

Dear Parent/Carers,

Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

Kind Regards, DSPL 8 Team

Potential Kids May 2023 Activities

Bookings: [potentialkids.org.uk/activities](http://potentialkids.org.uk/activities)



Date	Sessions	Time	Location
4th Thu	STEAM Home Education	10.00-12.00 12.00-14.00	PK Garden
5th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
14th Sun	Minecraft On site	18.30-20.30	PK Hub
6th Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
8th Mon	<b>**Coronation Party**</b>	11.00-12.30 1.30-3.00	PK Garden
11th Thu	Trampolining	16.45-18.00	Gosling Sports
11th Thu	STEAM Home Education	10.00-12.00 12.00-14.00	PK Garden
12th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
12th Fri	Youth Group 16+	18.30-20.30	PK Hub
14th Sun	Minecraft On site & Remote	13.00-15.00	PK Hub
18th Thu	STEAM Home Education	10.00-12.00 12.00-14.00	PK Garden
19th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
19th Fri	Minecraft On site	18.30-20.30	PK Hub
20th Sat	Family Football - Drop In	16.00-17.00	Birchwood Leisure Center
21st Sun	Youth Group 13+	13.00-15.00	PK Hub
23rd Tue	Teens Group	16.30-18.30	PK Hub
25th Thu	STEAM Home Education	10.00-12.00 12.00-14.00	PK Garden
25th Thu	Trampolining	16.45-18.00	Gosling Sports
26th Fri	Community Connect Drop In - Warm Spaces	11.00-13.00	PK Garden
26th Fri	Parents social Workshop	19.00-21.00	PK Hub

Approved Education Centre Delivering Nationally Accredited Qualifications

Learning, Social & Communicational Support for everyone through our inclusive programmes

Opportunities for Duke of Edinburgh or Work Experience with PK

PK Hub & Garden

Always Connecting with our Community and the most vulnerable

Neurodivergent PK TECH TEAM

PK Offer Tutoring Teaching Mentoring Therapies 1:1 & Group Work Alternative provision EOTAS

SUNDAY 1:1 Horse Riding Groundworks/Care Equine Therapy Sessions

FRIDAY - Home Education available

PK Garden

Therapeutic Gardening 1:1 & Group Sessions available

Contact us for further information on any of our Activities or Educational Services at [info@potentialkids.org](mailto:info@potentialkids.org)



## Hertfordshire Family Centre Service: Family Support Service

Hertfordshire's Family Centre Service is made up of the Public Health Nursing Service (Health Visitors and School Nurses) and the Family Support Service. Our purpose is to support children and families to have the best start in life, develop well and thrive. This leaflet provides you with details of what the Family Support Service offers and how to access it. This leaflet contains the support available to Hertfordshire families and can be view in full or Downloaded as a PDF via: <https://dacorumdspl.org.uk/wp-content/uploads/2023/05/Family-Support-Leaflet-for-families.pdf>



### Welcome to the Hertfordshire Family Support Service

Hertfordshire's Family Centre Service is made up of the Public Health Nursing Service (Health Visitors and School Nurses) and the Family Support Service. Our purpose is to support children and families to have the best start in life, develop well and thrive. This leaflet provides you with details of what the Family Support Service offers and how to access it.

#### What does the Hertfordshire Family Support Service offer?

We provide families with children aged up to 11 years with a wide range of information and support on key areas relating to family life.

Pregnancy, birth and the first 24 months can be tough for many mothers and fathers. Developing friendships with other new parents has lots of benefits, we provide a number of opportunities for new parents to meet before and after having a baby, for example, we work with local Midwives and Health Visitors to run the Preparing for Baby antenatal programme.

#### We are also here to support you with:

- **Worries about your child's learning and development.**  
We can help with fun activities for your family to enjoy at home or more structured workshops.

- **Your child's additional needs.**

Did you know that we can help families with Children with Special Educational Needs and Disabilities (SEND) by providing information, advice and guidance?

- **Feelings of isolation.**

Are you feeling lonely or isolated from your local community? We are here to help.

- **Your own wellbeing and confidence.**  
We can support you via one-to-one sessions or through parenting groups.

- **If you are experiencing domestic abuse.**  
Support around developing healthy relationships is available.

- **Challenges with your child's behaviour.**

We can support you via one-to-one sessions or parenting groups. To find out about groups please look at the Hertfordshire Parenting Directory <https://directory.hertfordshire.gov.uk> or our Facebook pages.



- **Accessing childcare.**

Your 2 year old child could be entitled to 15 hours free early education, depending on your circumstances, we can support you to apply and find a space.

