



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> |
|---|--|
| Family Lives Courses | Spring Term Online Workshops 2026 for parents in Hertfordshire, there are various workshops on several different topics, please check out their website for more information: www.familylives.org.uk OR you can scan our QR code to make a referral or call Louise and Lesley on 0204 522 8700/8701 or email: services@familylives.org.uk  |
| Potential Kids | Potential Kids have create another set of fun activities for neurodivergent children and their families this Easter. Check out their website to see what they have on offer: Potential Kids |
| Families in Focus | FREE online courses for parents/carers of Hertfordshire, they focus on different topics and there are new courses starting after the Easter holidays. To book please email: bookings@familiesinfocus.co.uk |
| DS Achieve: Play and Learn Hub | Play & Learn Hub is a relaxed Stay & Play group where primary age children with Down Syndrome can play, explore and build friendships, supported by their parents and our team. <i>Venue: Applecroft School, WGC, AL8 6JZ</i> <i>Time: 2:30-4pm on Saturdays (term time only)</i> To make a booking or find out more, please contact: info@dsachieve.org or call 07824 467471 |
| DROP-IN SESSION for Childminders | Early Years Evening DROP-IN SESSION for Childminders with Denise Filer an Early year's Emotional Wellbeing and Behaviour Specialist in Spring and Summer 2026. How to book can be found on page 7 or you can email Denise on; denise.filer@hertfordshire.gov.uk |
| The OLLIE Foundation Newsletter | The spring newsletter highlighting some of the great work The OLLIE foundation have been doing and plan to do moving forward. |



| <u>TOPIC</u> | <u>BOOKING/INFORMATION</u> |
|---|--|
| Step2Skills | Step2Skills are running courses for people wanting to start a career in education. The courses can be found on page 9, and you can get more information on their website: Step2Skills Or you can scan the QR code  |
| Hertfordshire Sports Village: Easter Holiday Activities | HSV we've got a range of exciting holiday activities to choose from this Easter Holidays. To find out more and to book please visit: Herts Sports Village |
| Supporting Links | Parent & Carer Support Summer Term 2026 FREE COURSES for parents and carers in Hertfordshire. Information about what courses are coming up can be found on page 11, booking is essential: to book a place please quote the course ID and contact them on: 07512 709556 or bookings@supportinglinks.co.uk |
| Hudnall Park Easter Activities | PEaster holiday activities at Hudnall Park for young people with SEND. Join them for a series of fun and engaging activities at Hudnall Park, designed to inspire and empower young people with special educational needs and disabilities. More information can be found on page 13 and you can check out their website: Hudnall Park Easter Activities |



DSPL8 Information for Parents/Carers

We just want to highlight the links below; one which directs you to Hertfordshire Send Local SEND documents and resources and the other to a document called 'Immediate Access to Expert Approved Self Help SEND Resources'

The Hertfordshire SEND documents and resources area is designed to provide immediate self-help while families wait for professional help.

SEND Documents and Resources

Immediate Access



Family Lives

Spring Term Online Workshops 2026 for parents in Hertfordshire



Sibling Rivalry - Online via MS Teams

This parenting workshop promotes cooperation and manages conflict between siblings.

Friday 13 March 9.30 to 11.30

Anxiety around ADHD - Online via MS Teams

This workshop helps parent/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD and provides strategies to help support you and your child.

**Wednesday 18 March 7pm to 9pm or
Thursday 26 March 9.30am to 11.30am**

Empowering Parenting - Online via MS Teams

A workshop to equip parents with practical tools, resources and strategies to enhance parenting skills and navigate parenting challenges effectively

Friday 20 March 9.30am to 11.30am

Its a Dads Life - Online via MS Teams

A workshop for dads to help build strong attachment and relationships with their child.

Tuesday 24 March 7pm to 9pm

For more information, you can scan our QR code to make a referral or call Louise and Lesley on **0204 522 8700/8701** or email **services@familylives.org.uk**.



