

# DSPL4 NEWSLETTER

## TRANSITION

Are you concerned or anxious about your child's transition to secondary school?

Come along to one our Parent/Carer

Transition Meetings on either:

Monday 26<sup>th</sup> January 9-10.30 at Brooklands

Monday 20<sup>th</sup> April 9-10.30 at High Leigh

The Ask Sali Team have arranged for Secondary school representatives, parent support workers and us (DSPL4) to attend, to offer you information, support and guidance.

## DSPL4



## CARERS

Carers in Herts are running a session on supporting people with a mental health difficulty.

Tues 2<sup>nd</sup> Dec 7-9pm.

See flyer attached!

## HAVE YOUR SAY!!

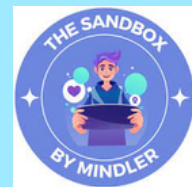
Give Hertfordshire County Council feedback on their new proposed SEND Strategy 2026-29. Have your say in shaping SEND support  
[Read it Here!](#) [Have your Say!](#)

## MENTAL HEALTH



Hertfordshire Community  
NHS Trust

Hertfordshire Children and  
Young People's Mental Health  
Service Directory.



## DSPL4 CONTACTS

Adrienne and Laura - DSPL4 Manager - [dspl4manager@wormleyprimary.co.uk](mailto:dspl4manager@wormleyprimary.co.uk)

Lisa- DSPL4 SEND Lead - [llee@wormleyprimary.co.uk](mailto:llee@wormleyprimary.co.uk)

Sandra - DSPL4 Post 16 Transition Coordinator- [smahoney1@hrc.ac.uk](mailto:smahoney1@hrc.ac.uk)

# DSPL4 NEWSLETTER

## POTENTIAL KIDS

Potential Kids have opened up THE ZONE, in the Galleria, Hatfield.

This is a free wellbeing space for neurodivergent children and young people and their families.

Fridays  
Early Years Wellbeing 10.30-11.30  
Wellbeing Sessions 12.00-2.00

Tuesdays 5+ - 4.30-6.00  
Thursdays 11+ - 4.30-6.00

Please see the attached flyers! for more information.

## SEND NEWS

Please click on this link to read the latest SEND NEWS in Herts.



## SPEECH



Hertfordshire Community  
NHS Trust

## CYP THERAPY

Occupational therapy, physiotherapy and speech and language therapy.



Hertfordshire Community  
NHS Trust

## LEISURE DIRECTORY

HERTS SEND ACTIVITIES AND LEISURE DIRECTORY

POTENTIAL  
KIDS



## SEND ADVICE SERVICES



# DSPL4 NEWSLETTER

## FAMILY SUPPORT



BCW SCHOOLS

PARTNERSHIP



## EARLY YEARS



Hertfordshire  
**Family Centre  
Service**

### Early Years SEND Advice Line

Sometimes it's just easier  
to pick up the phone...

If you think it would be helpful to  
talk to someone about your  
concerns, you can call our Advice  
Line and speak to a specialist.



Tel: 01442 453920  
Weds 9 - 12.30pm  
Thurs 1.30 - 4pm  
(term time only)

## SEND ADVICE LINES

Early years (0 - 5) 01442 453 920 Wed 9-12pm Thurs 1.30-4pm

Physical and neurological impairment team (PNI) 01442 453 920

Monday 1.30pm - 4pm

Education Support for Medical Absence (ESMA) 01442 454 802

[esmaenquiries@hertfordshire.gov.uk](mailto:esmaenquiries@hertfordshire.gov.uk)

Neurodiversity Hub 01727 833963 Monday to Friday 9am - 1pm

# DSPL4 NEWSLETTER

## AUTISM AND ADHD



Pathological Demand Avoidance  
Part of the  
Autism Spectrum



Hertfordshire

Children and Young

People's

Neurodiversity.

Service Directory.

