South West Herts Partnership Family Support Service

Parenting Course Calendar

South West Herts Partnership has collated a list of parenting events happening online from our parent organisations on the following pages

SOUTH WEST HERTS
PARTNERSHIP
FAMILY SUPPORT SERVICE

swhp_familysupportservice

www.swhp.org.uk

Supporting Links
Promoting Strong Family Relationships

Fully funded by Herts County Council

SOUTH WEST HERTS PARTNERSHIP
FAMILY SUPPORT SERVICE

Calendar

Local events

ONLINE PARENTING COURSES
DELIVERED TO YOUR HOME VIA ZOOM.

Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire.

Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556
bookings@supportinglinks.co.uk www.supportinglinks.co.uk

NOV 03	**9:45AM ONLINE COURSE**	**TALKING ADDITIONAL NEEDS** 6, weekly sessions for parents and carers of children aged 2-19 with any additional need. 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. **Pre-booking essential—quote course ID 859**
NOV 03	**9:45AM ONLINE COURSE**	**TALKING DADS** 6, weekly sessions for dads and male carers of children aged 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 **Pre-booking essential—quote course ID 868**
NOV 04	**9:45AM ONLINE COURSE**	**TALKING FAMILIES** 6, weekly sessions for parents and carers of children aged 0-12 sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more **Pre-booking essential—quote course ID 860**

Supporting Links
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NOV 04

10:30AM ONLINE COURSE

TALKING ANXIETY

Our FREE 6 week course for parents and carers of children aged 3-19 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.

Pre-booking essential—quote course ID 862

NOV 04

7:45PM ONLINE COURSE

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.

Pre-booking essential—quote course ID 866

Supporting Links
Promoting Strong Family Relationships

SOUTH WEST HERTS PARTNERSHIP
FAMILY SUPPORT SERVICE

Calendar

Local events

Fully funded by Herts County Council



BITESIZE WORKSHOPS

answering common parenting questions—in short, practical, interactive online workshops FREE to parents and carers living in Hertfordshire

Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

info@supportinglinks.co.uk

https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843

OCT 20	**10AM ONLINE COURSE**	**WHY DOES MY CHILD BEHAVE LIKE THAT?** This one hour online session will help you to understand: The 7 underlying causes behind all behaviour How to reduce the behaviours we do not want to see through positive connections with our child Practical ways we can reduce challenging behaviour. **Pre-booking essential: quote course ID 880**
NOV 05	**10AM ONLINE COURSE**	**HELPING CHILDREN TO MANAGE ANGRY FEELINGS** Why our young people get angry - exploring different types of anger Widening our response beyond dealing with angry behaviour towards helping our children with how they manage those big emotions. How to teach children how to recognise their difficult feelings and what to do with them so that they aren't flooded with emotion. **Pre-booking essential: quote course code 878**
NOV 09	**7PM ONLINE COURSE**	**WHAT'S GOING ON IN MY TEENAGER'S HEAD?** Living with a teenager or pre-teen can be challenging! Help to understand: How the brain is changing & developing during the teen years Things we can do to support our young people during this huge change in their lives. **Pre-booking essential—quote course ID 873**
NOV 19	**7PM ONLINE COURSE**	**HELPING YOUR CHILD WITH THEIR WORRIES** Practical strategies for parents and carers to support children who often have worries and anxious feelings We will help you to explore: What worries are and when do they become a problem? What can we say/do to help our child when they are worried or anxious. **Pre-booking essential: quote course code 877**

Supporting Links
Promoting Strong Family Relationships

Fully funded by Herts County Council



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FAMILY SUPPORT SERVICE

Calendar

Local events

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answering common parenting questions—in short, practical, interactive online workshops FREE to parents and carers living in Hertfordshire

Pre-booking essential. Please quote the course ID.

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info@supportinglinks.co.uk

https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843

NOV 26

7PM ONLINE COURSE

HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...?

Are you worried about the risk of your teen/pre-teen being exposed to inappropriate images, information and unwelcome influences? Would you like to find out how to talk with your child about difficult subjects, like pornography, the manosphere and consent?

Pre-booking essential—quote course ID 874

DEC 01

7PM ONLINE COURSE

HELPING CHILDREN TO MANAGE ANGRY FEELINGS

Why our young people get angry - exploring different types of anger
Widening our response beyond dealing with angry behaviour towards helping our children with how they manage those big emotions.
How to teach children how to recognise their difficult feelings and what to do with them so that they aren't flooded with emotion.

Pre-booking essential: quote course code 879

DEC 03

7PM ONLINE COURSE

PARENTING STYLES: WHAT WORKS?

Strict, soft, gentle, friendly? How do you want to parent?
Have you ever....
Found yourself using the exact same phrases your parents used on you
Noticed that your partner or co-parent seems to get a better response from your child, and you're not sure why?