We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds

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Hertfordshire
County Council



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex York House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



Potential Kids Easter Fun



EASTER FUN POTENTIAL KIDS

Sessions for neurodivergent children, young people and their siblings

BOOKINGS:
potentialkids.org.uk/events

Further event details can be found on our website

Happy Easter

Promoting social inclusion, new friendships, physical activity, life skills, learning and social skills

the galleria

EMBRACING NEURODIVERSITY
Autism-ADHD-Dyslexia-Dyspraxia-Tourettes
www.potentialkids.org.uk

The King's Award for Voluntary Service



Potential Kids: book an event



Families in Focus



Families In Focus CIC
LOOKING FORWARD TOGETHER

Award winning online, interactive courses with
Francine & Lesley

Handling Anger in Your Family

A FREE Online Course for Hertfordshire Parents
of Primary-Aged Children (No SEN Needs)

This course will support you to create more
calm & connection at home

- Understand why children react with anger
- Recognise what's happening beneath the behaviour
- Learn tried and tested techniques to help children de-escalate
- Support your child to change reactions to trigger situations

Monday evenings from 7pm to 8.30pm

April 13th 20th 27th & May 11th 18th

Email Francine & Lesley:
bookings@familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

Understanding & Supporting Anger of Children with Autism & ADHD

FREE Online Course for Parents in Hertfordshire

Why join Francine & Lesley on this course?

Understand more about Autism, ADHD,
and sensory needs

Learn what's happening in your child's brain
during anger

Gain practical tools for emotional regulation
Build calmer routines and reduce daily stress
Connect with other parents in a supportive space

6 x Tuesdays: 9.30am to 11.30am

or

6 x Tuesdays: 12.30pm to 2pm

April 14th 21st 28th & May 5th 12th 19th

Email Francine & Lesley:
bookings@familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with Autism & ADHD

(Including children on assessment pathways)

FREE Online Course for Hertfordshire Parents of
Children Aged 2-11

Support, Understanding & Practical Strategies for Family Life Living with Neurodivergent Children

This evidence-based course helps you:

Increase understanding of Autism, ADHD, and
sensory needs

Make sense of your child's behaviour and emotional
responses

Learn practical, tried-and-tested strategies for
calmer days

Support siblings with understanding and connection

Navigate EHCPs, and local services

Wednesday mornings 9.30-11.30 or

evenings from 6.30pm to 8.30pm

April 15th 22nd 29th & May 6th 13th 20th & June 3rd 10th 17th



DS Achieve: Play and Learn Hub



Play and Learn Hub



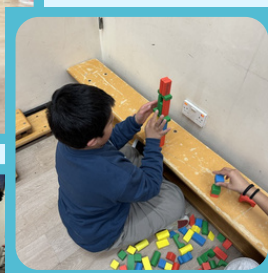
Stay and Play for primary age children with Down Syndrome

What is Play and Learn Hub?

Play & Learn Hub is a relaxed Stay & Play group where primary age children with Down Syndrome can play, explore and build friendships, supported by their parents and our team.

The group is all about friendship, fun and positivity, helping children feel confident and included.

The group runs weekly on Saturday afternoons during term time and is supported by a team including a Play Leader and Support Workers.



At Play and Learn Hub you can expect:

- Play-based activities including crafts, games and sensory play
- Opportunities for children to build friendships and practise social skills
- A welcoming space for families to connect and share experiences
- Visits from private therapists (Physio / OT / SaLT) and other professionals
- A relaxed, supportive environment for children and parents

Where is Play and Learn Hub?

Venue: Applecroft School, WGC, AL8 6JZ

Time: 2:30-4pm on Saturdays (term time only)

Come and Join Us!

To make a booking or find out more, please contact: info@dsachieve.org or call 07824 467471



Childminders Evening Drop-in's



Early Years Evening DROP-IN SESSION for Childminders with Denise Filer an Early year's Emotional Wellbeing and Behaviour Specialist in Spring and Summer 2026 :

Thursday 26th March 2026 5.00pm – 8.00pm

[Book time with Denise Filer: 26th March 2026 Childminder evening drop in](#) • This link will expire on: May 24, 2026

Thursday 16th April 2026 5.00pm-8.00 pm

[Book time with Dominique Johnson: Childminder Drop in session](#)

Thursday 7th May 2026 5.00pm-8.00pm

[Book time with Anna Mutch: 07/05/26 Childminder drop in - Copy](#)

Thursday 11th June 2026 5.00pm-8.00pm

[Book time with Julie Mcelhinney: Child Minder Evening Drop-In Thursday 11th June 2026](#)

If you would like advice around Early Years Emotional Wellbeing and Behaviour use the booking links provided under each date. Please note, if no time slots are showing once you have clicked on the desired date this means that the session is fully booked.

