

# DSPL4 Parent/Carer Newsletter



## What's Happening This Month

### Have Your Say on SEND Reforms – 6 May 2026, 10:00 – 11:30 am

HPCI would love you to join them for an in-person discussion group to share your views on the Government's SEND Reform Consultation.

**Wednesday 6 May 2026**

**10:00 – 11:30am (arrive from 9:30am for tea or coffee )**

**Cottonmill Community Centre, Cottonmill Lane, St Albans, AL1 2EF**

HPCI is preparing our response to the consultation, and it's really important to us that it reflects the real experiences and views of Hertfordshire families.

## Workshops and Activities

**Handling Anger of Children with Autism and ADHD** – Tuesdays 9.30–11.30am or 6.30–8.30pm

See Flyer Attached

**Bringing Up Confident ADHD/ASD Children**

**(6 weeks) Online group** – Thursday 7–9pm

• See Flyer Attached

**Emotionally Based School Avoidance**

**(EBSA) Workshop - Angels** – 12<sup>th</sup> May 10–12

See Flyer Attached

**HERTS SEND LOCAL OFFER** – Workshops and Activities

**SPACE** workshops and activities

**POTENTIAL KIDS** activities

**HERTS SEND** workshops and activities

## DSPL4 Contact

**Managers** – dspl4manager@wormleyprimary.co.uk

**SEND Lead** – llee@wormleyprimary.co.uk

**Post 16 Coordinator** – smahaney1@hrc.ac.uk

## SEND Advice Services

**Herts Parent Carers**

**Herts Local Offer**

**Herts SENDIASS**

**IPSEA**

**Kids**

**SOS SEN**

## Mental Health Services

**Youth Talk**

**Sandbox - Minder**

**NHS School Nurse**

**Wellbeing Practitioner**

**Just Talk Herts**

**MIND - With Youth**

## Family Support

Family Support Workers:

**HABS**

**CHEXS**

**BCW**

Other Types of Family Support:

**Supporting Links**

**Families First**

**Families in Focus**

**SPACE**

**ADD-VANCE Neurodiversity Support Hub**

## SEND Advice Line

**Early years** (0 - 5) 01442 453 920 Wed 9–12pm Thurs 1.30–4pm

**Physical and neurological impairment team** (PNI)

01442 453 920 Monday 1.30pm – 4pm

**Education Support for Medical Absence** (ESMA) 01442 454 802

esmaenquiries@hertfordshire.gov.uk

**Neurodiversity Hub** 01727 833963 Monday to Friday 9am – 1pm

## MAY 2026 ACTIVITIES

| Date                 |      | Sessions  | Time           | Venue  |
|----------------------|------|---|----------------|--|
| 1st,8th<br>15th,22nd | Fri  | <b>Gardening for Wellbeing</b>  | 10.30<br>12.00 | <b>Potential to Grow Garden</b>                |
| 1st,8th<br>15th,22nd | Fri  | <b>Parent /Carer Wellbeing</b>  | 12.30<br>2.00  | <b>Potential to Grow Garden</b>                |
| 2nd,16th<br>30th     | Sat  | <b>Family Football</b>  | 4.00<br>5.00   | <b>Birchwood Leisure Centre<br/>Astro Turf</b> |
| 18th                 | Mon  | <b>Dungeons &amp; Dragons 12 +<br/>(contact for details)</b>            | 12.30<br>3.30  | <b>The Zone@The Galleria</b>                   |
| 5th                  | Tue  | <b>Connect Primary age</b>  | 4.30<br>6.00   | <b>The Zone@The Galleria</b>                   |
| 7th,14th<br>21st,    | Thu  | <b>Bushcraft/Stem<br/>Home Ed Age 4+</b>                                | 10.30<br>12.00 | <b>Potential to Grow Garden</b>                |
| 7th,21st<br>28th     | Thur | <b>Trampolining Age 5+</b>  | 5.30<br>6.30   | <b>Gosling Sports Centre</b>                   |
| 7th                  | Thur | <b>Teen Group 12 Plus</b>   | 5.00<br>6.30   | <b>The Hub@The Galleria</b>                    |
| 8th                  | Fri  | <b>Youth Group 16 Plus</b>  | 6.30<br>8.00   | <b>The Hub@The Galleria</b>                    |
| 9th                  | Sat  | <b>Basketball/Archery</b>   | 4.00<br>5.00   | <b>Birchwood Leisure Centre</b>                |
| 11th,25th            | Mon  | <b>Dungeons &amp; Dragons 18-25<br/>(contact for details)</b>           | 12.30<br>3.30  | <b>The Zone@The Galleria</b>                   |
| 14th,                | Thur | <b>Fun Rings</b>  | 5.00<br>6.00   | <b>The Snow Centre<br/>Gosling</b>             |
| 16th                 | Sat  | <b>Family Canal Boat Trip</b>   | 10.00<br>2.00  | <b>Waterways<br/>Hemel Hempstead</b>           |
| 23rd<br>-<br>30th    |      | <b><u>PLEASE SEE OUR FLYER<br/>FOR MAY HALF TERM<br/>ACTIVITIES</u></b> |                |  |