Pre-booking essential: quote course code 881

Supporting Links
Promoting Strong Family Relationships

Fully funded by Herts County Council

SOUTH WEST HERTS PARTNERSHIP
FAMILY SUPPORT SERVICE

Calendar

Local events

FREE practical and interactive 1.75 hour ONLINE WORKSHOPS for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend
Pre-booking essential. Please quote the course ID.
Contact Supporting Links on: 07512 709556
bookings@supportinglinks.co.uk
https://www.eventbrite.com/cc/talking-asd-adhd-free-for-parents-in-herts-1046969

OCT 21

7:30PM ONLINE COURSE

SCHOOL AVOIDANCE

Helping you to understand why school avoidance happens and how to support your child
What is EBSA and is this what your child is experiencing?
Common causes and triggers of school avoidance
Practical steps you can take to support your child
How to work with your school in your child's best interests
Where to access help & support, both locally & nationally
Pre-booking essential—quote course ID 872

NOV 19

9:30AM ONLINE COURSE

TECH USE

Recognise how to support difficultiees with online behaviour
Parents who are able to understand the cause of problems are better able to set up appropriate guidance and boundaries.
Parents and carers who attend will leave understanding what is happening for their child and what they can do about it
Pre-booking essential—quote course ID 870

Families In Focus CIC

Enabling families to be stronger together

SOUTH WEST HERTS PARTNERSHIP FAMILY SUPPORT SERVICE

Calendar

Local events

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions - no need to book, just turn up unless stated otherwise. Delivered by experience, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment.
www.familiesinfocus.co.uk Email Francine & Lesley today: bookings@familiesinfocus.co.uk

NOV 02 | **9:30AM ONLINE COURSE**

HANDLING ANGER IN YOUR FAMILY FOR CHILDREN WITHOUT SEND

An online course for parents of primary aged children with no SEN needs. Increase understanding of 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

NOV 02 | **6:30PM ONLINE COURSE**

HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM

Gain understanding of Autism and ADHD and how behaviours can be effected
Understand how anger and other emotions live in your family
Discover creative ways to support children to ‘let go’ of anger safely

NOV 03 | **12:30PM ONLINE COURSE**

HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM

Gain understanding of Autism and ADHD and how behaviours can be effected
Understand how anger and other emotions live in your family
Discover creative ways to support children to ‘let go’ of anger safely

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

NOV 04

9AM ONLINE COURSE

HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM

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Understand how anger and other emotions live in your family Discover creative ways to support children to ‘let go’ of anger safely

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Understand how anger and other emotions live in your family Discover creative ways to support children to ‘let go’ of anger safely

coram family lives

Courses open to parents/carers
who are residents of Hertfordshire

SOUTH WEST HERTS PARTNERSHIP
FAMILY SUPPORT SERVICE

Calendar

Local events

Coram Family Lives will be delivering the below online parenting workshops (via MS Teams), funded by Herts County Council in the Summer term for parents/carers who live in Hertfordshire or who have a child attending a Herts school.
To book a place, email: services@familylives.org.uk or call us on 0204 522 8701 for more information
https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/

Register here

ONLINE COURSE

PARENTS TOGETHER

This online parenting course is suitable for parents and carers of children aged 0-11

· Promoting wellbeing
· The power of communicating and being positive
· Understanding behaviour
· Managing and promoting positive behaviour in the family

Register here

ONLINE COURSE

BRINGING UP CONFIDENT CHILDREN

Free self-guided online parenting course on building children's mental wellbeing, helping them flourish, manage their feelings and build resilience to help cope with challenges. This course is suitable for parents of children aged 5-18.

Register here

ONLINE COURSE

PARENTING NEURODIVERGENT CHILDREN

This course is designed to support you with compassionate, practical strategies that meet your and your child's unique needs. The parents who have created this course understand the challenges, small wins and the overwhelming moments and have lived experience of raising neurodivergent children, teens and young adults.

Register here

ONLINE COURSE

PARENTING TEENS

This course is aimed at parents and carers of 11-18-year-olds. It is also suitable if your child is approaching the teen years and you want to be prepared for this stage of parenting.

· Understanding teen behaviour
· Risky behaviour, conflict and sensitive issues
· Communicating with your teen

coram family lives

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To book a place, email: services@familylives.org.uk or call us on 0204 522 8701 for more information
https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/

Register here

ONLINE COURSE

CHALLENGING BEHAVIOUR IN TEENS

This parenting course is suitable for parents of children aged 11-18, who are showing difficult, defiant, risk-taking or aggressive behaviour.

· Defiant behaviour
· Aggression and violent behaviour
· Communication and setting boundaries
· Looking after yourself and strengthening the bonds

Register here

ONLINE COURSE

SIBLING ARGUMENTS

This free online course is for parents, carers and other family members to help manage conflicts in family life, particularly between siblings or children in the household. It is aimed at families with children aged 5-18.

· Sibling rivalry
· Giving children the skills to deal with conflict
· Negotiation in the family

Register here

ONLINE COURSE

CO-PARENTING AFTER DIVORCE OR SEPARATION

This free online co-parenting course, with certificate is for parents or carers who are separated or divorced who are looking for helpful tools to co-parent effectively.

