DSPL9 Parent, Carer and Family Newsletter

21st October 2026

Welcome to the 4th DSPL9 newsletter for the academic year 2026/27 .
This provides families and school colleagues with current local SEND information with a focus on **Parents and Families**.

This newsletter is published fortnightly during term time. Next edition- **November 2026**

DSPL9 support

- DSPL9 EBSA Parent and Carer Coffee Morning 25th January 2026
- DSPL9 SEND Parent and Carer Coffee Morning. Next date 9th February 2027

DSPL 9 Triage Service

- offers guidance and practical support for parents and carers of children and young people with SEND.
- Supporting parents in navigating services and making referrals and the referral process.
- Promoting and signposting services available to parents of children and young people with SEND.
- Local SEND coffee mornings for parents/carers

To refer to the Triage team for support please complete the referral form here

Other services offering support or training

- Add Vance would like to remind about their support line
- Potential Kids share their October Half Term events.
- Coram Family Lives – Parent Alienation Workshops are bookable
- Beezee by Maximus offers **free support for Hertfordshire families,** children and young people to make healthy lifestyle changes that last.
- Herts SEND share Information on the Local Offer to help support children with school anxiety
- Coram Family Lives have a few places remaining on -Parenting when separated for parents of SEN children
- DS Achieve share details of their weekly Stay and Play group for primary-aged children with Down Syndrome and their parents or carers.
- Coram Family Lives are offering five 2-hour parenting workshops.
- Hertfordshire CC share their New to SEND update.
- NESSIE share details of their support community.

DSPL 9
Emotionally Based School Anxiety Coffee Morning



DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (emotionally based school anxiety/avoidance).

The event will be run by DSPL 9 with a Family Support Worker and Nessie Therapist available to offer support and guidance.

Monday 25th January 2027	**10-11.30am**	**The Green Room, Bournehall Primary School**
Monday 26th April 2027	10-11.30am	Otley Way Family Centre, Otley Way, South Oxhey, Watford, WD19 7TB

Please let us know you will be attending by contacting admin@dsplarea9.org.uk.

PUT THIS on YOUR CALENDAR!

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DSPL9

Delivering Special Provision Locally



PARENT/CARER COFFEE MORNINGS 2026/27

The aim of these relaxed meetings

- To provide a safe space where you can talk freely about your child/young person and your family, and the challenges you are facing
- To help signpost parents/carers to the correct services/information
- To enable parents/carers to meet other local parents and connect with like-minded people in their community that may be going through similar challenges
- To be a listening and understanding ear, without judgement
- To help parents/carers feel that they are being supported and are not alone

Parents are welcome to bring along toddlers and children - including those that may be struggling to attend school for whatever reason. And of course, refreshments will be provided!

Please join DSPL9 and One YMCA to find out about the support available locally and to meet other parents and carers of children with SEND.

- **9th February 10.00am-11.30am**
- **Westfield Family Centre**

YMCA
Herts • Beds • Bucks
OneYMCA.org

If you would like to attend or to find out more please email us at enquiries@dsplarea9.org.uk



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

Ready to turn over a new leaf this autumn?

Beezee by Maximus offers **free support for Hertfordshire families,** children and young people to make healthy lifestyle changes that last.

Nutrition - learn about healthy eating and balanced meals

Being Active - discover fun ways to move more

Healthy Habits - build positive habits and resilience

Wellbeing - support your own and your family's physical and emotional health

Through fun activities, practical advice and expert guidance, we'll help children, young people and your family gain the knowledge, skills and confidence to make healthier choices together.

Take a look at the attached postcard to find out more and register today [Beezee Hertfordshire - Free Healthy Lifestyle Programmes]

You can also give the attached recipes a try too over the half term holidays.

We look forward to supporting your family's healthy lifestyle journey!

Healthy regards,

Beezee in Hertfordshire
T: 01707 248648
Beezee Hertfordshire - Free Healthy Lifestyle Programmes

Ready to turn over a NEW leaf?

Beezee by maximus

Sign up to one of our FREE healthy lifestyle services today to start your journey.

Beezee FAMILIES

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families.

Beezee YOUTH

- 13-17 year olds can talk about topics that matter to them
- Build confidence
- Get expert support
- Join a safe space.