## EHCP

Herts EHCP Plans

IPSEA Advice

SENDIASS Advice

## POST 16

Services for  
Young People

Further Education

## DSPL4 CONTACTS

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Sandra - DSPL4 Post 16 Transition Coordinator- [smahoneyl@hrc.ac.uk](mailto:smahoneyl@hrc.ac.uk)

# CONNECT



*Come and Explore our new wellbeing space for neurodivergent young people, their families and the community!*

## Wellbeing Session:

Self-Care ideas, Mindful Moments, Relaxation, Coffee and Chat, Creative & Quiet areas, Professional Support and more..!

**Fridays**  
**Early Years Session @**  
10:30-11:30  
**Wellbeing Session @**  
12:00-14:00

## Early Years Session:

**AGE: 3yrs+**

Free play, exploration and social time. Parents and carers can also access professional guidance and support.



**Fully Funded Free sessions**

**Join  
US!**

**UNIT 55 (Next to JD Sports)  
The Galleria, Ground Floor  
Commet Way, Hatfield  
AL10 0XR**

[potentialkids.org.uk](http://potentialkids.org.uk)

# THE ZONE

POTENTIAL KIDS

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

## CONNECT @THE ZONE

An opportunity to connect with others, build confidence, make friends in an inclusive, safe, environment.

Cost - Free

Monthly - Tuesday Age 5+

Monthly - Thursday Age 11+

Time - 4.30 - 6pm

Welcome To...



Games



Lego



Create



Game Zone!



Relax & Connect..

Unit 55 The Galleria  
Comet Way  
Hatfield, AL10 0XR

Booking Via our website- [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

For further information email: [info@potentialkids.org](mailto:info@potentialkids.org)

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

SCAN FOR ALL OF OUR  
IMPORTANT LINKS



## DECEMBER ACTIVITIES

| Date        |                    | Sessions  | Time   | Venue  |
|-------------|--------------------|---|--|--|
| 1st,15th    | Mon                | <b>Dungeons &amp; Dragons (Full)</b>  | 12.30-15.30  | <b>The Zone@The Galleria</b>                 |
| 4th         | Thur               | <b>Trampolining Age 5+</b>  | 17.30-18.30  | <b>Gosling Sports Centre</b>                 |
| 2nd,4th/5th | Tue<br>Thur<br>Fri | <b>Christmas Big Give Sustainable Christmas Crafts</b><br>Bring clothing to decorate and make festive, plus crafting. Competitions and Quizes . | 11.00-2.00<br>All Welcome<br>4.30-6<br>SEN Session | <b>The Zone@The Galleria</b>                 |
| 6th         | Sat                | <b>Gift Wrapping</b>  | 11-4   | <b>The Zone@The Galleria</b>                 |
| 6th         | Sat                | <b>Christmas Canal boat Trip</b>  | 10.30-2.45   | <b>Waterways Experiences Hemel Hempstead</b> |
| 11th,18th   | Thu                | <b>Bushcraft/Stem Home Ed Age 4+</b>  | 10.30-12.00  | <b>Potential to Grow Garden</b>              |
| 11th        | Thur               | <b>Connect Secondary Age</b>  | 16.30-18.00  | <b>The Zone@The Galleria</b>                 |
| 12th        | Fri                | <b>Early Years Stay &amp; Play</b>  | 10.30-12.00  | <b>The Zone@The Galleria</b>                 |
| 12th        | Fri                | <b>Parent /Carer Wellbeing</b>  | 12.30-14.00  | <b>The Zone@The Galleria</b>                 |
| 12th        | Fri                | <b>Youth Group 16 Plus</b>  | 18.30-20.30  | <b>The Hub@The Galleria</b>                  |
| 16th        | Tue                | <b>Connect Primary age</b>  | 16.30-18.00  | <b>The Zone@The Galleria</b>                 |
| 19th        | Fri                | <b>Skateboarding Age 9+</b>   | 17.30-18.30  | <b>Pioneer Club St Albans</b>                |
| 20th        | Sat                | <b>PK Christmas party 4-11 years</b>  | 1-2.30   | <b>The Hub@The Galleria</b>                  |
| 20th        | Sat                | <b>Pk Christmas party 11-15 years</b>   | 3-4.30   | <b>The Hub@The Galleria</b>                  |

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



# BIG GIVE WEEK!!

POTENTIAL  
KIDS

Match funding  
Double your  
Donations!



