

Dear Parents/Carers,

Below you will find a quick description of each page with some contact information and some booking links, but for all the important information head to each page.

<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
<b>Positive Pathways summer holidays 2026</b>	Fun and engaging activities for young people aged 12-16 across Dacorum and St Albans. Running from 27 <sup>th</sup> July until 14 <sup>th</sup> August across 2 sites. Please see page 3 for locations, times and more information.
<b>Beezee: Step up to Secondary</b>	FREE interactive weekly course helping year 6 children and their families build healthy habits starting in July. Email: <a href="mailto:hrt.maximusuk.co.uk">hrt.maximusuk.co.uk</a> Phone: <a href="tel:01707248648">01707 248648</a>
<b>Angels: Autism and ADHD Support</b>	Angels offer Autism and ADHD support groups and workshops to parents/carers and young people. Pages 5 has information what they have on offer coming up this term. Please visit their website for more details: <a href="http://www.angelsupportgroup.org.uk">www.angelsupportgroup.org.uk</a>
<b>Children's Wellbeing Practitioner Workshops</b>	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. More information and how to book can be found here: <a href="#">CWP Eventbrite</a>
<b>MRP: Male Role Model Programme</b>	Wednesday 1st July 7pm - 9pm @ Greenhills Site (IFST) Tenzing Road HP2 4HS. The Mr Programme !! Exploring what a positive male role model looks like for children in today's modern world. If you have any further questions or queries, please email us at <a href="mailto:ifst.dacorum&amp;stalbans@hertfordshire.gov.uk">ifst.dacorum&amp;stalbans@hertfordshire.gov.uk</a> or call <a href="tel:01442453842">01442 453842</a> .
<b>Supporting Links</b>	Parent & Carer Support FREE COURSES for parents and carers in Hertfordshire for the new school term. Information about what courses are coming up can be found on page 8, booking is essential: to book a place please quote the course ID & contact them on: <a href="tel:07512709556">07512 709556</a> or <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a>
<b>Parent Alienation Workshop</b>	A parenting workshop designed to support separated/divorced parents and protect parent-child relationships. The workshops will be online and there are 2 dates: Tuesday 7 <sup>th</sup> July or Thursday 9 <sup>th</sup> July. To book your place, call Louise on <a href="tel:02045228700">0204 522 8700</a> , email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a>



<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
<b>Hertfordshire SEND Community Directory</b>	Page 3 has the dates and locations for the sessions, SENCOs across all 4 DSPLs can attend either of the dates and venues above regardless of the DSPL they are from.
<b>Monthly EBSNA Coffee Mornings</b>	FREE coffee mornings for Dacorum Families to talk all things EBSNA. There are professional-led sessions and parent-led sessions they take place at the Bennetts End Community centre, dates can be found on page 11.
<b>Parent and Carers Survey</b>	Hertfordshire County Council and the NHS are seeking the views of those who have or may access the range of services to support them with their emotional and mental wellbeing. <a href="https://surveys.hertfordshire.gov.uk/s/KTULEE/">https://surveys.hertfordshire.gov.uk/s/KTULEE/</a>
<b>Summer activities at Hudnall Park</b>	Activities at Hudnall Park for young people with SEND. There will be a series of fun and engaging activities at Hudnall Park, designed to inspire and empower young people with special educational needs and disabilities. Please check out their website for more information: <a href="#">Hudnall Park</a>
<b>Potential Kids</b>	There is a wide range of activities that Potential Kids have on offer in July, to book go direct to their website: <a href="#">Potential Kids</a>



## Positive Pathways

Services for Young People

Hertfordshire County Council

### Dacorum Positive Pathways 2026 Summer Holidays



Join us this summer!

at Bennetts End  
Young People's Centre  
Kimps Way, Hemel Hempstead,  
HP3 8EN

Monday to Friday  
27 July to 14 August 2026

5-8pm each day

For all young people aged 12-16

#### Positive Pathways summer 2026

Fun and engaging activities for you to...