· The impact of separation on parents and children
· Positive communication with your co-parent
· Self-care and managing new relationships

Register here

ONLINE COURSE

DEALING WITH RELATIONSHIP CONFLICT

This free online parenting course is designed for parents who are married or in a relationship. Through this course, parents will gain a better understanding of their conflict patterns, develop effective communication skills, learn collaborative approaches to resolving disagreements, and build healthier, more positive relationships for themselves and their family.

Calendar

Local events

Angels supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis). All Angels staff are parents of neurodivergent children.

Angels is an experience-led charity, based in Hertfordshire, which provides individualised, professional expertise and advice. We work alongside parents to build understanding of their children's conditions, their rights, ensuring their needs are met at home, at school, and in the community. Our key aim is to maximise the individual potential of each child and young person.

Please contact The Neurodiversity Support Hub: Tel:01727 833963
Lines are open from 9am-1pm weekdays
www.add-vance.org/parents/neurodiversity-support-hub/

OCT 20	**10AM ONLINE COURSE**	**UNDERSTANDING & SUPPORTING ADHD** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Tuesday 10am—12noon**
OCT 21	**7:30PM ONLINE COURSE**	**EVENING PARENT/CARER SUPPORT GROUP** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Thursday 7.30pm—8.30pm**
NOV 03	**10AM ONLINE COURSE**	**ACCESSING HEALTHCARE AND WRITING A HEALTH PASSPORT** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Tuesday 10am—12noon**
NOV 10	**10AM ONLINE COURSE**	**USE OF DECLERATIVE LANGUAGE AND EMOTIONAL LITERACY** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Tuesday 10am—12noon**

Calendar

Local events

Angels AUTISM & ADHD SUPPORT for parents/carers of children with ADHD and/or on the Autistic Spectrum Registered Charity 1172659

SOUTH WEST HERTS PARTNERSHIP FAMILY SUPPORT SERVICE

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www.add-vance.org/parents/neurodiversity-support-hub/

NOV 17	**10AM ONLINE COURSE**	**AUTISM AND ANXIETY** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Tuesday 10am—12noon**
NOV 18	**7:30PM ONLINE COURSE**	**EVENING PARENT/CARER SUPPORT GROUP** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Thursday 7.30pm—8.30pm**
NOV 24	**10AM ONLINE COURSE**	**SURVIVING THE CHRISTMAS SEASON** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Tuesday 10am—12noon**
DEC 01	**10AM ONLINE COURSE**	**PAUL CHAMBERS THINKING HAT WELLBEING SESSION** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. Zoom Tuesday 10am—12noon

Calendar

Local events

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Lines are open from 9am-1pm weekdays
www.add-vance.org/parents/neurodiversity-support-hub/

DEC 08	**10AM ONLINE COURSE**	**MICHELLE JAQUES LET'S TALK ARFID** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Tuesday 10am-12noon**
DEC 15	**10AM ONLINE COURSE**	**WOMEN AND GIRLS WORKSHOP** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Tuesday 10am-12noon**
DEC 16	**7:30PM ONLINE COURSE**	**EVENING PARENT/CARER SUPPORT GROUP** An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance. **Zoom Thursday 7.30pm—8.30pm**

STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS

HERTFORDSHIRE FUTURES

Courses open to parents/carers who are residents of Hertfordshire

SOUTH WEST HERTS PARTNERSHIP FAMILY SUPPORT SERVICE

Calendar

Local events

These courses/workshops are run as real-time online using Google Classroom - instead of having to go to a classroom, the classroom comes to you! You are taught by a teacher and you will have classmates that you share ideas with. To take part you will need a tablet or laptop/computer with a webcam & microphone to enable you to interact. A few days before the start, your teacher will email you with instructions on how to join the class.
https://www.hertfordshire.gov.uk/microsites/adult-learning/step2skills-home.aspx

OCT 22

10AM WATFORD COLOSSEUM WD17 3JN

WATFORD INCLUSIVE JOB FAIR

Step2Skills is delighted to be holding one of our Inclusive Job Fairs in Watford. This Job Fair will be aimed towards adults (aged 18 and above) in Watford and surrounding areas with learning and physical disabilities, sensory needs, neurodiversity and mental health conditions.

This event is **FREE** for Hertfordshire residents to attend. Booking is not essential but is advised as spaces are limited for each slot. Note that there is a low sensory hour between 12-1pm with limited tickets available and you MUST book a ticket to be allowed entry during this slot.

Come along and;

- Chat with employers about potential employment opportunities
- Find out about current vacancies Ask questions
- Meet the Step2Skills Employment Support team and find out how they can help you through the supported employment projects
-

Confirmed employers will be announced here and on social media closer to the event.

1-hour time slots (between 10am and 2pm)
This event is FREE for Hertfordshire residents to attend. Booking is not essential but is advised as spaces are limited for each slot

Calendar

Local events

For residents of Hertfordshire only

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.
https://spaceherts.org.uk/events/

NOV 03 | **10AM ONLINE COURSE**

ADHD IN GIRLS AND WOMEN

This workshop is designed to help parents and carers understand more about the particular challenges which girls with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them.