Donate between  
2<sup>nd</sup> and 9<sup>th</sup>  
December 2025

Christmas  
Challenge

BigGive

DONATE 



**DOUBLE**  
your donations! 

2-4-5 December

ALL welcome 11:00 - 14:00

SEND session 16:30 - 18:00



**FUN**  
**FOR ALL THE**  
**FAMILY!**

Get creative at **THE ZONE** and enjoy  
a sustainable Christmas! 

**FESTIVE COMPETITIONS**  **FUN EVERY DAY!**

Bring your pre-loved  
clothes (JUMPER,  
HAT, PJs..) and we'll  
transform them into  
something fun to wear  
over the holiday .



- CHRISTMAS TREASURE HUNT AROUND THE GALLERIA
- CHRISTMAS QUIZ
- COMPETITIONS
- CHRISTMAS CRAFTS



THE ZONE, Unit 55 (Next to JD Sports) The Galleria, Comet Way, Hatfield, AL10 0XR



[potentialkids.org.uk](http://potentialkids.org.uk)





Families In Focus CIC  
LOOKING FORWARD TOGETHER

## **A complete guide to parenting children with Autism & ADHD**

(inclusive of those on assessment pathways)  
**Our free evidence-based, online, interactive courses  
for Hertfordshire parents of children aged 2 to 11  
years will:**

**Increase understanding of Autism, ADHD, Sensory  
needs and children's behaviours.**

**Also included, how to understand and support  
siblings, understanding EHCP's, and up to date  
information on local service's and how to access  
them.**

**We provide tried and tested strategies to increase  
understanding for a calmer and happier family life.**

**Wednesdays**

**9.30am to 11.30am or 6.30pm to 8.30pm**

**January 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> &**

**February 4<sup>th</sup> 11<sup>th</sup> 25<sup>th</sup> &**

**March 4<sup>th</sup> 11<sup>th</sup>**

**Email Francine & Lesley:**

**[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**



Funded by Hertfordshire Targeted Parenting Fund



Families In Focus CIC  
LOOKING FORWARD TOGETHER

**Families in Focus award winning online,  
interactive courses are free for parents living  
in Hertfordshire**

## **Handling anger in your family**

**an online course for parents  
of primary aged children with  
no SEN needs**

**Increase understanding of why children react  
with anger and learn tried and tested  
techniques to support children to de-  
escalate and change reactions to trigger  
situations to bring harmony and calm for the  
whole family.**

**Monday evenings from 7pm to 8.30pm  
January 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> & February 2<sup>nd</sup> 9<sup>th</sup>**

**Email Francine & Lesley:  
[bookings@familiesinfoocus.co.uk](mailto:bookings@familiesinfoocus.co.uk)**



Funded by Hertfordshire Targeted Parenting Fund



## **A complete guide to parenting children with Autism & ADHD**

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**March 4<sup>th</sup> 11<sup>th</sup>**

**Email Francine & Lesley:**

**[bookings@familiesinfoocus.co.uk](mailto:bookings@familiesinfoocus.co.uk)**



Funded by Hertfordshire Targeted Parenting Fund



Promoting Strong Family Relationships

## **1 Hour, Bitesize Workshops, Online** **Answering common parenting questions**

### **How do I get my child to eat better?**

No matter how restrictive your child's diet is  
**Thursday, 4th December 2025, 10-11am**

### **What is going on in my teenager's head?**

How & why adolescent development affects teen behaviour  
**Thursday, 15th January 2026, 7-8pm**

### **Why does my child give up so easily?**

Build resilience and encourage them to have a go, or keep trying  
**Monday, 19th January 2026, 7-8pm**

### **How do I get my child to listen to me?**

Encouraging your child to listen to you and talk to you  
**Thursday, 29th January 2026, 7-8pm**

### **How can my child learn to manage their feelings?**

Teaching emotional regulation to young people  
**Monday, 23rd March 2026, 10-11am**

### **How do I talk to my teen or preteen about?**

Having difficult conversations about sex, drugs & social media  
**Wednesday, 25th March 2026, 7-8pm**

Recordings will be available to parents who attend or on request.