- Make new friends and build confidence
- Make informed decisions and set goals
- Tackle anything that's bothering you
- Stay safe online and in your community
- Feel supported and good about yourself
- Learn about healthy relationships
- Improve your physical and mental health

Tel: 01442454060  
sfyp.dacorum@hertfordshire.gov.uk  
www.servicesforyoungpeople.org



@HCCSFYP

Contact the SFYP  
Dacorum Team  
to book or scan for  
online booking form



Services for Young People

Hertfordshire County Council

### St Albans Positive Pathways 2026 Summer Holidays



Join us this summer!

at Harpenden  
Young People's Centre  
27 High Street, Harpenden  
AL5 2RU  
Monday to Friday  
27 July to 14 August 2026

5-8pm each day

For all young people aged 12-16

#### Positive Pathways summer 2026

Fun and engaging activities for you to...

- Make new friends and build confidence
- Make informed decisions and set goals
- Tackle anything that's bothering you
- Stay safe online and in your community
- Feel supported and good about yourself
- Learn about healthy relationships
- Improve your physical and mental health

Tel: 01442454060  
sfyp.stalbanshertfordshire.gov.uk  
www.servicesforyoungpeople.org



@HCCSFYP

Contact the SFYP  
St Albans Team  
to book or scan for  
online booking form



## Beezee: Step up to Secondary

**Beezee**  
in Hertfordshire



### 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** Newschool, 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

[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)

01707 248648

Join for FREE today




Hertfordshire

\*Our group programmes are for children above their ideal weight. \*\*You need to attend a minimum of four weekly sessions. See our website for more information.



## Angels: Autism and ADHD Support



**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:**

- 2 June - Understanding Demand Avoidance and PDA
- 9 June - Speaker: Kay Reeve - Emotional Awareness Expert
- 16 June - Speaker: CYPMHS, PALMS and Early Help
- 23 June - Helping to reduce meltdowns
- 30 June - Making the most of meetings with professionals
- 7 July - Supporting Sensory Needs
- 14 July - Autism and Anxiety
- 21 July - Surviving the Summer Holidays

Scan this QR code to access our support and zoom links



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



## Children's Wellbeing Practitioner Workshops

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

## MRP: Male Role Model Programme

*"Male Led,  
Child Focus ed"*



For more information, or  
to refer someone or  
yourself, scan the QR  
below:



*The Mr Programme !! Exploring what  
a positive male role model looks like for  
children in today's modern world.*

Covering subjects like:

- Men's mental health
- SEND in children
- Children's mental health
- Conflict and separation

**Face to Face (from 7pm – 9pm):**

**Wednesday 1st July 2026**

**Greenhills Site (IFST)  
Tenzing Road  
Hemel Hempstead HP2  
4HS**

*Logo inspired by Noah (Nephew) and Nathan (Uncle)*



If you have any further questions or queries,  
please email us at [ifst.dacorum&stalbans@hertfordshire.gov.uk](mailto:ifst.dacorum&stalbans@hertfordshire.gov.uk) or call us at 01442 453842.



# Supporting Links

## Parent & Carer Support Autumn Term 2026



FREE to parents and carers living in Hertfordshire

### TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Tuesdays 8.00 – 9.30pm**  
15<sup>th</sup> Sep to 20<sup>th</sup> Oct ages 10-19  
Online Course ID 864

**Tuesdays 9.45 - 11.15am**  
3<sup>rd</sup> Nov to 8<sup>th</sup> Dec ages 2-19  
Online Course ID 859

**Wednesdays 7.00 - 9.00pm**  
4<sup>th</sup> Nov to 9<sup>th</sup> Dec ages 2-19  
**F2F Course: ID 858**  
Longdean School  
Hemel Hempstead

### TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



**Thursdays 8.00 - 9.30pm**  
17<sup>th</sup> Sep to 22<sup>nd</sup> Oct  
Online Course ID 861

**Wednesdays 9.45 - 11.15am**  
4<sup>th</sup> Nov to 9<sup>th</sup> Dec  
Online Course ID 860

### TALKING ANXIETY

6, weekly sessions for parents and carers of children **8-19**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



