



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>
<b>Henry Healthy Families</b>	FREE 8-week course helping families give their little ones the best start in life. Scan the QR code on the poster or use the details below for more information. Email: <a href="mailto:hertfordshire@henry.org.uk">hertfordshire@henry.org.uk</a> Phone: 01707 248 648 Website: <a href="http://www.henry.org.uk/hertfordshire">www.henry.org.uk/hertfordshire</a>
<b>Upcycling Workshop with the Furniture Parlour</b>	The Welwyn Garden City Reuse Shop are running their Upcycling Workshops which is open to Hertfordshire Job Seekers. With dates throughout the year, these workshops offer an opportunity to learn new skills which a Job Seeker may then be able to harness to create a new business venture. to book a place or get more information please email: <a href="mailto:hertfordshirereusesshops@hertfordshire.gov.uk">hertfordshirereusesshops@hertfordshire.gov.uk</a>
<b>Step2Skills Magazine</b>	A one-stop guide to learning, growth and new opportunities is here! This is the 1 <sup>st</sup> edition of the magazine and it can be accessed by clicking this link: <a href="#">January to June Edition</a>
<b>Family Lives: Co-Parenting with Care programme for parents with children with SEN</b>	This 6-week online programme offers a structured approach to help parents navigate their unique challenges, improve their relationship, and create a more supportive environment for their SEN child/ren. For the specific dates please look on page 6, there is a QR code for you to scan for more information alternatively please use the details below: Email: <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> Phone: 0204 522 8700 or 0204 522 8701
<b>Angels Support Group</b>	Pages 7 & 8 showcasing the Spring programme of support from Angels; continuing with weekly Tuesday workshop and support sessions, monthly in-person meet ups and evening online support in addition to 1-2-1 service that is bookable via the website: <a href="#">Angels Support Group</a>



<u>TOPIC</u>	<u>BOOKING/INFORMATION</u>
<p><a href="#"><u>Rucksack: Early Years Autism Programme for Families</u></a></p>	<p>This course is designed specifically for parents/carers of autistic children or children on the autism pathway. It aims to provide parents with the essential knowledge, practical strategies and valuable resources to support both parent and child in navigating everyday life. Scan the QR code to register or email:  <a href="mailto:EarlyYearsTraining@hertfordshire.gov.uk"><u>EarlyYearsTraining@hertfordshire.gov.uk</u></a></p> 
<p><a href="#"><u>SEND Local Offer: Speech, Language &amp; Communication</u></a></p>	<p>Support your child's communication: visit Hertfordshire SEND Local Offer's information on speech, language, and communication needs.  <a href="#"><u>SEND Local Offer: Speech, language &amp; communication</u></a></p>
<p><a href="#"><u>Supporting Links</u></a></p>	<p>They offer FREE courses and workshop to Parents and Carers in Hertfordshire. On page 10 it shows what is coming up in the new year, for more information:            Email: <a href="mailto:bookings@supportinglinks.co.uk"><u>bookings@supportinglinks.co.uk</u></a>            Phone: <a href="mailto:bookings@supportinglinks.co.uk"><u>bookings@supportinglinks.co.uk</u></a>  <a href="https://www.supportinglinks.co.uk/whatson.html"><u>https://www.supportinglinks.co.uk/whatson.html</u></a></p>
<p><a href="#"><u>SEND Information Fayre</u></a></p>	<p>This FREE event is for Parents and Carers of Children with SEN or Disabilities; we will have local services/providers information stands, activities for children &amp; refreshments! <b>Thursday 5th March</b> at 9.30am - 12.30pm, at the Bennetts End Community Centre. To register your interest please scan the QR code.</p> 



## Henry Healthy Families



FOR PARENTS & CARERS

### HEALTHY FAMILIES: RIGHT FROM THE START

**FREE 8-SESSION PROGRAMME**

**SIGN UP  
TODAY!**

*Helping families give their little ones the best start in life.*

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special - together.

