

DSPL6

Delivering Special
Provision Locally

NEWSLETTER

FOR FAMILIES
SUMMER (2) 2026



Wishing all families in our
area a safe and happy
summer holiday!



HAPpy Camps

Hertfordshire's holiday activity and food
programme

[Click here](#) to find full details



Summer

booking is open.

3D Printing

Ages 7-12

Water Play

Ages 4+

Neon Splatter Room

Ages 12-15

Fun Rings

Ages 8+

Arts & Crafts

Ages 5+

Jewellery Making

Ages 8+

Cooking

Ages 5+

Splatter Room

Ages 5-12

Water Wipeout

Ages 8+

Pony Mornings

Ages 5-11

Book early to avoid disappointment.

Booking via

potentialkids.org.uk/events

SCAN FOR ALL OF OUR
IMPORTANT LINKS



All of our activities are subsidised, which is only possible from your
donations and grants. We receive no statutory funding.

Potential Kids Limited Registered in England and Wales Company No. 10912345.
Registered Charity No. 1182917



Young Carers ACTIVITY DAY



Join us for Hertfordshire County Council's first Young Carers Wellbeing Day!

Come along to meet other young carers, take part in activities that support your health and happiness, and most importantly – have fun!

Sessions will include:

- Boxercise
- Art and creativity
- Wellbeing sessions
- Nutrition and healthy eating

WHEN:

st

Friday 31 July, 10 am–3pm

WHERE:

Shephall Centre, Stevenage



For young carers in Hertfordshire, age 8 – 17

- Games and getting to know each other
- Have a break from your caring role
- Have your voice heard about what's important to you

How to book:

email:

participationteam@hertfordshire.gov.uk





Step up to Secondary

Our free Step up to Secondary programme* helps Hertfordshire Year 6 children build healthy habits, grow in confidence, and make independent choices.



Interactive weekly
live sessions
(online or in
person)



Fun activities led
by experienced
health coaches
and nutritionists



Simple progress
tracker



Family
challenges

Weekly topics

- Week 1** New school, new choices
- Week 2** Building healthy habits
- Week 3** Healthier drinks and snacks
- Week 4** Staying active every day
- Week 5** Making better food choices outside school gates
- Week 6** Celebrating progress and preparing for transition



When and where

You can choose the best 6-week** option for you:



Mondays,
from 27 July 2026
(online webinars):
6:30–7:30pm



Tuesdays,
from 28 July 2026
(online webinars):
6:30–7:30pm



Tuesdays,
from 28 July 2026
(in person):
5:00–6:30pm,
at Breaks
Manor Youth &
Community Centre,
Hatfield, AL10 8TP



Wednesdays,
from 29 July 2026
(online webinars):
5:30–6:30pm



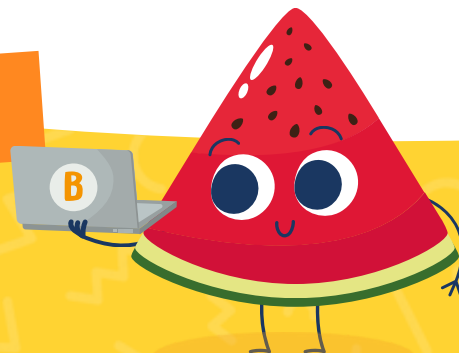
Join for FREE today



hrt.maximusuk.co.uk



01707 248648



Hertfordshire



[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



**Autumn 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 (term time and holidays)
[Click here](#) to find full details**



Feel-good this summer

Advice and help from First Steps ED
for Herts children and young people ages 5-18
with eating/body image difficulties

Support for every step of your journey

First Steps ED is an Eating Disorder Support & Recovery Charity that offers early help, therapy, and lived experience support for children, young people, and adults across the U.K.

GET HELP



CYPMHS
HertsHub

Hertfordshire Children and Young People's
Mental Health Services (CYPMHS) system

HH
LDN

www.hertshub.co.uk



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www.hertshub.co.uk





Welcome to HertsHub!

www.hertshub.co.uk

Hertfordshire children and young people's mental health and emotional wellbeing hub

Helping young people, parents, carers and professionals find the help they need at the right time:

- Advice
- Self-help
- Information
- Signposting to services



CYPMHS
HertsHub

MM
LDN

Hertfordshire Children and Young People's
Mental Health Services (CYPMHS) system



[Click here](#) for key updates and messages
from CYPMHS

Digital/virtual support for school transitions

withYouth
YOUNG PEOPLE'S Digital Wellbeing Services



For
ages
7-12



For
ages
15-18



For Year 6

CYPMHS
HertsHub

Hertfordshire Children and Young People's
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MM
LDN

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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 **coram**

Autumn 2026

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

**Monday 5th October to 16th November, 7pm to 9pm OR
Friday 6th November to 11th December, 9.30am to 11.30am**

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

Tuesday 6th October to 17th November, 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.

Dads Together (6 weeks) Online group

Wednesday 4th November to 9th December, 7pm to 9pm

Are you a dad who feels 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.