The aim of this session is to provide a solution focus approach for your Early Years Cohort with regards to Emotional Wellbeing and Behaviour.

Any questions, please email; denise.filer@hertfordshire.gov.uk information: _____

Booking information:

1. please open the hyperlink next to the desired date on the flyer. you should then come to my Bookings page

The screenshot shows the Eventbrite booking interface for 'Denise Filer'. It includes a 'Choose a meeting type' section with a 30-minute drop-in session. Below is a calendar for October 2025 and a list of available times for Friday, October 03, with a 'Book' button highlighted by a red arrow.

2. you will need to use the callender to click on the desired date.

3. once the date has been selected you should then see what availability there is for that date.

4. Book a slot that works for you.

Summer term

Early Years Therapeutic Approaches to Behaviour (TAB) Evening training for Childminder



- Session 1 - 14 May 2026 7pm-9pm
- Session 2 - 21 May 2026 7pm-9pm

Booking link [Childminder Early Years Therapeutic Approaches to Behaviour \(TAB\) 2 VIRTUAL session to complete | Hertfordshire County Council](#)

About this event

Childminder evening virtual training. Please note both sessions need to be attended to complete this full TAB training.

TAB is the local authority's preferred strategy to supporting emotional wellbeing and behaviour for children in the Early Years (0-5 years).

The approach forms part of the authority's Emotional Wellbeing and Behaviour Strategy and is underpinned by therapeutic approaches to behaviour management.

Venue

Online live streamed - Microsoft Teams

Only one booking is needed for both sessions as it is a requirement that both sessions are completed.

Pre-course learning. TAB builds upon the information from Attachment Aware and Trauma Informed. Toolkit from Hertfordshire Virtual School. Please access the below recorded training before attending TAB sessions

[Understanding Attachment Aware & Trauma informed practice - part 1](#)

[Understanding Attachment Aware and Trauma Informed Practice - Part 2](#)



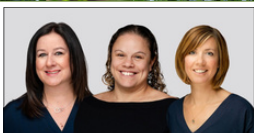
The OLLIE Foundation Newsletter

SPRING 26

Education Updates from The OLLIE Foundation



Our expertise in education and prevention is at the heart of everything we do.



At The OLLIE Foundation, our team brings deep, practical experience from across education, mental health, and community services. Maria Nastro draws on over 20 years in children's mental health, including delivering counselling and therapeutic support services in schools and shaping county-wide provision, ensuring prevention and wellbeing are embedded early. Jo Cakmak brings more than 25 years in education, including senior leadership roles, with an exceptional understanding of school environments, safeguarding, and staff and pupil wellbeing. Vicky Gutteridge complements this with her strong background in education, training, bereavement support, and community-led work, ensuring lived experience informs everything we do.

Together, our team combines strategic insight, frontline educational experience, and compassionate practice, placing us in a strong position to support schools, educators, and young people with meaningful, preventative wellbeing and suicide prevention work.



Schools we have supported in January and February

Bishop's Stortford College



On Monday 9th January, we were delighted to deliver our Empowering Conversations suicide prevention awareness talk to the staff at Bishop's Stortford College. It was wonderful to see staff engaging so thoughtfully with the material, asking insightful questions, and providing active feedback throughout the presentation.

The positive feedback we received afterwards was incredibly encouraging and highlighted just how important these conversations are in supporting young people's wellbeing and the upcoming changes to the RSHE Curriculum in September 2026.

Some of the feedback we received:
 "Good strategies to use with young people who are struggling."
 "To be vigilant and look for signs no matter how small."
 "To know that anyone could be struggling."
 "How to signpost - the support lists are invaluable."
 "Not to be afraid of addressing suicide openly."

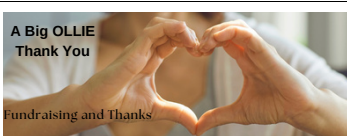
St Albans Girls' School

It was a privilege to support the staff at St Albans Girls' School on Friday 13th February where we delivered Empowering Conversations as part of their INSET day. We received such a warm welcome with great engagement from all staff.