NOV 09 | **6:30PM ONLINE COURSE**

AUTISTIC GIRLS

A workshop to help parent/carers understand more about autistic girls and leave equipped with strategies & approaches to help support them. This workshop is designed to help parents and carers understand more about the particular challenges which autistic girls can face as well as leave equipped with strategies and approaches to help celebrate and support them.

NOV 11 | **10AM ONLINE COURSE**

UNDERSTANDING ADHD

Join us for an exciting online workshop to gain a deeper understanding of ADHD. Whether you're a parent, educator, or simply curious about ADHD, this workshop is for you!
Discover effective techniques for fostering positive relationship and promoting success in various aspects of life.

NOV 12 | **6:30PM ONLINE COURSE**

TOILET TRAINING: BEATING THE TOILET MONSTER

This workshop is designed to empower parents and carers with the knowledge and skills needed to support children and young people who experience fear or anxiety around toileting. Toileting difficulties can be rooted in sensory sensitivities, interoceptive challenges, and emotional responses. This workshop explains the different ways these factors may present in neurodivergent children, particularly those who are Autistic or have ADHD, and how to respond effectively.

Hertfordshire Family Centre Service

SOUTH WEST HERTS PARTNERSHIP FAMILY SUPPORT SERVICE

Calendar

Local events

InspireAll

The Children's Wellbeing Practitioners deliver several emotional wellbeing workshops throughout the year targeted at parents/carers and young people. These workshops are currently being delivered virtually via Microsoft Teams and a referral into the service is not required to access workshops.

You can book a place onto a workshop via Eventbrite

To use the Family Centre Service please make sure you sign up or it could effect your booking. Simply follow the link to sign up: https://www.hertsfamilycentres.org/sign-up.aspx

NOV 03	**9:30AM ONLINE COURSE**	**FAMILY TOOLKIT** For parents/carers to understand how emotions can influence actions and offer practical ways of guiding children. This 5 week online course is for families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life.
THURSDAY	**10AM** **St Lawrence Church** **High Street** **Abbots Langley** **WD5 0AS**	**SEND CHAT & PLAY** Free Drop-in. Come and meet with professionals from the Early Years SEND Team and Public Health Nursing Team Meet the SEND Champions at these sessions
NOV 20	**10AM** **Westfield & Littlebury Best Start Family Hub** **Croxley View** **Watford** **WD18 6NS**	**SEND CHAT & PLAY** Free Drop-in. Come and meet with professionals from the Early Years SEND Team and Public Health Nursing Team Meet the SEND Champions at these sessions

Calendar

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https://spaceherts.org.uk/events/

NOV 13	**10AM ONLINE COURSE**	**UNDERSTANDING AUTISM** This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism is a neurological condition – this workshop explains the different ways Autism may present in children and young people.
NOV 16	**10AM ONLINE COURSE**	**WHAT COMES NEXT? PREPARING FOR ADULTHOOD (14-25)** A workshop that explores the services and support available to Parents of children after 16 with Special Educational Needs in Hertfordshire. Parents and carers will feel more confident and able to navigate the complexities of the Post 16 SEND world, so they can access the support they need for their family.
NOV 23	**6:30PM ONLINE COURSE**	**UNDERSTANDING BEHAVIOUR AS COMMUNICATION** This workshops focusses on supporting children's mental health and wellbeing through planned responses, role modelling, use of language and de-escalating situations before children reach crisis.
NOV 25	**10AM ONLINE COURSE**	**UNDERSTANDING AND SUPPORTING EXECTUTIVE FUNCTIONING DIFFICULTIES** A session on Executive Functioning by Susan Brooks, an Educational Psychologist. Parents and carers understand what Executive Functioning is and can help to improve and support their child or young person's Executive Functioning skills.

Calendar

Local events

For residents of Hertfordshire only

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https://spaceherts.org.uk/events/

NOV 26

6:30PM ONLINE COURSE

PUBERTY AND NEURODIVERSITY

This workshop is designed to help parents and carers understand more about the particular challenges faced by neurodiverse young people when they are going through puberty, and the impact this can have on their family and wider circle. Parents and carers will leave equipped with lots of strategies and approaches..

NOV 30

10AM ONLINE COURSE

APPLYING FOR AN EDUCATION HEALTH AND CARE PLAN

This workshop is designed to empower parents and carers with the knowledge and confidence needed to apply for an EHCP. It explains the legal framework, thresholds, and evidence required, enabling families to navigate the process more effectively and advocate for their child or young person.

NOV 30

6:30PM ONLINE COURSE

SLEEP WORKSHOP

To support parents and carers to make positive changes to their child's sleep patterns, which will enable the whole family to benefit from more sleep. This will have a very positive effect on the health and wellbeing of all family members.

Calendar

Local events

For residents of Hertfordshire only

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https://spaceherts.org.uk/events/

DEC 01 | **10AM ONLINE COURSE**

ENCOURAGING INDEPENDENCE IN NEURODIVERSE YOUNG PEOPLE (AGES 8-18)

This workshop for parents and carers focuses on building practical skills to support neurodivergent children and young people. The workshop's goal is to provide strategies to boost self-esteem, confidence, and well-being in neurodiverse young people supporting them to become more independent and happy.