To book visit : [potentialkids.org.uk/events](https://potentialkids.org.uk/events)  
For further information email: [info@potentialkids.org](mailto:info@potentialkids.org)





Families In Focus CIC  
LOOKING FORWARD TOGETHER

## **Handling Anger of Children with Autism & ADHD**

(inclusive of those on assessment pathways)

**FREE Online Course for Parents in Hertfordshire**  
**Why join Francine & Lesley on this course?**

**Understand more about Autism, ADHD,  
and sensory differences**

**Learn what's happening in your child's brain  
during anger**

**Gain practical tools too build emotional regulation**  
**Develop calming routines and reduce daily stress**  
**Connect with other parents in a supportive space**

**6 x Tuesdays**

**9.30am to 11.30am or 6.30pm to 8.30pm**

**June 2nd 9th 16th 23rd 30th & July 7th**



**Email Francine & Lesley:**  
**[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**



## WEEKLY ONLINE WORKSHOP AND SUPPORT

10AM-12PM EVERY TUESDAY DURING TERM TIME



FREE :Workshop topic presentation opening to online support on any topic



### Topic List:

- 28 April- Speaker: Charley Crowe SASS: Transitions – Between school years and phase transfers
- 5 May - Speakers: HPCI - Kate Hudson & Lynn Turnball - White Paper Consultation
- 12 May - EBSA - Emotionally Based School Absence
- 19 May - Executive Function Dysfunction

Scan this QR code to access our support and zoom links



[www.angelssupportgroup.org.uk](http://www.angelssupportgroup.org.uk)



**Zoom every  
Tuesday  
10am-12noon**

**Letchworth  
Wednesday  
10am-12noon**

**Stevenage  
Wednesday  
10am-12noon**

**Zoom  
Thursday eve  
7.30pm- 8.30pm**

**21 April**  
What makes a good  
EHCP & Annual Review

**22 April**  
Meet Up and Chat

**28 April**  
Speaker: Charley Crowe  
SASS: Transitions –  
Between school years  
and phase transfers

**30 April**  
Evening Parent/Carer  
Support Group

**5 May**  
Speakers: HPCI - Kate  
Hudson & Lynn Turnball  
White Paper  
Consultation

**6 May**  
Meet Up and Chat

**12 May**  
EBSA - Emotionally  
Based School Absence

**13 May**  
Meet Up and Chat

**19 May**  
Executive Function  
Dysfunction

**21 May**  
Evening Parent/Carer  
Support Group

**MAY HALF TERM - 25th - 29th May**

**For support during this period please contact the Neurodiversity support hub**



**Neurodiversity Support Hub**

**For Parents, Carers and Professionals in Hertfordshire**

**Tel: 01727 833963 - lines are open from 9am-1pm weekdays**

**Zoom every Tuesday  
10am-12noon**

**Letchworth  
10am-12noon**

**Stevenage  
10am-12noon**

**Zoom  
Thursday eve  
7.30pm- 8.30pm**

**2 June**

Understanding Demand  
Avoidance and PDA

**3 June**

Meet Up and Chat

**9 June**

**Speaker:**KayReeve -  
Emotional Awareness Expert

**10 June**

Meet Up and Chat

**16 June**

**Speaker:** CYPMHS, PALMS  
and Early Help

**18 June**

Evening  
Parent/Carer  
Support Group

**23 June**

Helping to reduce  
meltdowns

**30 June**

Making the most of meetings  
with professionals

**1 July**

Meet Up and Chat

**7 July**

Supporting Sensory Needs

**8 July**

Meet Up and Chat

**14 July**

Autism and Anxiety

**16 July**

Evening  
Parent/Carer  
Support Group

**21 July**

Surviving the Summer Holidays

# Groups and workshops



## Summer 2026

### Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Thursday 14th May to 25th June, 7pm - 9pm

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

### Less Shouting, More Cooperation (6 weeks) Online group

Wednesday 13th May to 24th June, 7pm-9pm | Monday 1st June to 6th July 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

### Getting on with your Pre Teen / Teen (6 weeks) Online group

Friday 5th June to 10th July, 9.30am to 11.30am

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

### Sibling Rivalry Online Workshop

Thursday 25th June, 9.30am to 11.30am

*This workshop provides parents/carers with practical strategies and tools to effectively foster positive sibling relationships, promote cooperation and manage conflicts between children.*

### Reducing Conflict Online Workshop

Tuesday 7th July, 7pm to 9pm

*This workshop is for parents/carers struggling with conflict within their family life and provides tools to promote a cooperative and collaborative approach to resolving the conflict.*

### Anxiety around ADHD Online Workshop

Thursday 11th June, 9.30am to 11.30am

*This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.*

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential. For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.



## We build better family lives together

[www.coramfamilylives.org.uk](http://www.coramfamilylives.org.uk)

@coramfamilyliveshertsandbeds

Funded by  
Hertfordshire  
County Council

