

DSPL6

Delivering Special
Provision Locally

NEWSLETTER

FOR FAMILIES
SPRING (2) 2025



[Click here](#) to find out about fully funded courses and workshops for families who live or go to school in Hertfordshire

As your children grow, they may forget what you said, but they won't forget how you made them feel



Herts
Sport &
Physical
Activity
Partnership

HAPPY Camps

Hertfordshire's holiday activity and food programme

[Click here](#) to find full details

EASTER FUN POTENTIAL KIDS

Tue 31st March
6.00-7.30pm
Roller Skating
Roller City
Campus West
Age 8 Yrs +

Wed 1st April
Wed 8th April
1.00-2.00pm
Fun Rings
Snow Centre
Gosling
Age 8 yrs +

Thur 2nd April
Thur 9th April
10.00-12pm
Pony Morning
Danecroft Stables
Age 5-11 yrs

Thur 2nd April
6.30-8.00pm
Soft Play
Funzone
Birchwood
Age 4-12 yrs

Tue 7th April
10.30-12.30
1.30-3.30
Cooking&Gardening
Potential Kids
Garden
Age 4 yrs +

Thur 9th April
6.00-7.00pm
Trampolining
Gosling Sports
Centre
Age 5 yrs +

Sessions for neurodivergent
children, young people and
their siblings

BOOKINGS:

potentialkids.org.uk/events

Further event details can be
found on our website



Promoting social inclusion, new
friendships, physical activity, life
skills, learning and social skills

the galleria

EMBRACING NEURODIVERSITY

Autism-ADHD-Dyslexia-Dyspraxia-Tourettes

www.potentialkids.org.uk



APRIL 2026 ACTIVITIES



Date		Sessions	Time	Venue
31march - 12 April	Easter Holidays	Please see our Easter Flyer		Spaces still available for some sessions
13th,27th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.00	The Zone@The Galleria
16th,23rd 30th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
16th	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
17th	Fri	Youth Group 16 Plus	6.30 8.00	The Hub@The Galleria
17th,24th	Fri	Parent /Carer Wellbeing	12.30 2.00	The Zone@The Galleria
18th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre Astro Turf
20th	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.00	The Zone@The Galleria
21st	Tue	Roller skating	6.00 7.30	Roller City Campus West
23rd	Thur	Trampolining Age 5+	5.30 6.30	Gosling Sports Centre
24th	Fri	Skateboarding Age 9+	5.30 6.30	Pioneer Club St Albans
25th	Sat	Potential Tracks Train Club 10+	12.00 2.00	The Hub@The Galleria
25th	Sat	Basketball/Archery	4.00 5.00	Birchwood Leisure Centre

To book visit : potentialkids.org.uk/events

For futher information email: info@potentialkids.org

SCAN FOR ALL OF OUR
IMPORTANT LINKS



Easter Holiday Activities



Keep the Kids Active this Easter at Herts Sports Village

Climbing Crash Courses



Mini Medics

Swimming Crash Courses



Scan here for more info



INFORMATION AND ADVICE ABOUT

EMOTIONALLY BASED SCHOOL NON-ATTENDANCE (EBSNA) FOR FAMILIES

EBSNA can affect children and young people of any school age. It can happen as a result of a wide range of different factors -home, wider family, community, school, friendships - often a combination of some or all of these.

WHY COULD MY CHILD BE ANXIOUS?

Anxieties can stem from a number of things such as:

- An unmet special educational need such as autism, ADHD, dyslexia or dyspraxia
- Friendship issues, not 'fitting in', or bullying
- Finding schoolwork confusing and overwhelming
- Separation anxiety
- Trauma
- Bereavement
- Low self-esteem
- The environment itself - especially for those who are autistic and/or neurodivergent



A child might become anxious about school at any stage. It can occur when children start school or transition into secondary school, or it might be related to puberty or hormonal changes. Read more on the [Local Offer website](#).



WHAT ARE THE WARNING SIGNS

- ? Can you spot patterns in your child's absence from school, e.g. certain days/activities?
- ? Does your child regularly say they don't want to go to school, or reluctant/delaying going to school?
- ? Does your child struggle with changes to environment, routine or stimulus?
- ? Are there physical symptoms on school days e.g. tummy aches, feeling sick, headaches?

(NB please always check with a GP to rule out any medical cause or illness).



WHAT TO DO

- 👍 Ask for a meeting with your child's school involving someone who knows your child e.g. class teacher, pastoral lead, SENCo. Be prepared by taking along any notes about the things your child finds difficult.
- 👍 Work together with school to build a child centred plan that understands the underlying problems which are making your child feel anxious about going to school. This could include adjustments to help your child access their education. There are tools which can help such as [Hertfordshire's EBSNA Framework](#).
- 👍 Include your child's voice in any plan as they are more likely to be able to stick to it. Check in after a while and review it with your school to see what is working well and what is not.
- 👍 Do advocate for your child's needs but also understand the limitations as to what your school might be able to do.
- 👍 If the agreed strategies are not working, speak again with your school to identify other services and professionals that might be able to support your child. The [Herts Hub](#) has a wealth of mental health signposting and ideas for early help.



REMEMBER...

- 👁️ With the right plan in place, being in school supports your child's academic progress, social development and mental wellbeing.
- 👁️ Small steps are often big wins.
- 👁️also ensure that you find ways to support your own wellbeing in the process.

STRATEGIES TO TRY AT HOME

- ✓ Develop a plan for the evenings, which can include calming activities before bedtime e.g. gentle music, bath, story or reading.
- ✓ Also plan for the morning, and where possible get things ready for the next day the night before (school bag, lunch box etc).
- ✓ Make a diary which includes your child's worries and also identifies positives and what works well.
- ✓ Respond with empathy whilst encouraging small, manageable steps.
- ✓ Visual timetables at home and school might also help.

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

(Date to be confirmed)

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

(Date to be confirmed)

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

(Date to be confirmed)

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 information about our programmes, please contact **Louise** on **0204 522 8700/8701** or email **services@familylives.org.uk** or scan the QR code for our online form.



SCAN HERE

We build better family lives together

www.familylives.org.uk  @familyliveshertsandbeds

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Hertfordshire
County Council



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722.
Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



ADD-vance
The ADHD and Autism Trust
Passionate about Understanding, Embracing & Celebrating Neurodiversity



**Summer Term 2026 - free online workshops:
[Click here](#) to find out more**

**Understanding ADHD and Autism - 6 week
courses for parents and carers:
[Click here](#) to find out more**



Autism | ADHD
Neurodiverse Conditions



**Events and support for parents, carers and
their children
[Click here](#) to find full details**