DEC 03 | **10AM ONLINE COURSE**

SENSORY SIGNS, SIGNALS & SOLUTIONS

During this workshop, we will explore various sensory signs and signals that neurodivergent individuals may experience, and discuss practical solutions to address them. Our speakers will share their knowledge and provide valuable insights on how to support individuals with sensory processing difficulties.

DEC 04 | **10AM ONLINE COURSE**

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism and ADHD are neurological conditions – these workshops explain the different presentations of these conditions.

Calendar

Local events

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.
With the variety of workshops, classes, courses and meetings that we host, there's something for every carer! Whether you want to learn something new, meet other carers, or have your say, we have a mixture of online and in-person events for you to join us at.
Check out our latest events - Carers In Herts
https://www.carersinherts.org.uk/events/events/

OCT 27	**1PM** St Luke's Church Church Lounge Langley Way Watford WD17 3EG	**WATFORD BEREAVEMENT GROUP** Our bereavement groups are for carers who have experienced the loss of the person they cared for. Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat.
NOV 03	**7PM** ONLINE COURSE	**CYPMHS PARENT/CARER SUPPORT & INFO 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 support your wellbeing? Would you like information on local services?
NOV 09	**10:30AM** St Luke's Church Church Lounge Langley Way Watford WD17 3EG	**WATFORD HUB** Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. William Robinson will be joining us from HertsHelp to talk about the service they provide.
NOV 11	**7PM** ONLINE COURSE	**EVENING CARERS' GROUP** If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa.

Calendar

Local events

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.
With the variety of workshops, classes, courses and meetings that we host, there's something for every carer! Whether you want to learn something new, meet other carers, or have your say, we have a mixture of online and in-person events for you to join us at.
Check out our latest events - Carers In Herts
https://www.carersinherts.org.uk/events/events/

NOV 13	**10:30AM ONLINE COURSE**	**MORNING CARERS' GROUP** If you prefer to meet online during the day, join our Morning Carers' Group! Meet with other carers, share information, support each other and chat over a cuppa.
NOV 16	**10:30AM Christchurch C of E Church Chorleywood Rickmansworth WD3 5SG**	**CHORLEYWOOD AND RICKMANSWORTH HUB** Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. William Robinson will be joining us from HertsHelp to talk about the service they provide.
NOV 17	**10:30AM ONLINE COURSE**	**MEN'S CARERS' SUPPORT GROUP** Join our Carer Support Group for men where you can meet with other carers, share information, support each other and chat over a cuppa.
NOV 24	**1PM St Luke's Church Church Lounge Langley Way Watford WD17 3EG**	**WATFORD BEREAVEMENT GROUP** Our bereavement groups are for carers who have experienced the loss of the person they cared for. Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat.

Calendar

Local events

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With the variety of workshops, classes, courses and meetings that we host, there's something for every carer! Whether you want to learn something new, meet other carers, or have your say, we have a mixture of online and in-person events for you to join us at.
Check out our latest events - Carers In Herts
https://www.carersinherts.org.uk/events/events/

DEC 08	**7:30PM ONLINE COURSE**	**MENTAL HEALTH CARERS' SUPPORT GROUP** Our monthly group for Carers who are supporting someone who is thinking about suicide or who has already tried to take their own life.
DEC 09	**7PM ONLINE COURSE**	**EVENING CARERS' GROUP** If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa.
DEC 11	**10:30AM ONLINE COURSE**	**MORNING CARERS' GROUP** If you prefer to meet online during the day, join our Morning Carers' Group! Meet with other carers, share information, support each other and chat over a cuppa .
DEC 14	**10:30AM St Luke's Church Church Lounge Langley Way Watford WD17 3EG**	**WATFORD HUB** Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. William Robinson will be joining us from HertsHelp to talk about the service they provide.

Calendar

Local events

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.
With the variety of workshops, classes, courses and meetings that we host, there's something for every carer! Whether you want to learn something new, meet other carers, or have your say, we have a mixture of online and in-person events for you to join us at.
Check out our latest events - Carers In Herts
https://www.carersinherts.org.uk/events/events/

DEC 15	**10AM ONLINE COURSE**	**MEN'S CARERS' SUPPORT GROUP** Join our Carer Support Group for men where you can meet with other carers, share information, support each other and chat over a cuppa.
DEC 21	**10:30AM Christchurch C of E Church Chorleywood Rickmansworth WD3 5SG**	**CHORLEYWOOD AND RICKMANSWORTH HUB** Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. William Robinson will be joining us from HertsHelp to talk about the service they provide.
DEC 21	**1PM St Luke's Church Church Lounge Langley Way Watford WD17 3EG**	**MORNING CARERS' GROUP** If you prefer to meet online during the day, join our Morning Carers' Group! Meet with other carers, share information, support each other and chat over a cuppa .
DEC 22	**10:30AM St Luke's Church Church Lounge Langley Way Watford WD17 3EG**	**WATFORD BEREAVEMENT GROUP** Our bereavement groups are for carers who have experienced the loss of the person they cared for. Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat.



