DSPL6

Delivering Special Provision Locally

NEWSLETTER

FOR FAMILIES

AUTUMN (1) 2026



POTENTIAL KIDS

OCTOBER 2026 ACTIVITIES

For Neurodivergent Children, Young People Their Siblings and Parents/Carers

The King's Award for Voluntary Service

Date		Sessions	Time	Venue
27th	Tue	Half Term Halloween Fun	10.30 12.30	Potential to Grow Garden
27th	Tue	Half Term 3D Printing 6-12	1.00 2.30	The Hub@The Galleria
27th	Tue	Half Term Roller Skating 8+	6.00 7.30	Roller city The campus WGC
29th	Thur	Half Term Trampolining 5+	6.00 7.00	Gosling Sports Centre WGC
29th	Thur	Half term Pony Morning 5-11	10.00 12.00	Danecroft Stables
31st	Sat	Potential tracks 10+	1.00 2.00	The Hub@The Galleria
31st	Sat	Family Football 7+	4.00 5.00	Birchwood Leisure Centre
		Dungeons & Dragons 12-adult		Contact for details

SCAN FOR ALL OF OUR IMPORTANT LINKS

info@potentialkids.org

potentialkids.org.uk/events

the galleria OUTLET SHOPPING

Hertfordshire Community Foundation

SPORT ENGLAND

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,widerfamily,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.

HH LDN Herts Mental Health, Learning Disability and Neurodiversity Health and Care Partnership

Hertfordshire

NHS
Hertfordshire Community
NHS Trust

Children's Wellbeing Practitioner Workshops
October - December 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
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and thingsparents/carers can do to help.	Tuesday 3 November 6-8pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Monday 23 November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Wednesday 14October 6-8pm Tuesday 8 December 10am – 12pm
Supporting withSleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can doto help.	Tuesday 29 October 6-8pm Monday 14 December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 21 October 10am-12pm Tuesday 10 November 6-8pm Wednesday 16 December 10am-12pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeingand ability to emotionally regulate.	Tuesday 6 October 6-8pm Wednesday 18 November 10am-12pm Tuesday 1 December 6-8pm

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

NHS
Hertfordshire Community
NHS Trust

Angels
AUTISM & ADHD SUPPORT

Charity no: 1117059

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 programme 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

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Wednesday eve 7.30pm- 8.30pm
3 Nov Workshop: Accessing Healthcare and writing a health passport	**4 Nov** Meet Up and Chat		
10 Nov Workshop: Useof declerative language and emotional literacy		**11 Nov** Meet Up and Chat	
17 Nov Worskshop: Autism and Anxiety			**18 Nov** Evening Parent/Carer Support Group
24 Nov Workshop: Surviving the Christmas Season			
1 Dec Paul Chambers Thinking Hat Wellbeing Session	**2 Dec** Meet Up and Chat		
8 Dec Speaker: Michelle Jaques Arfid Life UK - Let's talk ARFID		**9 Dec** Meet Up and Chat	
15 Dec Workshop: Women and Girls			**16 Dec** Evening Parent/Carer Support Group

Christmas Holidays - For support during this period please contact the Neurodiversuty Support Hub



coram family lives

Parent Alienation Workshop

A parenting workshop designed to support separated/divorced parents and protect parent-child relationships

The workshop will cover:

- Increase understanding parental alienation
- Recognising common patterns and behaviours in ourselves and others
- Exploring the emotional impact on children and parents
- Develop communication and de-escalation skills
- Maintain parent-child bond during reduced contact
- Improve confidence with professionals

Dates and times

Friday 27th November 2026, 9.30am to 11.30am

OR

Thursday 3rd December 2026, 7pm to 9pm

The workshops will be online via MS TEAMS

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

We build better family lives together

www.coramfamilylives.org.uk

@CoramfamilyLivesHertsandBeds

Funded by Hertfordshire County Council

Hertfordshire

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



Autumn Term Workshops

Anxiety around ADHD Workshop - Wednesday 21 October, 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.

Sibling Rivalry Workshop - Monday 9 November, 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 Workshop - Wednesday 25 November, 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.

It's a Dad's Life Workshop - Thursday 26 November, 7pm to 9pm

This workshop empower fathers with the knowledge and skills to develop deep connections with their children, enhancing their parenting journey.

Navigating the Storm (Teens) Workshop - Wednesday 2 December, 9.30am to 11.30am

This workshop is designed to support parents of pre-teens and teenagers facing challenging behaviours. It aims to equip parents with effective strategies and tools to manage the complexities of raising adolescents, fostering a positive parent-teen relationship

The two-hour workshops will be online via MS TEAMS

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.

SCAN ME

We build better family lives together

www.coramfamilylives.org.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?

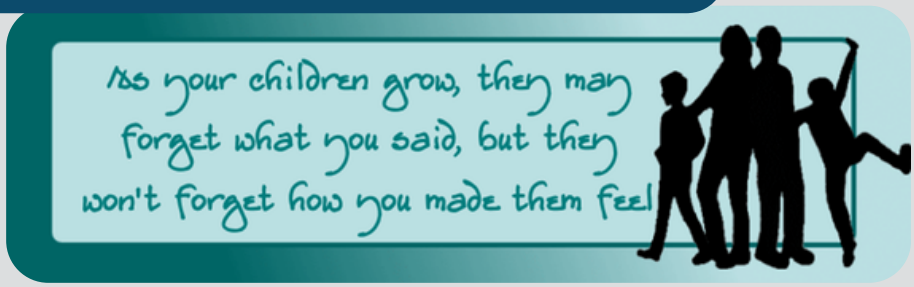
1. Housing options
2. Independent travel
3. Carers assessment and money advice
4. Further education opportunities
5. Employment and Training
6. Health and Wellbeing and transition to adult's healthcare
7. Social activities and community opportunities
8. Information on appointeeships, deputyships and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

Visit the Preparing for Adulthood pages on the Local Offer website

Supporting Links

Promoting Strong Family Relationships

Click here to find out about fully funded courses and workshops for famiies who live or go to school in Hertfordshire



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

SPACE

Autism | ADHD
Neurodiverse Conditions



Events and support for parents, carers and their children (term time and holidays)
Click here to find full details

Herts Sport & Physical Activity Partnership

HAPpy Camps

Hertfordshire's holiday activity and food programme

Click here to find full details