We be-leaf in you!

Hertfordshire

Our team are here to support you and your family make healthy changes that last for GOOD. We'll learn about healthy eating, moving more, and have fun while doing so!



Ready to get started?

Start your health journey today

hrt.maximusuk.co.uk

hellohertfordshire@maximusuk.co.uk

01707 248 648

25-4985

Spooky stuffed peppers



Ingredients

Makes 6

- 1 onion, diced
- 3 cloves garlic, crushed
- 500g lean beef mince (or meat-free alternative)
- 2 x 500g tomato passata
- 250g pouch cooked grains of choice (rice, quinoa, bulgur wheat etc)
- 3 orange peppers
- 3 green peppers
- 6 pitted black olives
- 120g grated mozzarella

Method

1. Heat 1 tbsp olive oil in a large pan. Add the onion and garlic to the pan and sauté for 2 minutes.
2. Add the beef mince and cook until browned.
3. Stir in the passata and leave to simmer for 5 minutes.
4. Add your grains of choice and stir until well combined. Leave to simmer for a further 5 minutes.
5. Meanwhile, preheat your oven to 200°C/gas mark 6 and start to prepare the peppers.
6. Cut off the tops of the peppers, setting aside. Use a metal spoon to deseed the peppers.
7. Using a small knife, carefully carve faces into the orange peppers to look like a jack o'lantern. For the green peppers, carefully carve Frankenstein faces and olive-sized holes on either side of the face. Place a black olive in the holes on either side of the green peppers to create Frankenstein's bolts.
8. Split the mince filling equally between the 6 peppers and fill.
9. Top the filling of each pepper with 20g grated mozzarella and replace the tops of the peppers.
10. Place the peppers standing up on a baking tray. Bake in the oven for 25-30 minutes, then serve.

Beezee top tip:

Want to make these peppers look extra spooky? When cutting off the top of the pepper, you can cut in a zig-zag pattern for a monster-like look!

Beezee FAMILIES

24-3439

Ghoulish gingerbread



Ingredients

Serves 8

- 115g plain flour
- ¾ tsp bicarbonate of soda
- ¼ tsp cinnamon
- ½ tsp ginger
- 25g soft brown sugar
- 25g olive oil spread
- 2 tbsp honey
- Icing pens to decorate

Method

1. Preheat the oven to 190°C/gas mark 5 and line 2 baking trays with greaseproof paper.
2. Place the flour, bicarbonate of soda, cinnamon and ginger into a bowl and stir.
3. Heat olive oil spread, sugar and honey until they dissolve, then stir into the dry ingredients to form a dough.
4. Roll out the dough to ½cm thick and cut out gingerbread men using a cutter. You could try other ghoulish shapes too!
5. Place the gingerbread men onto the trays and bake for 5-7 minutes until golden.
6. Decorate with a white icing pen - have fun and get creative!

Beezee top tip:

You don't have to stick to skeletons! You could try ice ghosts, mummies and zombies. Get spooky and have fun.

Beezee FAMILIES

24-3446



Helping your child with school anxiety

If your child is struggling with anxiety and finding it difficult to attend school, you're not alone. Hertfordshire's SEND Local Offer webpage provides essential information and support to help you and your child navigate this challenging time.

What's on the webpage?

- Access practical advice from professionals on managing school-related anxiety.
- See which services are available to help you
- Detailed guidance for the Educational Psychology Service on emotional based school avoidance

Get help for school anxiety: If your child is too anxious to go to school

Neurodiversity Support Hub

ADD-vance

For Parents, Carers and Professionals across Hertfordshire

01727 833 963

supporthub@add-vance.org

Whether you need practical advice, emotional support or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm
Tues & Thurs: 9am - 3pm
Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am -1pm

All our helpline team are parents/carers of neurodivergent children.