ADD-vance

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

Calendar

Local events

FREE ONLINE COURSES FOR CHILDREN AND YOUNG TEENS

ADD-vance is a dedicated group of professionals, who also happen to be parents of children with ADHD and/ or Autism. Our mission is to support the families of neurodiverse children and the professionals involved in their care. We want to increase understanding and change perceptions, to help these young people reach their full potential

For more information and to book your FREE place please see: ADD-vance

NOV 04

10AM ONLINE COURSE

UNDERSTANDING ADHD AND AUTISM IN THE PRIMARY YEARS

An introductory 6 week online course for parents/carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

Reduce meltdowns and other behaviours which challenge

Develop positive behaviour strategies

Build your child's self-esteem

NOV 04

7PM ONLINE COURSE

UNDERSTANDING ADHD AND AUTISM IN THE PRIMARY YEARS

An introductory 6 week online course for parents/carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

Reduce meltdowns and other behaviours which challenge

Develop positive behaviour strategies

Build your child's self-esteem

NOV 05

10AM ONLINE COURSE

UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS

An introductory 6 week online course for parent/carers of girls aged 5-14 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism. Parent/carers of boys who present in a similar way to girls in terms of ADHD/Autism traits, are also welcome.



ADD-vance

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

SOUTH WEST HERTS PARTNERSHIP
FAMILY SUPPORT SERVICE

Calendar

Local events

FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your FREE ticket, please see http://add-vance.eventbrite.com/ or visit our website http://www.add-vance.org/

NOV 02 — **7PM ONLINE COURSE**

SUPPORT FOR DADS AND OTHER MALE CARERS

An online workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.
Explore the vital role of 'father figures'
Understand why fatherhood is more challenging with neurodivergent children
Develop strategies to help you be an even better dad/male carer

NOV 04 — **10AM ONLINE COURSE**

APPLYING FOR AN EHCP

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.
Understand what an EHCP is and if my child might need one
Know how to request an EHC needs assessment
Be clear on what information the EHCP should contain

NOV 09 — **7PM ONLINE COURSE**

UNDERSTANDING ANXIETY

An introductory online course for parents/carers of girls aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. Parent/carers of boys who present in a similar way to girls in terms of ADHD/Autism traits, are also welcome .
Recognise how these conditions often present in girls
Understand anxiety and anger triggers
Develop positive behaviour strategies

NOV 13 — **10AM ONLINE COURSE**

TIPS & TOOLS TO MANAGE SCHOOL ABSENCE

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.
Understand why some neurodivergent children and young people struggle to attend school
Help your child to return to school after a period of absence



ADD-vance

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

SOUTH WEST HERTS PARTNERSHIP FAMILY SUPPORT SERVICE

Calendar

Local events

FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

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For more details and to book your FREE ticket, please see http://add-vance.eventbrite.com/ or visit our website http://www.add-vance.org/

NOV 16 — **10AM ONLINE COURSE**

WORKING IN PARTNERSHIP WITH SCHOOL

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism.
Recognise when a child's needs are not being met in school
Understand SEN Support/Graduated Response
Be able to advocate for the child in constructive way

NOV 18 — **10AM ONLINE COURSE**

TIPS & TOOLS FOR TOILETING

An online introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism.
Work out when your child is ready for toileting
Explore why neurodiverse children are more likely to experience difficulties with toileting
To develop strategies to address common problems with toileting

NOV 23 — **7PM ONLINE COURSE**

TIPS & TOOLS TO SUPPORT COMMUNICATION

A workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism.
Understand the link between communication and behaviour
Examine how autism and ADHD may affect communication
Explore strategies to support communication with your child
Develop an individual action plan

NOV 25 — **10AM ONLINE COURSE**

TIPS & TOOLS TO SUPPORT SOCIAL SKILLS

An online workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.
Understand the link between social skills and behaviour
Understand how to identify gaps in your child's social skills
Identify strategies that build social skills to fill the gaps



ADD-vance

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

SOUTH WEST HERTS PARTNERSHIP
FAMILY SUPPORT SERVICE

Calendar

Local events

FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your FREE ticket, please see http://add-vance.eventbrite.com/ or visit our website http://www.add-vance.org/

NOV 30 — **10AM ONLINE COURSE**

TIPS & TOOLS TO BUILD SELF-ESTEEM

An online introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand the link between self-esteem and behaviour. Identify strategies which build self-esteem. Be able to model good self-esteem develop an action plan for your family

DEC 02 — **10AM ONLINE COURSE**

TIPS & TOOLS TO SUPPORT EMOTIONAL DEVELOPMENT

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism

Understand the meaning of 'emotional literacy'

Explore the link between emotional literacy and behaviour

Discuss strategies to teach your child to recognise, understand and communicate different emotions

DEC 07 — **7PM ONLINE COURSE**

TIPS & TOOLS FOR POSITIVE BEHAVIOUR

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism

To give parents a selection of tools to encourage positive behaviours. To have a better understanding of how to motivate their child. To have an understanding of how parental responses impact the behaviour patterns of their child

DEC 09 — **10AM ONLINE COURSE**

TIPS & TOOLS TO MANAGE EVERYDAY CHANGES

An online workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Understand what is meant by 'transition' Discover why neurodivergent children/young people find everyday changes (transitions) difficult. Identify strategies to support your child with different types of transition.