Anxiety around ADHD Online Workshop

Wednesday 21 October 9.30am to 11.30am

Sibling Rivalry Online Workshop

Monday 9 November 9.30am to 11.30am

Reducing Conflict Online Workshop

Wednesday 25 November 7pm to 9pm

It's a Dad's Life Online Workshop

Thursday 26 November 7pm to 9pm

Navigating the Storm (Teens) Online Workshop

Wednesday 2 December 9.30am to 11.30am

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.

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.



We build better family lives together

www.coramfamilylives.org.uk  **@coramfamilyliveshertsandbeds**

Coram Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No. 1077722. Registered address: Coram Family Lives, Coram Campus, 41 Brunswick Square, London, WC1N 1AZ

Funded by
Hertfordshire
County Council



Children's Wellbeing Practitioner Workshops July – September 2026

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.



All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Workshop	Date & Time
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Tuesday 25 th August 10am-12pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 4 th August 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 8 th July 6-8pm Wednesday 19 th August 10am-12pm Tuesday 8 th September 6-8pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 15 th July 10am-12pm Tuesday 11 th August 6-8pm Wednesday 16 th September 10am-12pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>



Dear Colleagues

New Protective Behaviours courses for parents & carers

We are pleased to provide five Supporting Families with Protective Behaviours courses for mums, dads and carers in the Autumn term. The courses run in term time and are fully funded by HCC for parents and carers who may need some additional support. Would you kindly pass on the details to your colleagues, parents, carers and your networks.

Online:

For Mums, Dads & carers

- Thursday mornings 1 Oct – 26 Nov 9.30am -11.30am
- Wednesday evenings 30 Sept – 25 Nov 7.00pm – 9.00pm

For Dads & Male carers:

- Thursday evenings 1 Oct – 26 Nov 7.00pm – 9.00pm

Face to Face

- Broxbourne – Friday mornings 18 Sept – 20 Nov 9.30am – 11.30am
- Hertford - Thursday mornings 24 Sept – 19 Nov 9.30am – 11.30am

Please note that parents and/or their children need to live in Hertfordshire

To book a place for any of our courses please use this link: <https://forms.office.com/e/xx8X4pUcj4> or use the QR code



With thanks and kind regards

Fiona

Fiona Benjamin

Director and Protective Behaviours Trainer

Mobile: 07850 518216
Landline: 01462 700021

www.familiesfeeling-safe.co.uk

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Immediate help and advice for supporting your neurodivergent child

Whether your child has ADHD, Autism, or other neurodivergent traits, Hertfordshire SEND Local Offer's neurodiversity information offers valuable tools to help them thrive.

Neurodiversity support on the Local Offer:

- Free and immediate expert advice from the neurodiversity advice line, run by parents of neurodivergent children.
- Discover parent organisations and connect with a supportive community of families, where you can share experiences, tips, and support.
- Find free webinars, workshops, and apps designed to help children understand and manage their neurodivergent traits.
- Comprehensive guidance in the form of handbooks, prerecorded webinars and other resources tailored to your needs.

Visit Hertfordshire's Neurodiversity Hub today and take advantage of the resources available to you.

[Explore the Neurodiversity Hub](#)

Secondary only:

Preparing for adulthood: essential information for young people with SEND

There is lots to think about when considering how to help your young person with SEND thrive into adult life. Our 'Preparing for Adulthood' area on the Hertfordshire SEND Local Offer breaks this down for you. Preparing for adulthood begins early in a young person's life, and information on many topics is available for you when you are ready.

What's on there?

1. Housing options
2. Independent travel
3. Carers assessment and money advice
4. Further education opportunities
5. Employment and Training
6. Health and Wellbeing and transition to adult's healthcare
7. Social activities and community opportunities
8. Information on appointeeships, deputyships and wills and inheritance

Visit the
[Preparing for Adulthood](#)
pages on the
Local Offer website



AGORA
LEARNING
PARTNERSHIP



Journeys Academy



Scheduled to open in Autumn 2026, Journeys Academy is a brand-new purpose-built specialist setting which will offer 60 places for primary-aged children with complex communication and autism needs. Delivered in partnership with The Agora Learning Partnership and Hertfordshire County Council, Journeys Academy will provide a high-quality learning environment tailored to meet individual needs

The school building features 10 modern classrooms alongside a range of specialist facilities (including individual calm rooms, spaces for practical activities, a dedicated sensory room, and a soft play area) The layout has been thoughtfully designed to promote independence and collaboration, with learning spaces flowing into outdoor areas.

The Journeys Academy Curriculum will allow pupils to access the National Curriculum with significant personalised adaptations whilst also creating time to prioritise social and emotional development, interest led learning and life-skill development.

Our admissions criteria is as follows:

- Children with an EHCP who demonstrate the cognitive ability to work at or above Age Related Expectations (ARE)
- Children who experience barriers to their learning and a feeling of difference, resulting in an inability to access learning in a mainstream setting
- Children who may show behaviours that are challenging as a result of their needs, ranging from disengagement to anxiety meltdowns. Experience shows us that with the right changes in environment, children and young people are often able to settle and re-engage in learning
- Children who usually find the mainstream environment highly overwhelming, which may be linked to sensory processing difficulties

Places at Journeys Academy will be allocated through Hertfordshire County Council SEND panel process.