- **Volunteering opportunities.**

Are you interested in volunteering? Our volunteers can gain new skills and experience that can lead to further training or employment opportunities

- **Adult learning.**

We work with lots of local organisations to provide workshops and courses for self-development, well-being and confidence as well as qualifications and training.

In addition we provide a wealth of information on our district Facebook, Instagram or YouTube channels, follow us on social media by searching for 'Hertfordshire Family Centre Service'.

#### Who provides the support?

The team is made up of highly skilled and trained staff, many of whom have worked directly with children and families.

We are passionate about all children being supported to reach their full potential, as well as supporting parents to do the most important job there is!

#### What do I need to do next?

If you have a child or children under 11 years old please register with us. It's free and quick and easy to do! Thousands of families across Hertfordshire are already registered and accessing our services. Please see 'How to Register' for further details. Once you've registered with us, we will contact you.

#### How do I ask for support?

You can ask for support by:

- **Contacting us by telephone** - 0300 123 7572 or via our Facebook or Instagram accounts.



### HOW TO REGISTER

You need to register to access the Family Centre Service. It's FREE to register and quick and easy to do.



To register, please scan the QR code or visit [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org) our friendly team will then contact you.



## Get in touch...

we're here to help support you

Call: 0300 123 7572

Visit: [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

Follow us on social media by searching for 'Hertfordshire Family Centre Service'



Sign up to receive our newsletter packed with useful information.





## Spring Board Summer open day

North Hertfordshire College is pleased to announce our Summer Open Day event at **Springboard Watford** which will be held on **Friday 23rd June from 1:00 pm – 4:00 pm** at our premises. This is an opportunity for professionals, parents and prospective students to meet the team and find out more about the Springboard programme.

Please note our address for this event will be: **Springboard, Unit 8 Wilmington Close, Watford, Hertfordshire, WD18 0FQ**

The nearest car park is Gade car park in Rosslyn Road and Wilmington Close is off Upton Road:  
<https://citipark.co.uk/car-parks/watford/gade-car-park>

Springboard is a one year full-time course for young people aged 16-24 with a diagnosis or traits of autism and associated difficulties or any other special education needs and disabilities who need an additional year of support before moving on to mainstream college or employment.

If you would like to attend please RSVP to Mark Kucper on 01923 630408 or email [mkucper@nhc.ac.uk](mailto:mkucper@nhc.ac.uk)



at our Springboard Campuses in  
Letchworth and Watford

Helping young people with ASC needs  
build their confidence, knowledge, and  
skills for independence and success.

Find out more:  
[www.nhc.ac.uk/Springboard](http://www.nhc.ac.uk/Springboard)



Contact Watford  
01923 630408  
07961622488

SPRINGBOARD

Contact Letchworth  
01438 728938  
07943863730



SCAN ME



Talking Families by Support LinksBookings via: [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk) or call us on 07512 709556.

# TALKING FAMILIES ONLINE



Because parents don't get training  
for the toughest job on earth!



**Tuesdays 8.00-9.30pm, 6th Jun - 11th Jul ID: 580**  
**Wednesdays 9.45-11.15am, 7th Jun - 12th Jul ID: 578**

**Our FREE 6 week online course for parents and carers of children aged 0-12 will help you to:**

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'



**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**

**To check eligibility and book a place,  
contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



This course is provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



Website: [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)



Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



Eventbrite: <https://dspl8.eventbrite.co.uk/>



Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)



Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

## NESSie: Funded mental health workshops, advice and support

For more information please visit: <https://nessieined.com/hertfordshire-parents>



**Funded mental health workshops, advice and support for Parents and Carers in Hertfordshire**

Nessie is funded by Hertfordshire County Council to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.

### What we offer:

- **Free online and face-to-face workshops on a range of mental healths that affect children and young people**
- **Parent Support line**  
Tel: 07932 651319  
(open Thursdays 9 am - 12 pm or by appointment)
- **Private moderated Facebook support groups:**
- **NESSie Parent/Carer Support Group**
- **1-1 support and advice sessions**
- **Peer support groups:** A confidential group, where parents will have an opportunity to share their experiences, support each other through challenges, and identify coping strategies.