[Book your place here](#)



**1.75hr Online Workshops  
for Parents of Children with ASD or ADHD**

**Responding to Anger**

Help your child manage angry feelings and behaviour  
**Thursday, 22nd January 2026, 7.30-9.15pm**

**The Teenage Years**

Support your neurodivergent teenager  
**Monday, 20th January 2026, 7.30-9.15pm**

**Sibling Struggles**

Juggling the different needs in your family  
**Tuesday, 24th February, 7.30-9.15pm**

**Tech Use**

Managing your child's use of tech  
**Tuesday, 24th March, 9.30-11.15am**

Recordings will be available to parents who attend or on request.

[Book your place here](#)

FREEtoparentsandcarersliving in Hertfordshire

## TALKING TEENS

6,weekly sessions for parentsandcarersof children aged **2-19** covering:

- The Teen Brain: physical and emotional 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.



Mondays 7.45 -9.15pm

5thJan to 9thFeb

Online Course: ID 804

Wednesdays 7.45 -9.15pm

4thFeb to 18thMar

F2F Course: ID 802

St Albans (venue tbc)

Thursdays 7.45 -9.15pm

5thFeb to 19thMar

Online Course: ID 803

## TALKING ANGER in TEENS

6,weekly sessions forparentsandcarersof children aged **1-19**, supportingyou 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

6<sup>th</sup> Jan to 10<sup>th</sup> Feb

Online Course: ID805

## TALKING ADDITIONAL NEEDS

A6-week groupfor parents andcarers of children **2-19**, with anyadditionalneed. Yourchild does not needa 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

6thJan to 10thFeb

Online Course ID 797

Tuesdays 9.45 -11.15am

3rdFeb to 17thMar

Online Course ID 796

# Parent & Carer Support Spring Term 2026



**FREE to parents and carers living in Hertfordshire**

## TALKING TEENS

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

- The Teen Brain: physical and emotional 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.



**Mondays 7.45 - 9.15pm**

**5<sup>th</sup> Jan to 9<sup>th</sup> Feb**

**Online Course: ID 804**

**Wednesdays 7.45 - 9.15pm**

**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**

**F2F Course: ID 802**

**St Albans (venue tbc)**

**Thursdays 7.45 - 9.15pm**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course: ID 803**

## 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**

**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**

**Online Course: ID 805**

## 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**

**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**

**Online Course ID 797**

**Tuesdays 9.45 - 11.15am**

**3<sup>rd</sup> Feb to 17<sup>th</sup> Mar**

**Online Course ID 796**

## TALKING FAMILIES

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

- Managing challenging 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**

**8<sup>th</sup> Jan to 12<sup>th</sup> Feb**

**Online Course ID 799**

**Thursdays 9.45 - 11.15am**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 798**

**Thursdays 8.00 - 9.30pm**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 800**

## TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, 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 9.45 - 11.30am**

**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**

**Online Course ID 801**

## 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**

**7<sup>th</sup> Jan to 11<sup>th</sup> Feb**

**Online Course: ID 806**

**Mondays 7.45 - 9.15pm**

**2<sup>nd</sup> Feb to 16<sup>th</sup> Mar**

**Online Course: ID 807**

**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/Carer Support Session**

**Is your child or young person receiving support or on a waiting list for a mental health service?**

**Would you like to speak to people who understand?**

**Would you like to learn more about strategies to help your child towards recovery?**

**Would you like support for yourself?**

**If you do then please come along to the session**

**Where: Online over Zoom.**

**When: Tuesday 2nd December 7pm - 9pm**

**For more information or to book your place:**

**Call:** 01992 58 69 69

**Email:** [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

**Go online** [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events)



# EMPOWERING PARENTS TO HELP CHILDREN THRIVE



**Bounce Forward, in collaboration with the Harry Kane Foundation, are gifting a series of six online sessions that equip parents with the knowledge and tools to foster mental resilience and emotional wellbeing for themselves and their children.**

