

## DSPL2 Family Newsletter – Edition 3

We hope you are finding our DSPL2 Family Newsletter helpful. If you have any feedback please do get in touch at: [DSPL2@peartreespring.herts.sch.uk](mailto:DSPL2@peartreespring.herts.sch.uk)

### The Toolbox

A dedicated website for children and young people with ADHD and Autism, offering inspirational content, self-help tools, interactive livestreams and lots of other support information. It also guides users to additional services and interventions in Hertfordshire. The website has an anonymous live chat which provides a safe and supportive environment for young individuals to discuss their feelings and concerns with a live person.



Livestreams include animal crossing, Minecraft and more. <https://thetoolbox.mindler.co.uk/>


### The COGS app

The COGS app supports young people aged 14+ to understand neurodiversity. No formal diagnosis required. It offers techniques to support positive mental well-being, including support with stimming and interviews from people with lived experience.



Family Lives offer online courses and workshops using MS Teams


## Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

**Who should attend?**

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.




**These courses will be delivered by MS Teams over 6 sessions, on the following dates:**

- Monday 24 February & 3, 10, 17, 24, 31 March 2025  
**Evening:** 7.00pm - 9.00pm
- Tuesday 25 February & 4, 11, 18, 25 March & 1 April 2025  
**Daytime:** 9.30am - 11.30am


For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699



SCAN ME



**We build better family lives together**

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

 @FamilyLivesHertsandBeds

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, AL9 5AD.

Workshops

**Empowering Parenting**  
Tuesday 11 March  
9.30 am – 11.30am

**Reducing Conflict**  
Tuesday 18 March  
7pm – 9pm

**It's a Dads Life**  
Thursday 20 March  
7pm – 9pm

**Navigating the Storm – Teens**  
Tuesday 25 March  
9.30am – 11.30am

6 Week Online Courses

**Sorting Out Family Arguments**  
6 weeks  
Wednesday 26 February to 2 April  
9.30am - 11.30am

**Dads Together**  
6 weeks  
Wednesday 26 February to 2 April  
7pm - 9pm

**Getting on with your Pre-Teen/Teenager**  
6 weeks  
Thursday 27 February 3 April  
9.30am – 11.30am

**To find out more visit:**  
<https://www.familylives.org.uk/>

# DSPL2 and SPACE Hertfordshire invite you to learn about LENDING SPACE



Attention parent/carers and professionals! Come and discover more about Lending SPACE, Hertfordshire's community hub (based in Stanstead Abbots) for sensory, educational, and practical equipment available to borrow. Meet our knowledgeable team, explore our wide range of resources and learn more about the work we do. SPACE Hertfordshire proudly supports over 10,000 families of neurodivergent children and young people.

### Join us to see how we can support you

Date: 24th March, 2025  
 Time: 9.30am - 1pm  
 Location: Oak Suite, Peartree Spring Primary School, Stevenage, SG2 9GG



### New shuttle service

You can also find out more about our new minibus shuttle service to make Lending SPACE even more accessible! Hop on in Stevenage, enjoy an hour exploring Lending SPACE, and get a convenient ride back. Perfect for parent/carers or families looking for an easier way to visit. This service is due to launch in March/April.



## **Hertfordshire Local offer website**

They have lots of useful information on services available across Hertfordshire as well as signing up to the local offer short breaks service and the Hertfordshire additional needs database (HAND offer).

<https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx>

## **Hertfordshire based charity Angels.**

Angels support families of autistic children and /or children who have ADHD (and those awaiting a diagnosis). All Angel's staff are parents of neurodivergent children. They provide individualised advice and support to parents as well as help families meet with others with shared experiences.

<https://angelssupportgroup.org.uk/>

## **The Children's Wellbeing Practitioner Service**

Provides early intervention emotional wellbeing and mental health support to children and young people aged 5-19 who would benefit from, low intensity support. Support is provided through 1-1 and group interventions

<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

## **ADD-Vance.**

A local charity developed by a group of parents of neurodivergent children who want to support families with children or young people with ASD/ADHD. They offer a variety of services including workshops, courses, a support telephone line, as well as family events and much more.