Some of the feedback we received:
 "My one thing is how amazing you both are and how grateful we are for this very powerful morning."
 "Recognising the significant role we play as teachers in helping vulnerable students."
 "I will remember the phrase *all behaviour is communication*."



With the upcoming changes to the RSHE curriculum from September 2026, it's more important than ever that staff feel confident and equipped to support young people around mental health and suicide prevention. Here at The OLLIE Foundation we are empowering our local community to recognise the signs, have confident conversations, and encourage help seeking.



A huge thank you to all the schools, students, and families who've supported us - from hosting OLLIE training and assemblies to choosing us as your charity of the year. Your efforts help build suicide-aware, safer communities.

Special thanks to Sir John Lawes School, whose students have again raised money through Connect Dacorum's Dragons' Apprentice Challenge!

We also want to thank Jacob James, a teacher from STAGS who is taking on a fundraising challenge to support the Easter holidays by running the length of the Cornish Coast.

Help and Advice

If you are looking for non-urgent help and advice, please head to our [website](#) where you can find help guides.

We also have a section for [Educators](#).

While we don't run a crisis or helpline we can signpost you to appropriate help [links](#).

If you need immediate assistance, we can connect you with organisations that specialise in urgent help [links](#).

- Visit our [website here](#).
- contactus@theolliefoundation.org
- Visit our Eventbrite page [here](#).
- Follow us on Instagram [here](#).
- Follow us on Facebook [here](#).
- Connect with us [here](#).
- Visit our YouTube channel [here](#).



The OLLIE Foundation
Charity number: 1162716



Suicide Prevention in the RSHE Curriculum

The inclusion of suicide prevention in the Relationships, Sex, and Health Education (RSHE) curriculum from September 2026 marks a significant step forward in supporting student well-being. By addressing this sensitive topic, educators can play a pivotal role in equipping students with the knowledge and resilience needed to navigate mental health challenges.

The Role of Educators

Educators are on the frontline of fostering a supportive environment for students. It is crucial for them to feel confident and prepared to discuss suicide prevention in a manner that is both informative and sensitive.

How The OLLIE Foundation Can Help

The OLLIE Foundation can deliver a bespoke 90-minute suicide prevention and awareness session for your staff, tailored to your school's needs. This can be offered as part of an INSET day or as a twilight session, providing staff with practical guidance, age-appropriate strategies, and the confidence to support young people effectively. Additionally we can deliver a smaller more focused session for the Safeguarding Leads and consider the policies in place and updates required.

Building a Supportive Environment

By integrating suicide prevention into the RSHE curriculum, schools have the opportunity to create a more informed and supportive community. This not only benefits students' mental health but also fosters a culture of understanding and empathy.

Next Steps

To learn more about how we can help you support your staff, email us at contactus@theolliefoundation.org



Supporting Year 11

During Children's Mental Health Week, we had the privilege of delivering an assembly to Year 11 around this year's theme, "This Is My Place."

We talked openly about stress and anxiety, especially during exam pressure, shared practical tools to support wellbeing, and signposted where to go for help, reminding students they're never alone.

A huge thank you to the staff and pupils of The Adeyfield Academy for making us feel so welcome and for creating a space where these important conversations can happen.

Important Resources that are free to download:

We offer schools a wide range of free resources, that can be accessed via our website:

Guidance for Educational Settings Following a Suicide or Sudden Death is a comprehensive document that will support you to create policies and procedures for your setting to refer to in the event of a suicide or sudden death in your community.

A Safe Plan can play a vital role in keeping someone safe when they are feeling distressed or thinking about suicide, and can be used to record what they can do should their well-being deteriorate, or to prevent deterioration.

Behind Closed Doors

Throughout the year we are hosting a series of panel discussions exploring difficult and often unspoken issues affecting young people today, including mental health, emotional wellbeing, online pressures and help-seeking. These events aim to create a safe, informed and supportive space for open dialogue, reducing stigma and encouraging early support. Find out more [here](#).

Coming soon...