ADD-vance

Calendar

Local events

FREE ONLINE SUPPORT GROUPS FOR PARENTS/CARERS

ADD-vance runs regular support groups providing an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents/carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity. For more information and to book your FREE place please see http://add-vance.eventbrite.com/ Tel: 01727 833963 Email: herts@add-vance.org

NOV 04

1:30PM ONLINE COURSE

SLEEP ONLINE SUPPORT GROUP

A FREE online support group for parents and carers of children to get tips and tools to promote sleep. This will be a chance to discuss any sleep issues and discuss strategies with Miriam Shabetai from our Specialist Sleep Service, and with one of our ADD-vance Specialist ADHD/Autism Coaches.

NOV 10

1:30PM ONLINE COURSE

ONLINE SUPPORT GROUP WITH THE OLLIE FOUNDATION

The OLLIE Foundation and ADD-vance are together offering a support group for families navigating neurodiversity, mental health challenges, and suicidal ideation. We understand how sensitive and challenging this can be for both you and your child. You are not alone. Our session will signpost you to appropriate services, share helpful resources and offer suicide prevention and well-being awareness.

NOV 17

1:30PM ONLINE COURSE

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF 16-25 YEAR OLDS

A FREE ONLINE support group for parents/carers of 16-25 year olds with a diagnosis (or suspected diagnosis) of ADHD and/or Autism, who are NOT in mainstream secondary school.



ADD-vance

Calendar

Local events

FREE ONLINE SUPPORT GROUPS FOR PARENTS/CARERS

ADD-vance runs regular support groups providing an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents/carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity. For more information and to book your FREE place please see http://add-vance.eventbrite.com/ Tel: 01727 833963 Email: herts@add-vance.org

NOV 24

1:30PM ONLINE COURSE

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF PRIMARY AGED CHILDREN

A FREE ONLINE support group for parents/carers of primary-aged children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

DEC 01

1:30PM ONLINE COURSE

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF SECONDARY AGED CHILDREN

A FREE ONLINE support group for parents/carers of secondary-aged children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

DEC 08

1:30PM ONLINE COURSE

PDA ONLINE SUPPORT GROUP FOR PARENTS/CARERS

An FREE online PDA support group for parents and carers of children with characteristics of Pathological Demand Avoidance

Calendar

Local events

Every member of our helpline team is a parent or carer of a neurodivergent child. When you call us, you aren't just speaking to an advisor, you are speaking to someone who truly understands. Whether you need practical advice, emotional support, or simply a listening ear, we're here for you.
https://www.add-vance.org/parents/neurodiversity-support-hub/





DSPL9 Delivering Special Provision Locally

Calendar

Local events



OCT 19

10AM
CHERRY TREE PRIMARY SCHOOL
BERRY AVE
WATFORD
WD24 6ST

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 **South West Herts Partnership Family Support Worker** and Nessie Therapist available to offer support and guidance.

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





Calendar

Local events

A Slice of Happiness is a Community Interest Company serving Hertfordshire, supporting adults in overcoming complex challenges and multiple issues. Through online group Programmes, we help people uncover their human potential. Our 8-week online programme (3 hours per session) is available free of charge for Hertfordshire residents who are unemployed or on Universal Credit or Pension Credit. This is a non discharge service and all beneficiaries will have access to ongoing support upon completion of the programme.

https://www.asliceofhappiness.org/unemployed/

OCT 28

10:30AM ONLINE COURSE

FREE ONLINE SUPPORT GROUP

Areas we can help you with:

- · Stress and overthinking
- · Trauma
- · Mental ill health including Clinical Diagnoses
- · Physical limitations
- · Poor decision-making and behaviours
- · Relationship problems including Domestic Violence
- · Parenting
- · Loneliness and social isolation
- · Lack of confidence
- · Bereavement
- · Addictions
- · Suicidal thoughts

OCT 27

10:30AM ONLINE COURSE

FREE ONLINE SUPPORT GROUP

Areas we can help you with:

- · Stress and overthinking
- · Trauma
- · Mental ill health including Clinical Diagnoses
- · Physical limitations
- · Poor decision-making and behaviours
- · Relationship problems including Domestic Violence
- · Parenting
- · Loneliness and social isolation
- · Lack of confidence
- · Bereavement
- · Addictions
- · Suicidal thoughts

Calendar

Local events

Hertfordshire County Council is working with the relationship charity OnePlusOne to offer parents free access to online courses. Wherever you are in your parenting journey, these courses will help you learn how to cope with stress and communicate better.
Simply select 'Central England' and 'Hertfordshire' from the map using the link below and register for your FREE account.
http://www.oneplusone.org.uk/parents

Reducing parental conflict - digital package
Three evidence-based courses for parents.
These courses are suitable for adults aged 18 or over.