**Wednesdays 7.45 - 9.30pm**  
4<sup>th</sup> Nov to 9<sup>th</sup> Dec  
Online Course ID 862

### TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Wednesdays 7.45 - 9.15pm**  
16<sup>th</sup> Sep to 21<sup>st</sup> Oct

Online Course: ID 867

**Tuesdays 7.45 - 9.15pm**

3<sup>rd</sup> Nov to 8<sup>th</sup> Dec

Online Course: ID 868

### TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Tuesdays 7.45 - 9.30pm**

15<sup>th</sup> Sep to 20<sup>th</sup> Oct

Online Course: ID 863

### TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: the changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Wednesdays 7.45 - 9.15pm**

16<sup>th</sup> Sep to 21<sup>st</sup> Oct

Online Course: ID 865

**Wednesdays 7.45 - 9.15pm**

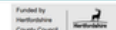
4<sup>th</sup> Nov to 9<sup>th</sup> Dec

Online Course: ID 866

**Booking essential. Please Quote the Course ID**

To check eligibility and book a place, please contact Supporting Links on: **07512 709556** or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund. Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



## Parent Alienation Workshop



# 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

Tuesday 7th July 2026, 9.30am to 11.30am

OR

Thursday 9th July 2026, 7.00pm to 9.00pm


The workshops  
will be 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



**We build better family lives together**

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

 @CoramfamilyLivesHertsandBeds

Funded by  
Hertfordshire  
County Council



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## Hertfordshire SEND Community Directory



Are you a family with children and young people aged 0-25 with Special Educational Need and/or Disabilities looking for local activities?

The SEND directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered for our Herts Card (SEND).

[www.hertfordshire.gov.uk/SENDdirectory](http://www.hertfordshire.gov.uk/SENDdirectory)

**Are you looking for local activities and SEND services for a child or young person with SEND?**

**The SEND community activities directory promotes a wide range of local activities and support groups. Some activities will also include discounts for families registered with a Herts Card (SEND).**

**We will be adding additional activities on a regular basis.**

**Find fun, inclusive activities your child will love – all in one place!**

**[Explore the SEND community directory](#)**

**If there are any activities you know of or wish to see promoted through this directory, please email us on:**

**[SENDcommissioning@hertfordshire.gov.uk](mailto:SENDcommissioning@hertfordshire.gov.uk)**



## Monthly EBSNA Coffee Mornings



# Dacorum Families: Monthly EBSNA Coffee Mornings

For all **Dacorum Families**

**Location:** Bennetts End Community Centre, Leys Road, HP3 9LZ

**Funding secured for the whole year until April 2027!**



**No Booking Required!**  
Just turn up.



**When:**  
10am to 12.30pm



**Room:**  
The Lucas Suite  
(unless stated)



**Travel:**  
Local buses stop  
at Bennetts End Shops



**Parking:**  
Surgery or near  
by shop carparks



**Refreshments:**  
Hot drinks, squash  
and often a pack  
of biscuits!

### 1 PROFESSIONAL-LED SESSIONS



These sessions are  
professionally led  
by the DSPL8  
EBSNA Project Lead.

- Professional discussions & peer support.
- Invited speakers (with group agreement).
- Practical Workshops. Write pupil profiles.
- Complete forms with tips & advice.

#### DATES FOR 2026/27

14th May 2026

9th July 2026

10th September 2026

12th November 2026

14th January 2027

11th March 2027

### 2 PARENT-LED SESSIONS



A safe space to talk  
about all things EBSNA  
with others new or  
established in their  
journey.

- Share supportive services.
- Establish relationships.
- Gain insight & support from the Dacorum community.

#### DATES FOR 2026/27

11th June 2026

Nb. Same Building,  
Dining Room

13th August 2026

8th October 2026

10th December 2026

11th February 2027

13th April 2027



**Queries:**  
Email: [DSPL@kls.herts.sch.uk](mailto:DSPL@kls.herts.sch.uk)



**Telephone:**  
01923 271 725



## Parent and Carers Survey

In Hertfordshire children and young people who are registered with a Hertfordshire GP can currently access a range of services to support them with their emotional and mental wellbeing. This includes free online, virtual and digital support delivered through WithYouth young people's service for 5-18-year-olds (including the Lumi Nova game) and the Sandbox for 10–25-year-olds.