A comprehensive toolkit designed to support the safe, confident, and effective delivery of suicide prevention lessons in schools.



Hertfordshire Sports Village: Easter Holiday Activities

HERTFORDSHIRE SPORTSVILLAGE

Easter Holiday Activities

Keep the Kids Active this Easter at Herts Sports Village

Climbing Crash Courses



Mini Medics

Swimming Crash Courses



Scan here for more info



University of Hertfordshire **UH**

de Havilland Campus, AL10 9EU
01707 284466

@hertssv
hertssportsvillage.co.uk

Step2Skills

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UK Government

STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS



Introduction to Working in Schools

Step into the classroom with confidence.

Thinking about becoming a teaching assistant, midday supervisor, or school volunteer? This course gives you a clear and practical overview of what it's like to work in a primary school. You'll learn about school structure and expectations, safeguarding, behaviour management, and current approaches to teaching maths and phonics. You'll also receive guidance on finding school vacancies and creating a strong, standout application.

Who is this course for?

Anyone interested in supporting children's learning in a primary school - whether as a classroom helper, teaching assistant, learning support assistant, midday supervisor, or volunteer.

Ready to start a career in education?
Discover how you can make a
difference in a primary school setting!



Details

Duration: 5 weeks (2 hours per week on a Tuesday)

Registration Fee: £35

Starting: Tuesday 2nd June 2026

Finishing: 30th June 2026

Times: 1pm-3.00pm

Venue: Hemel Hempstead Library

Address: The Forum,
Marlowes, Hemel
Hempstead, HP1 1DN

step2skills.org.uk

01992 556 194

@step2skills



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STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS



Exploring Working in Early Years Settings

Inspiring Futures, Shaping Little Lives

Thinking about volunteering or working in a nursery or pre-school? This short introductory course explores what early years settings do and how young children learn and develop. You'll learn about the roles of carers and volunteers, plus get practical guidance on finding vacancies and presenting yourself effectively when applying for jobs.

Who is this course for?

Adults interested in working or volunteering in a nursery, pre-school, or similar early years environment.

Take the first step - sign up today
and discover your path into early
years childcare!



Details

Duration: 5 weeks (2 hours per week on a Tuesday)

Registration Fee: £35

Starting: Tuesday 14th April 2026

Finishing: 19th May (no lesson on 5th May)

Times: 1pm-3.00pm

Venue: Hemel Hempstead Library

Address: The Forum,
Marlowes, Hemel Hempstead,
HP1 1DN

step2skills.org.uk

01992 556 194

@step2skills



Website: www.dacorumspl.org.uk



Email: dspl@kls.herts.sch.uk



Eventbrite: <https://dspl8.eventbrite.co.uk/>



Facebook: www.facebook.com/dspldacorum



Instagram: https://www.instagram.com/dspl_dacorum/

Supporting Links

Parent & Carer Support

Summer Term 2026



FREE COURSES for parents and carers 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.



Tuesdays 7.45 - 9.15pm
14th Apr to 19th May
Online Course: ID 834

Wednesdays 7.45 - 9.15pm
3rd Jun to 8th Jul
Online Course: ID 835

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.



Wednesdays 9.45 - 11.15am
6th May to 17th Jun Not half term 27/5
Online Course ID 832

Mondays 8.00 - 9.30pm
1st Jun to 6th Jul
Online Course ID 833



Courses will be delivered on zoom



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
6th May to 17th Jun Not half term 27/5
Online Course: ID 836

TALKING ADDITIONAL NEEDS

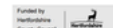
A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- 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
14th Apr to 19th May
Online Course ID 831

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
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



Hudnall Park Easter Activities

Easter holiday 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.

Looking to learn more about how we can protect wildlife?

Join us at Hudnall Park for a fantastic volunteering opportunity.



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 Easter 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. Young people are eligible until the summer holiday of the year they turn 19 (if in full time education). The activities are funded by Hertfordshire County Council Short Breaks but there is a small fee of £3.50 for each activity which is non-refundable. If you are not registered for Short Breaks, please [register here](#) before booking.

All sessions are for a maximum of 12 people. You can book as many activities as you wish. Young people taking part in both morning and afternoon activities on the same day are welcome to stay for lunch – please provide them with a packed lunch.