No diagnosis required



SEND 0-25 years
Hertfordshire's Local Offer

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

Hertfordshire

Herts Parent Carer Involvement
www.hertsparentcarers.org.uk

NHS

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
1st,8th 15th,22nd	Thu	Bushcraft/STEM Home Ed 4+	10.30 12.00	Potential to Grow Garden
1st ,15th 3rd	Thur Sat	Youth Club 11-16(yr7-11)	5.30-7 1.30-3	The Hub@The Galleria
2nd,9th 16th,23rd	Fri	Gardening for Wellbeing	10.30 12.00	Potential to Grow Garden
2nd,9th 16th,23rd	Fri	Parent /Carer Wellbeing	12.30 2.00	Potential to Grow Garden
3rd	Sat	Tech support	10.00 1.00	The Zone@The Galleria
6th,13th, 20th	Tue	Coding & Game Design Home Ed 6-12yrs	1.00 2.30	The Zone@The Galleria
8th,22nd	Thur	Trampolining 5+	5.30 6.30	Gosling Sports Centre WGC
16th	Fri	Youth Group 16+	6.30 8.30	The Hub@The Galleria
23rd	Fr	Skateboarding 9+	5.30 6.30	The Pioneer Club
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

info@potentialkids.org

potentialkids.org.uk/events

SCAN FOR ALL OF OUR IMPORTANT LINKS

the galleria OUTLET SHOPPING

Hertfordshire Community Foundation
Funding Local Causes

SPORT ENGLAND



Parenting when separated for parents of SEN children - online programme

Come along to our six-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.

The programme includes:

- Understanding SEN and its impact on children and family dynamics
- Effective communication skills
- Managing emotions and stress
- Collaborative problem solving
- Building a supportive network
- Creating a unified parenting approach

Dates and times

Date: Tuesday 13th and 20th October, 3rd, 10th, 17th and 24th November 2026
Time: 9.30am to 11.30am

Date: Wednesday 14th and 21st October, 4th, 11th, 18th and 25th November 2026
Time: 7.00pm to 9.00pm

This will be delivered online via MS TEAMS

SCAN ME

For more information or to make a referral, scan the QR code, email **services@coramfamilylives.org.uk** or call **0204 522 8700** or **0204 522 8701**

We build better family lives together

www.coramfamilylives.org.uk

@coramfamilyliveshertsandbeds

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Play and Learn Hub - a Saturday group for primary-aged children with Down Syndrome

DS Achieve's Play and Learn Hub is a weekly Stay and Play group for primary-aged children with Down Syndrome and their parents or carers, held on Saturday afternoons in Welwyn Garden City.

The group offers a relaxed, welcoming space where children can play, explore activities, build friendships and develop social skills, supported by their parents and our friendly team.

Sessions include a range of play-based activities, such as games, crafts, movement and sensory play, with opportunities for children to connect with peers and grow in confidence. Parents and carers can stay alongside their child, meet other families and access informal support from visiting professionals (e.g. SaLT, OT, Physio, DS Advisor).

When: Saturdays, 2:15pm-3:45pm during term time
Where: Welwyn Garden City, Hertfordshire

Bookings for the Autumn term are open, and new families are very welcome.

For more information and to book a place, please contact DS Achieve at info@dsachieve.org



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

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Navigating the early stages of your child's SEND journey

When you are trying to understand how to set up support for your child's additional needs, there can be a lot to consider. It needn't feel overwhelming. 'New to SEND' is a handy one-pager featuring:

- Advice from families who share what they did when they were starting out.
- Support in the community, local organisations and networks.
- A starting point for considering how to get help from school, health or for yourself as a carer.

When you are ready to explore the detail further, the Hertfordshire SEND Local Offer website covers it all, but New to SEND is a good place to begin.

Click here for New to SEND

Click Here to Join the Nessie Community!

We're so excited to finally welcome you to Nessie Community — a new online community created to support parents, carers and those supporting children and young people with their mental health.

We know how overwhelming it can feel when a child is struggling. Knowing where to turn, finding information you can trust, or simply connecting with people who get it can make such a difference.

That's why we've created Nessie Community.
Join FREE and you'll have access to:

- Helpful resources and practical information
- Live **Nessie Cuppas** — relaxed, informal conversations and a chance to connect
- Our **What's On** programme of events and sessions
- A growing library of support and guidance
- A community where you can feel understood and less alone

And this is just the beginning. We'll continue adding new resources, conversations, events and opportunities to connect as the Community grows.

More than 100 families have already joined us —

💚

and we'd love you to be part of it too.

