



Wishing all families in our area a  
Happy Half Term Holiday!



HERTSMERE  
SCHOOLS  
PARTNERSHIP

# HSP Side *by* Side

*Inclusive group for every family*

4-4-2 Together CIC, Borehamwood,  
Hartforde Road WD6

🕒 Wednesdays | 1:30pm – 2:30pm  
29 April 2026 – 15 July 2026  
(Term time only)

We have collaborated with 4-4-2 Together CIC to offer a new group for all local residents with children attending a Hertsmere school. The group is informal and will be run by members of our team. Free refreshments and children are welcome to come along. No need to book just pop in.  
Free confidential advice and support.

Contact:

c.dales@summerswood.herts.sch.uk  
| 07436 260190

*In collaboration with:*

All aspects of SEND advice  
Signposting to local services  
Benefits and housing  
Routines and behaviour  
Bereavement  
Kinship  
Resources and books  
Domestic abuse signposting  
Guest services  
Food support advice

**4-4-2** Together CIC

St. Albans  
Community  
Pantry

DSPL6 Delivering Special  
Provision Locally



hertsmereschoolpartnership.co.uk  
sendhsp@summerswood.herts.sch.uk



## SEND Parent Information & Support Network

Are you the parent / carer of a child / young person with SEND?

Come along to our monthly parent / carer support groups in Potters Bar and Borehamwood. We are a supportive group of parents and professionals who all want the best for our children. We offer a supportive environment where people can share a wealth of tried and tested ideas to support you and your family.

The next meetings in Potters Bar will be:

**Thursday 11<sup>th</sup> June 2026**

**Thursday 9<sup>th</sup> July 2026**

**Elm Court, 363 Mutton Lane, Potters Bar, EN6 3B**

**9.15 – 10.45am**

**Please join us for coffee and a chat!**

No need to book in advance – feel free to just turn up on the day.  
Refreshments will be provided.

# MAY HALF-TERM



[POTENTIALKIDS.ORG.UK/EVENTS](https://POTENTIALKIDS.ORG.UK/EVENTS)

Tuesday

26th



**Cooking/Gardening**  
10.30-12.30pm



**Roller Skating**  
6-7.30pm



**Fun Rings**  
1-2pm

Wednesday

27th



**Pony Care**  
10-12am & 1-3pm

Thursday

28th



**Trampolining**  
6-7pm

Friday

29th



**Skateboarding**  
5.30-6.30pm

Saturday

30th



**Potential Tracks**  
12-2pm



**Family Football**  
4-5pm

# Less Shouting More Cooperation

This 6-week group helps you change the way you communicate with your child, respond better and feel more in control. The sessions will cover:

- Exploring what helpful discipline is.
- Recognising the triggers and responding more effectively.
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation



**Monday 1st June to 6th July 2026**

**9.30am to 11.30am**

**Online via MS Teams**

To book your place, call Louise on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



Scan Me!

**We build better family lives together**

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

 @CoramfamilyLivesHertsandBeds

Funded by  
Hertfordshire  
County Council




# Getting on with your pre-teen or teen


Sign up to our 6-week online group


Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to know how best to support them?

Learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

## Date, time and venue

 Friday 5th June to 10th July 2026

 9.30am to 11.30am

 This course will be delivered online via MS Teams

To book your place, call Louise on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



Scan Me!

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## Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.

## Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see next page for dates



Our podcasts series “Neurodiversity Chats” cover a wide range of topics, search “Neurodiversity Chats” on Spotify or Apple Podcasts or listen on our website:

<https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



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

**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



[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*



**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