## **What we'll cover**

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

**17,000+ parents highly rate this programme**

*"It was so amazing, I looked forward to the sessions each week, learnt a lot of mind blowing information, that I have applied to my life and have seen improvements! Wish there was more sessions, so sad that it has ended!*

*I have loved learning about my strengths, the ABCs, process praise, the growth mind set, being aware of my gremlins, it has been wonderful learning, and these sessions have been apart of my self care!*

*Thank you ever so much!"*

**REGISTER HERE**

# Termtime Workshops

 Mind  
Hertfordshire  
Network  
Charity no. 112487

Come along to Herts Haven Café and join our free mental health workshops!

These friendly sessions are all about boosting your wellbeing, learning new ways to cope, and connecting with others who understand.

- 22nd October – **Settling into secondary school**
- 3th December – **Maintaining positive mental health during the winter holidays**
- 11th February – **The value of nature for good mental health**
- 15th April – **Understanding and coping with neurodivergence**
- 3rd June – **Communication and boundaries**
- 1<sup>st</sup> July - **Transitions - Settling into secondary school**
- 22nd July - **Journalling for Wellbeing**

These Workshops run from **4pm - 5:30pm**, and are **free to attend – no referral needed!**

If you would like to come along to a workshop, please let our friendly

**Herts  
Haven  
Café**



# FREE Healthy Lifestyle support for families in Hertfordshire



Our FREE 12 week in-person and online programmes start on week commencing 19th January 2026

| Monday   | Tuesday   | Wednesday   | Thursday   |
|--|---|---|--|
| BOREHAMWOOD<br>Aberford Park<br>Community Centre, WD6 1PN<br>4:30 - 6:30pm     | WATFORD<br>Holywell Community Centre<br>Chaffinch Lane, WD18 9QD<br>5:30 - 7:30pm                             | STEVENAGE<br>Oval Community Centre<br>SG1 5RD<br>5:30 - 7:30pm            | WALTHAM CROSS<br>St Joseph's Church<br>204 High Street, EN8 7DP<br>4:30 - 6:30pm |
| ** NO SESSION **   | HEMEL HEMPSTEAD<br>Hobletts Manor Junior School<br>HP2 5JS<br>5:00 - 7:00pm                                   | HATFIELD<br>Birchwood Avenue<br>Primary School, AL10 0PS<br>5:00 - 7:00pm | ** NO SESSION **   |
| ONLINE (10 weeks)<br>(ages 5 - 8) 5:30 - 6:30pm<br>(ages 9 - 12) 6:30 - 7:30pm | ONLINE (10 weeks)<br>(ages 5 - 8) 5:30 - 6:30pm<br>(ages 9 - 12) 5:30 - 6:30pm<br>(ages 9 - 12) 6:30 - 7:30pm | ONLINE (10 weeks)<br>(ages 9 - 12) 5:30 - 6:30pm                          | ** NO SESSION **   |



Sign up today!

@ BZBinfo@maximusuk.co.uk

01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.



24-05-27

# Winter Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

## Mondays

In Person (Morning)

Starting 26th January

10am - 12noon

High Trees Family Centre,  
Broxbourne, EN10 6AE  
(c/o Hertford Regional  
College, Broxbourne  
Centre)

## Tuesdays

Online (Morning)

Starting 27th January

10am - 11.15am

Online

## Wednesdays

Online (Morning)

Starting 28th January

10am - 11.15am

Online

## Wednesdays

Online (Evening)

Starting 28th January

5.30pm - 6.45pm

Online

All programmes run for 8 weeks with a break.  
Free crèche facilities available for in-person sessions.