#### Programme details:

Upcoming programmes start  
**the week commencing 26 January 2026:**

- **Mondays** (in person): 10am–12 noon, Broxbourne
- **Tuesdays** (online): 10am–11.15am
- **Wednesdays** (online): 10am–11.15am or 5.30pm–6.45pm

Find more details and book your free place at [www.henry.org.uk/hertfordshire](http://www.henry.org.uk/hertfordshire).



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

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#### Find out more:

- ☎ 01707 248648
- ✉ [herfordshire@henry.org.uk](mailto:herfordshire@henry.org.uk)
- 🌐 [www.henry.org.uk/hertfordshire](http://www.henry.org.uk/hertfordshire)



**Beezee**  
in Hertfordshire

**henry**  
Healthy Start, Brighter Future

In partnership with:



## Upcycling Workshop with the Furniture Parlour



# UPCYCLING WORKSHOP

WITH THE FURNITURE  
PARLOUR

WORKSHOP DATES  
TUES 24<sup>TH</sup> FEB  
TUES 19<sup>TH</sup> MAY  
TUES 29<sup>TH</sup> SEPT

WELWYN GARDEN CITY  
REUSE SHOP, AL7 1BD

Discover the art of upcycling for a more sustainable home at our fun workshop!

Are you interested in upcycling furniture - either as a potential job skill or to refresh your home? Join us at this taster workshop to learn how to breathe new life into your tired items using Annie Sloan Chalk Paint. At this hands on workshop all materials are provided, whether it's pots, vases, frames or trays. You will discover the eco-friendly benefits of upcycling and learn a new skill.

**TO BOOK YOUR SPACE OR FOR MORE INFORMATION PLEASE EMAIL  
HERTFORDSHIREREUSESHOPS@HERTFORDSHIRE.GOV.UK**

**THIS IS A FREE WORKSHOP SPONSORED BY CORY AIMED AT JOBSEEKERS IN  
HERTFORDSHIRE**

The **Reuse Shop**  
Discover quality bargains



SPONSORED BY

**CORY**



## Step2Skills Magazine: January to June Edition

Your one-stop guide to learning, growth and new opportunities is here!

Dive into the first edition of 2026 and discover:

- 📖 Learning opportunities for all levels
- 👤 How they can support you into employment
- 🧠 The Skills Bootcamp in Early Years
- 📚 How Hertfordshire Libraries can help you
- 👉 Upcoming Job Fairs across the county

Whether you're looking to build confidence, learn something new, or take steps toward a new career, there's something inside for you.

Click the link below:

[January to June Edition](#)



<p><b>Resident journeys</b> into work</p>	<p><b>Local organisations</b> who can support you</p>	<p><b>Support into work</b> How we can help you</p>	<p><b>Gain skills</b> to move on in life and work</p>
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[www.step2skills.org.uk](http://www.step2skills.org.uk) #Step2Skills



## Family Lives: Co-Parenting with Care programme for parents with children with SEN



### Co-parenting with Care programme for parents with children with SEN.

This 6-week online programme funded by Hertfordshire County Council, offers a structured approach to help you navigate your unique challenges, improve your relationship, and create a more supportive environment for your SEN child/ren .

#### The programme covers themes including:

- Understanding SEN and its impact on children and family dynamics
- Effective Communication Skills
- Managing Emotions & Stress
- Collaborative Problem Solving
- Building a Supportive Network
- Creating a Unified Parenting Approach



These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates/times:

**Date:** Wednesday 4, 11, 25 February & 4, 11, 18 March 2026

**Time:** 9.30am to 11.30am

**Date:** Thursday 5, 12, 26 February & 5, 12, 19 March 2026

**Time:** 7.00pm to 9.00pm

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


Funded by  
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



## Angels: Autism and ADHD Support



**Angels**  
AUTISM & ADHD SUPPORT


**WEEKLY ONLINE WORKSHOP AND SUPPORT**  
10AM-12PM EVERY TUESDAY DURING TERM TIME

FREE :Workshop topic presentation opening to online support on any topic

**Topic List:**

- 6 Jan - Women and Girls
- 13 Jan - Supporting and understanding ADHD
- 20 Jan - Speaker: Dr Sarah Lewis-Hayes  
What should be in an EP report.
- 27 Jan - Speaker: Charley Crowe (SAAS)  
Social Stories and Comic Strip Convos
- 3 Feb - Emotionally Based School Absence (EBSA)
- 10 Feb - Understanding Pathological Demand Avoidance (PDA)