To ensure we are commissioning services that are based on the needs of children and young people, Hertfordshire County Council and the NHS are seeking the views of those who have or may access these services' support.

By completing this short survey as a young person or a parent/carer of a young person, you will help us understand your views and opinions as well as indicating what you might want from future online, virtual or digital mental health and emotional wellbeing support.

Complete the survey as a Parent/Carer or child or young person here:

<https://surveys.hertfordshire.gov.uk/s/KTULEE/>



## Summer activities at Hudnall Park

### Activities at Hudnall Park for young people with SEND

Join us for a series of fun and engaging activities at Hudnall Park, designed to inspire and empower young people with special educational needs and disabilities



**Join us at Hudnall Park and let the adventure begin!**

Hudnall Park is Services for Young People's outdoor activity centre set in 85 acres of beautiful parkland, private woodland and meadows, five miles from Hemel Hempstead in the west of Hertfordshire.

**Join us at Hudnall Park and let the adventure begin!**

**Hudnall Park is Services for Young People's outdoor activity centre set in 85 acres of beautiful parkland, private woodland and meadows, five miles from Hemel Hempstead in the west of Hertfordshire.**

**We offer tailor-made programmes of activities designed to develop young people's social, emotional and physical skills in a safe and supportive environment.**

**During the summer 2026 school holidays we are offering adventurous outdoor activities to young people aged 13-19 with special educational needs and disabilities (SEND), including those with social, emotional and mental health (SEMH) needs.**

**All sessions are for a maximum of 12 people. Please note that we cannot offer one-to-one support for young people attending these activities so they will need to be able to take part without additional individual support.**

**For more information head straight to the website:**

**[Services for young people @ Hudnall Park](https://www.dacorumspl.org.uk)**

**Looking to learn more about how we can protect wildlife?**

Join us at Hudnall Park for a fantastic volunteering opportunity.



## Potential Kids July Activities

**POTENTIAL**  
KIDS

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



### JULY 2026 ACTIVITIES

Date		Sessions	Time	Venue
2nd	Thur	Teen Group 12 Plus	5.00 6.30	The Hub@The Galleria
3rd,10th 17th	Fri	Gardening for Wellbeing	10.30 12.00	Potential to Grow Garden
3rd,10th 17th	Fri	Parent /Carer Wellbeing	12.30 2.00	Potential to Grow Garden
3rd	Fri	Skateboarding	5.30 6.30	The Pioneer Club St Albans
4th	Sat	Tech support	10.00 1.00	The Zone@The Galleria
6th,20th	Mon	Dungeons & Dragons 18-25 (contact for details)	12.30 3.30	The Zone@The Galleria
7th,14th 21st	Tue	Coding and Game Design Home Ed session	1.00 2.30	The Zone@The Galleria
9th,16th 23rd	Thu	Bushcraft/Stem Home Ed Age 4+	10.30 12.00	Potential to Grow Garden
9th,16th	Thur	Fun Rings	5.00 6.00	The Snow Centre Gosling
11th,25th	Sat	Intro to Dungeons & Dragons	1.00 4.00	The Zone@The Galleria
11th,25th	Sat	Learn to play Magic the Gathering	1.00 4.00	The Zone@The Galleria
11th	Sat	Family Football	4.00 5.00	Birchwood Leisure Centre Astro Turf
13th,27th	Mon	Dungeons & Dragons 12 + (contact for details)	12.30 3.30	The Zone@The Galleria
18th	Sat	Water Wipeout	11.15 12.30	Lea Valley White water centre

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

the galleria  
OUTLET SHOPPING



SCAN FOR ALL OF OUR  
IMPORTANT LINKS



## DSPL8 Website

DSPL8

Delivering Special  
Provision Locally

# IS HERE!!

**Our website has been redesigned and is nearly fully operational. Please start using it and give us feedback as we finalise content over coming weeks.**

**Please check it out:**

**<https://www.dspl8.co.uk/>**

