DSPL9 Parent, Carer and Family Newsletter

11th November 2026

Welcome to the 5th 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- **25th 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

- Coram Family Lives invite you to attend a workshop on **Understanding Children's Behaviour or Parent Alienation for separated/divorced parents.**
- New Webinar! Understanding ADHD & Medication for Children and Young People with Dr Divik Seth
- Herts CC would like to hear from you.
- Add Vance would like to remind about their support line
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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

Booking form link





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

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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

Book your place here

UNDERSTANDING ADHD & MEDICATION FOR CHILDREN AND YOUNG PEOPLE



Join Dr Divik Seth, Consultant Child & Adolescent Psychiatrist, for an informative session exploring ADHD and medication for children and young people.

ADD-vance
The ADHD and Autism Trust

Thursday 26th Nov

7pm - 8pm

Online via Zoom

THIS WEBINAR IS FOR RESIDENTS OF HERTFORDSHIRE ONLY

We want to hear from you

Are you a parent carer of a child or young person who is attending an Education Support Centre (ESC) or has attended one in the last 12 months?



We would like to invite you to take part in an online focus group to share your experiences of ESC provision in Hertfordshire.

Your feedback will help us better understand what is working well, what could be improved, and what matters most to families.

Your voice and experiences will directly inform future development of ESC services and support for children, young people, and their families.

The session will provide an opportunity to:

- Share your experiences of ESC provision
- Highlight what has worked well for your child and family
- Discuss any challenges you have faced
- Help shape future developments and improvements

Date: Wednesday 18th November
Time: 10:00-11.30am
Location: Online – Register for this meeting

SEND 0-25 years
Hertfordshire's Local Offer

Hertfordshire

ADD-vance

Neurodiversity Support Hub

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