Scan this QR code to access our support and zoom links



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



**Angels**  
AUTISM & ADHD SUPPORT

### ONE-TO-ONE SUPPORT

Facing challenges can be overwhelming, but you don't have to go through it alone. Our team is here to help. We're available for one-on-one video calls, can meet with you in person to help with tricky paperwork, and even provide support at meetings with professionals. We're a team with lived experience who truly understand, and hold professional qualifications like IPSEA SEND Law training to give you the best possible guidance.

**Various time slots available.**

**BOOK NOW**






Charity no: 1117059

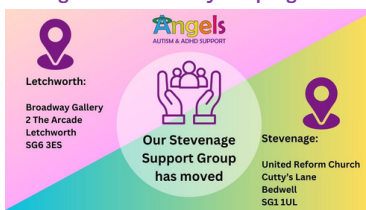
**Weekly online Workshop and Support:  
Every Tuesday 10am-12pm during term time.**



Each week there will be an hour long workshop on a specific topic 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.

Weekly topics are detailed on our programme.

**Monthly in person support Letchworth and Stevenage:  
Will be running on a Wednesday see programme for dates**



Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats" on Spotify or Apple Podcasts or listen on our website: <https://angelsupportgroup.org.uk/podcasts/>



Follow us on social media for updates:

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



Charity no: 1117059

Zoom every Tuesday 10am-12noon	Letchworth Wednesday 10am-12noon	Stevenage Wednesday 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm	Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Thursday eve 7.30pm- 8.30pm
6th Jan Women and Girls	7th Jan Meet Up and Chat			24th Feb Speaker: Paul Chambers Poets In - Wellbeing	25th Feb Meet Up and Chat		
13th Jan Understanding and Supporting ADHD		14th Jan Meet Up and Chat		3rd March Speaker: Helen Nice2Meetya Rejection Sensitive Dysphoria (RSD)		4th March Meet Up and Chat	
20th Jan Speaker: Dr Sarah Lewis-Hayes What should be in an EP report.			22nd Jan Evening Parent/Carer Support Group	10th March SENSupport: Ordinary Available Provision (OAP) and EHCPs			12th March Evening Parent/Carer Support Group
27th Jan Speaker: Charley Crowe (SAAS) Social Stories and Comic Strip Convos	28th Jan Meet Up and Chat			17th March Helping to reduce meltdowns	18th March Meet Up and Chat		
3rd Feb EBSA		4th Feb Meet Up and Chat		24th March Supporting Sensory Needs		25th March Meet Up and Chat	
10th Feb Understanding PDA			12th Feb Evening Parent/Carer Support Group	<b>EASTER HOLIDAYS 30th March - 13th April</b> For support during this period please contact The Neurodiversity Support Hub: <b>Tel: 01727 833963</b> lines are open from 9am-1pm weekdays <a href="http://www.add-vance.org/parents/neurodiversity-support-hub/">www.add-vance.org/parents/neurodiversity-support-hub/</a>			



## Angels: Autism and ADHD Support

# Rucksack Early Years Autism Programme for Families

Early  
Years  
Service  
Hertfordshire County Council

About: This course is designed specifically for parents/carers of autistic children or children on the autism pathway. It aims to provide you with the essential knowledge, practical strategies and valuable resources to support both you and your child in navigating everyday life.

Week 1: Understanding Autism  
Week 2: Sensory  
Week 3 : Communication

Week 4: Play and Social Interaction  
Week 5: Emotional Wellbeing and Behaviour  
Week 6: Using My Rucksack



To self register an interest in the Spring 2026 course starting end of Jan 2026, scan the QR code or click the link and fill in the registration form:

<https://forms.office.com/e/8BkjjfzexnF?origin=iprLink>

### Parent feedback from 2025 Rucksack sessions



I found all elements of the session relevant and valuable. Each part contributed to a better understanding of the topic and kept me engaged throughout.