**Beezee**  
in Hertfordshire

Find out more:

- 01707 248648
- herfordshire@henry.org.uk
- www.henry.org.uk/hertfordshire



# Winter Timetable

Upcoming Healthy Families Programme Dates - Hertfordshire (Starting w/c 26th January)

## Mondays

In Person (Morning)

Starting 26th January

10am - 12noon

High Trees Family Centre,  
Broxbourne, EN10 6AE  
(c/o Hertford Regional  
College, Broxbourne  
Centre)

## Tuesdays

Online (Morning)

Starting 27th January

10am - 11.15am

Online

## Wednesdays

Online (Morning)

Starting 28th January

10am - 11.15am

Online

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Online (Evening)

Starting 28th January

5.30pm - 6.45pm

Online

All programmes run for 8 weeks with a break.  
Free crèche facilities available for in-person sessions.



**Beezee**  
in Hertfordshire

Find out more:

- 01707 248648
- herfordshire@henry.org.uk
- www.henry.org.uk/hertfordshire





FOR PARENTS & CARERS

# HEALTHY FAMILIES: RIGHT FROM THE START

FREE 8-SESSION PROGRAMME

SIGN UP  
TODAY!

*Helping families give their little ones the best start in life.*

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special - together.

## Programme details:

Upcoming programmes start  
the week commencing 26 January 2026:

- **Mondays** (in person): 10am–12 noon, Broxbourne
- **Tuesdays** (online): 10am–11.15am
- **Wednesdays** (online): 10am–11.15am or 5.30pm–6.45pm

Find more details and book your free place at [www.henry.org.uk/hertfordshire](http://www.henry.org.uk/hertfordshire).



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

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## Find out more:

- ☎ 01707 248648
- ✉ [herfordshire@henry.org.uk](mailto:herfordshire@henry.org.uk)
- 🌐 [www.henry.org.uk/hertfordshire](http://www.henry.org.uk/hertfordshire)



**Beezee**  
in Hertfordshire



In partnership with:

## Children’s Wellbeing Practitioner Workshops October – December 2025

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 style="text-align: center;"><b>Emotional Wellbeing (For Young People 11-16)</b></p> <p>A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>                                | Tuesday 18th November 6-8pm  |
| <p style="text-align: center;"><b>Adolescent Self-Esteem and Resilience</b></p> <p>A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</p>                                 | Thursday 27th November 6-8pm   |
| <p style="text-align: center;"><b>Supporting your Child’s Self-Esteem and Resilience</b></p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>                                | Monday 27th October 6-8pm<br>Tuesday 16th December 10am-12pm                                       |
| <p style="text-align: center;"><b>Supporting with Sleep Difficulties</b></p> <p>This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>           | Wednesday 15th October 6-8pm<br>Tuesday 2nd December 6-8pm   |
| <p style="text-align: center;"><b>Developing your Child’s Emotional Literacy</b></p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>  | Tuesday 21st October 10am-12pm<br>Thursday 6th November 6-8pm<br>Wednesday 10th December 10am-12pm |
| <p style="text-align: center;"><b>General Emotional Wellbeing and Regulation Tips for Parents/Carers</b></p> <p>A workshop focused on parents supporting their child’s general emotional wellbeing and ability to emotionally regulate.</p> | Wednesday 8th October 6-8pm<br>Tuesday 11th November 10am-12pm<br>Thursday 18th 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/>



**2026**



# NURSERY ADMISSIONS

We are now accepting Nursery applications for our 2026 Nursery cohort.

Nursery places are available from September 2026 or the term after your child turns three. Full wraparound care offer in place and accepting 15/30 hour funding.

Please scan the QR code below for further information or call our office on 01992 465739 for an application pack.



01992 465739



[www.highleigh.herts.sch.uk](http://www.highleigh.herts.sch.uk)