<https://www.add-vance.org/parents/courses/>

## **SPACE**

A Hertfordshire based charity supporting families of children or young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions)

<https://spaceherts.org.uk/space-for-families/#workshops-and-training>

## **Families in Focus**

Families in Focus are a Hertfordshire-based community interest company that provides online evidence-based, award-winning therapeutic parenting courses as well as providing a safe space to meet others with shared experiences.

<https://www.familiesinfoocus.co.uk/>

## Supporting Links

We are a local social enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children throughout Hertfordshire and the surrounding area

<https://www.supportinglinks.co.uk/>

## Family Lives

We are a charity that provide support to families around all aspects of life including your child development, understanding your child, issues with school, parenting/relationship support and much more

<https://www.familylives.org.uk/>

## Dolphins swimming club

A swimming club (at Stevenage Leisure centre) for people with physical and mental disabilities that would benefit from time in the water but are uncomfortable attending a normal swimming session. We are a registered charity

<https://stevenage-dolphins.org/>

## Graces Space and the Brighter SENTER

Brighter SENTER is an inclusive life skills and wellness hub for children and young people ages 5-16 with SEN. They have a team of consultants, coaches, facilitators, psychologists and relaxation therapists who have a desire to see children and young people have a bright outlook and the freedom to explore, develop and thrive in every area of life.

Graces space is a volunteer and parent Saturday Club that meet twice a month.

<https://brightersenter.com/>



**Grace's Space**  
supporting families for a brighter future

GRACE'S SPACE is a parent and volunteer led monthly Saturday Club that supports:

- Children aged 3-9 years old diagnosed with Autistic Spectrum Disorder
- Their parents and siblings

**GRACE'S SPACE WILL PROVIDE:**

- A space to play, learn and relax
- These sessions will include: musical activities, sporting activities and creative dance

Venue: Grace Community Church Hall, Hydeau Way, Stevenage, SG2 9XJ.  
Each session lasts for 1 hour 30 minutes

Attendance is via registration only and admission is FREE  
Registered children will get a FREE T-Shirt with our Logo

Grace's Space runs two sessions on the first Saturday of every month  
10:00 AM - 11.30 AM  
12.30 PM - 2PM

To register or for more information call or email us on:  
Telephone: 07972 345 797  
Email: [graces\\_space@live.co.uk](mailto:graces_space@live.co.uk)  
Website: [www.gracespace.org](http://www.gracespace.org)

### Chat Health School Nurse text messaging service for parents/carers: 07312 263002

A new service from Chat Health has recently launched for parents/carers to provide advice on supporting children and young people's health and wellbeing (launched July 24)

Find out more about the wide range of services available to support Hertfordshire's children, young people and their parents/carers with emotional wellbeing/mental health at:  
[www.hertfordshire.gov.uk/youthmentalhealth](http://www.hertfordshire.gov.uk/youthmentalhealth)

### Young Minds

Young minds are the UK's leading charity fighting for young people's mental health.

They have a Parents Helpline which is a free national service for any parent or carer concerned about a young person aged 0-25 yrs. We give customised advice and provide translation services in over 200 languages. We also have comprehensive resources on the Parent and Carer section of our website,

[https://www.youngminds.org.uk/parent/parents-helpline/?utm\\_source=website&utm\\_medium=website&](https://www.youngminds.org.uk/parent/parents-helpline/?utm_source=website&utm_medium=website&)

### With Youth online groups for children and young people

With Youth free online emotional wellbeing groups for 7–12-year-olds and ages 13+.  
E: [withyouth@hertsmindnetwork.org](mailto:withyouth@hertsmindnetwork.org) for more information and/or find out more [here](#)

### The sandbox

The Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**.

We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.

<https://thesandbox.mindler.co.uk/>

Follow us on Facebook- [https://www.facebook.com/p/DSPL2-Stevenage-100063726952451/?\\_rdr](https://www.facebook.com/p/DSPL2-Stevenage-100063726952451/?_rdr)

Our website is continuously updated with useful information- <https://www.stevenagedspl.org.uk/>