5**

(FiF L2 E8) **Handling anger in your family Primary aged child 4-11** - Thursday mornings from 9.30am to 11.30am, **November 2,9,16,23,30 & December 7**

SPACE: Attached is a list of all the free online Autumn Workshops.

Autumn Term Workshops:

<https://www.facebook.com/Spacehertfordshire/posts/293991229660910>

Autumn Term Courses:

<https://www.facebook.com/Spacehertfordshire/posts/294533842939982>