The entire session was truly amazing and packed with valuable information. Every part of it offered useful insights, and I found the discussions particularly engaging. It was a great opportunity to deepen my understanding and gain new perspectives. I appreciate the effort that went into making the session so informative and enjoyable.

Yes, I think it's a great chance to meet other parents going through similar struggles and a safe space to not feel judged or misunderstood.

Today's session gave me a better understanding of why my son experiences and reacts to things the way he does, and how he sees and perceives the world. It helped me make sense of his behaviours, and I now feel more equipped to support and care for him in ways that truly meet his needs. I feel more understanding and confident in how I can help.

*It was a great session, full of valuable information on communication. I really appreciated the dedication of the ladies who answered our questions and shared so many helpful examples.*

Contact: [EarlyYearsTraining@hertfordshire.gov.uk](mailto:EarlyYearsTraining@hertfordshire.gov.uk) to find out more.



## SEND Local Offer: Speech, Language & Communication



### **Support your child's communication: visit Hertfordshire SEND Local Offer's information on speech, language, and communication needs**

Whatever stage you are at in understanding your child's speech, language and communication development, you can find something to help on the Hertfordshire SEND Local Offer website.

- Understand the developmental stages of speech and language
- Discover tools and activities to support your child's communication development at home, provided by speech and language therapists and specialist advisory teachers.
- Access fast support through free advicelines where you can talk to an expert.
- Learn about the range of services available across health and education.

Find support for speech language and communication for children, young people and young adults:

**[SEND Local Offer: Speech, language & communication](https://www.hertfordshire.gov.uk/localoffer)**



## Supporting Links

### Parent & Carer Support Spring Term 2026



FREE to 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.



**Mondays 7.45 - 9.15pm**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
Online Course: ID 804

**Thursdays 7.45 - 9.15pm**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
Online Course: ID 803

**Wednesdays 7.45 - 9.15pm**  
11<sup>th</sup> Mar to 29<sup>th</sup> Apr Not Easter  
Online Course: ID 802

#### TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Tuesdays 7.45 - 9.15pm**  
6<sup>th</sup> Feb to 20<sup>th</sup> Mar Not half term  
Online Course: ID 805

#### 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.



**Thursdays 8.00 - 9.30pm**  
8<sup>th</sup> Jan to 22<sup>nd</sup> Feb Not half term  
Online Course ID 799

**Thursdays 9.45 - 11.15am**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
Online Course ID 798

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#### 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**  
7<sup>th</sup> Jan to 21<sup>st</sup> Feb Not half term  
Online Course: ID 806

**Mondays 7.45 - 9.15pm**  
2<sup>nd</sup> Feb to 16<sup>th</sup> Mar Not half term  
Online Course: ID 807

#### TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, 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.



**Wednesdays 9.45 - 11.30am**  
4<sup>th</sup> Feb to 18<sup>th</sup> Mar Not half term  
Online Course ID 801

#### 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**  
6<sup>th</sup> Jan to 20<sup>th</sup> Feb Not half term  
Online Course ID 797

**Tuesdays 9.45 - 11.15am**  
3<sup>rd</sup> Feb to 17<sup>th</sup> Mar Not half term  
Online Course ID 796

**Thursdays 8.00 - 9.30pm**  
5<sup>th</sup> Feb to 19<sup>th</sup> Mar Not half term  
Online Course ID 800

#### 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



## DSPL8 SEND Information Fayre

DSPL8

Delivering Special  
Provision Locally

# DSPL8 SEND Parent & Carers Information Fayre

Thursday 5th March 2026

9.30am - 12.30pm

At the Bennetts End Community Centre

Gatecroft, Bennetts End

Hemel Hempstead

HP3 9LZ

*This **FREE** event is for Parents and Carers of Children with SEN or Disabilities; we will have local services/providers information stands, activities for children & refreshments!*



**Book now on our EventBrite page:**  
***SEND Information Fayre 2026***