ONEPLUSONE

Arguing better - for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.

Me, You and Baby Too - to help new and expecting parents navigate the changes that happen in their relationship when a baby arrives.

Getting it right for children - to help separated or separating parents learn to manage conflict and minimise the impact it has on their children.

There's also some helpful advice about the impact of debt on relationships.



THE SEPARATING BETTER APP

Are you a parent going through separation?
***Separating better* is a brand-new, completely free, mobile app, which can help guide you through the separation process, find effective ways of co-parenting, and sort out disagreements, all with the wellbeing of your child in mind.**
***Separating better*: your essential companion for a smoother separation**
· Self-guided support: Expert emotional advice and practical information on childcare and financial arrangements.
· Progress tracking: Easily monitor your journey and achievements as you navigate separation.
· Emotional readiness quiz: Get a sense of where you are in your separation journey with our quiz.
· Co-parenting tips: Stay organised and communicate effectively with your co-parent.

To download the app, visit our website https://www.oneplusone.org.uk/separating-better

Calendar

Local events

Inclusive Church

Men's Club South Oxhey & Carpenders Park. Built by men, for men. Every Tuesday starting 17th March. Refreshments, Activities and Conversation.
For more information:
ascend@w&3rt.org
Tel: 0208 420 1364

MEN'S CLUB

TUES EVERY WEEK

1:30PM ALL SAINTS' CENTRE GOSFORTH LANE WATFORD WD17 7AX

Want connection? Come along!
Want company? Come along!
Want somewhere to be? Come along!
All men welcome—just turn up!
First session FREE then £2.50 p/w

The first step to a great career!
Drop in to our free monthly job club for information, advice and guidance on CV's, interviews, jobs, training and much more.
For more information:
ascend@w3rt.org
Tel: 07508 490 610

JOB CLUB

WEDS 1ST WEDS OF EACH MONTH

10:30AM WATFORD RURAL PARISH COUNCIL OXHEY DRIVE WD19 7SB

Identify your strengths
Address any barriers
Help you move forward to meet goals
Create a realistic action plan
121 appts are available

Calendar

Local events

The Bridge is a support group designed for parents, carers and young people in school years 6, 7, 8 and 9 who are struggling with school attendance.
This is includes those who are not attending school at all or on a significantly reduced timetable.

Please contact Alicia, Clare or Haydn with any questions:
alicia.murden@hertfordshire.gov.uk
clare.douglas@hertfordshire.gov.uk
haydn.mullane@hertfordshire.gov.uk

NOV 04

2:30PM
Otley Family Centre
Otley Way
South Oxhey
WD19 7TB

The Bridge aims to provide a safe and supportive environment where families can:

- **Share experiences**
- **Receive emotional and practical support**
- **Build confidence and resilience**

Topics covered:

- **Anxiety and worries related to school**
- **Friendships and social dynamics**
- **Health and wellbeing**
- **Neurodiversity**
- **The Future**

The sessions will run for 12 weeks (not including school holidays) and are facilitated by Alicia, Clare and Haydn from the Intensive Family Support Team, working alongside a range of specialist professionals who offer tailored insights and support.

THE BRIDGE

Calendar

Local events

Springboard course is for school leavers - young people aged 16 and over who require additional support before progressing to a cross college vocational course or employment. Many of our students have a diagnosis or traits of autism. Many have associated emotional and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood. We do also consider 15-year-olds but only if they have an EHCP – subject to funding being approved by the local authority.

All candidates out of Herts do need EHCP.

Our students study Employability, Functional Skills Maths and English from Entry 3 to Level 2, Creative Arts (Drama) Therapy, Life Skills, Personal Development and Wellbeing, Vocational tasters in Art, Cooking and First Aid, Enrichment, and complete 34 hours of work experience in their vocational area of interest. We support our students to transition into cross college vocational courses, supported internships or apprenticeships or employment by helping them to discover what they want to do after Springboard, arranging taster sessions and supporting them at interviews.

Students need to meet our assessment criteria in order to access the provision although individual needs are always considered, and decisions are made on a case by case basis and subject to funding being approved by the Local Authority.

If you would like to attend, please RSVP to Mark Kucper: mkucper@nhc.ac.uk or text / call us on: 07961522708.

To help us to manage numbers we would appreciate a confirmation from you as to what time you are planning to attend. The event is on drop-in basis and there is no need to book to attend.

If you are unable to attend but would like to find out more about our provision, please email Mark at the above email.

Prospectus link:
https://indd.adobe.com/view/1aec11b4-4cdf-4dde-9ebb-978bf90a1b02

NOV 05

3PM
Springboard
Unit 8
Wilmington Close
Watford
WD18 0FQ

North Hertfordshire College is pleased to announce our November open event at Springboard Watford which will be held on Thursday 5th November 3pm – 5pm at our prestigious premises.

This is an opportunity for professionals, parents, and prospective students to meet the team and find out more about the Springboard programme.

If you are not already aware of Springboard, it is a full-time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress into mainstream college and work. The course is delivered in self-contained teaching centre in Watford.