For more information, please [CLICK HERE](#)



@nessieined



07932 651319



@nessieined



@nessieinedcic



@NESSieinED



<https://nessieined.com/>

*Helping children and young people thrive*

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406





Fit, Fed and Read: Limewalk Primary

Book places via: <https://playwaze.com/herts-sports-partnership-fit-fed-read/8utbi5f5wp8/session-display?eventId=PhysicalEventSeries/80548-B>

# Free 5 hour Holiday Camp (with food)

Lime Walk Primary School  
Hemel Hempstead, HP3 9LN

30th May - 2nd June

8 - 11yr olds

Places fully  
funded



Scan to book now:



If your child receives Free School Meals,  
get your booking code from school today

Or call 01707 284229



### CAP Two Free Money Management courses

For more information or to book: Either go online to [www.capmoneycourse.org](http://www.capmoneycourse.org), enter your postcode to find available courses and follow the on screen instructions Or contact Janet Wright on [capmoney@libertytearooms.co.uk](mailto:capmoney@libertytearooms.co.uk) or 07944 203918



**Two FREE Money Management courses coming up**  
that, over 3 weeks, will teach you budgeting skills and a simple, weekly money system that really works!

**Course 1: Wednesdays 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> June 2023**  
At Liberty Tea Rooms, Bank Court, Hemel Hempstead HP1 1BS

**7pm – 9pm**  
With light refreshments

or

**Course 2: Mondays 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> July 2023**  
At St Benedict's Church Hall, Bennetts End, Hemel Hempstead HP3 8EP (on bus route no 2)

**10am – midday**  
Followed by light lunch

**For more information or to book:**  
Either go online to [www.capmoneycourse.org](http://www.capmoneycourse.org), enter your postcode to find available courses and follow the onscreen instructions  
Or contact Janet Wright on [capmoney@libertytearooms.co.uk](mailto:capmoney@libertytearooms.co.uk) or 07944 203918



If neither of these dates or times suit you, please contact Janet as above with your name, phone number and email address so that we can keep you on our list of people interested in future courses.

Christians Against Poverty

CAP Hemel Hempstead HP1 1BS

### Beezee Bodies Courses

Sign up via: [beezeebodies.com](http://beezeebodies.com)

**Helping You Make Healthy Habits As A Family**  
Come along to our fun, FREE healthy lifestyle courses!



Sign up for your family's FREE place at [beezeebodies.com/families](http://beezeebodies.com/families)



or scan me with your smartphone camera!

Monday	Tuesday	Wednesday	Thursday
<b>WALTHAM CROSS</b> Hurst Drive Primary EN8 8 DU 17:45 – 19:30	<b>ST ALBANS</b> Camp Primary School AL1 5PE 17:30 – 19:30	<b>HODDESDON</b> St. Cuthbert's Church EN11 0PU 17:30 – 19:30	<b>HEMEL HEMPSTEAD</b> Hobletts Manor Junior School HP2 5JS 17:30 – 19:30
<b>WELWYN GARDEN CITY</b> Ridgeway Academy AL7 2AF 17:00 – 19:00	<b>WATFORD</b> St Meryl Primary WD19 5BT 17:30 – 19:30	<b>STEVENAGE</b> Oval Community Centre SG1 5RD 17:30 – 19:30	<b>BOREHAMWOOD</b> Meryfield Primary School WD6 4PA 17:30 – 19:30

12-week BeeZee Families courses starting in Hertfordshire from 15<sup>th</sup> May 2023

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5-15 who is above their ideal healthy weight.



SEND Drop-in sessions**Parent Support Group**

Every Wednesday

9.00am – 12

(Term time only)

@ Woodfield Coffee Shop

Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: [Gemma.Tuff@woodfield.herts.sch.uk](mailto:Gemma.Tuff@woodfield.herts.sch.uk)Or: [Lauren.Lettis@woodfield.herts.sch.uk](mailto:Lauren.Lettis@woodfield.herts.sch.uk)

01442 253476

Would you like to chat,  
rant, or just let off  
steam over a cup?



Come and join other  
parents/carers and  
share stories, advice  
and a few laughs!



Whether your child is at mainstream school or a special school,  
Diagnosed or undiagnosed, you are welcome to come along and meet  
Other parents, talk to professionals, or simply drop in for a coffee and  
Meet new friends who also have a child with special educational needs.  
**ALL WELCOME - JUST COME ALONG**

Free tea, coffee and biscuits! Fancy something a bit more special? Our  
coffee shop accepts card payments or cash.

**PARENT Cafe SEND****MEET OUR SEND CHAMPIONS**

These Parent Cafes provide extra help and advice around supporting children's additional needs. Meet our friendly staff in a relaxed environment for refreshments and a chat. Find out what's on offer to you at the Family Centre Service and how we can help signpost you to get further help or support. This is a drop-in session, however if you want to let us know you are coming, please give us a call. If you're not able to attend but would like some support, please get in touch.

Thursday 27th April (09:00 - 10:00)

Cedar Tree Family Centre,  
Hemel Hempstead, HP2 7JX

11th May &amp; 25th May (09:00 - 10:00)

Cedar Tree Family Centre,  
Hemel Hempstead, HP2 7JX

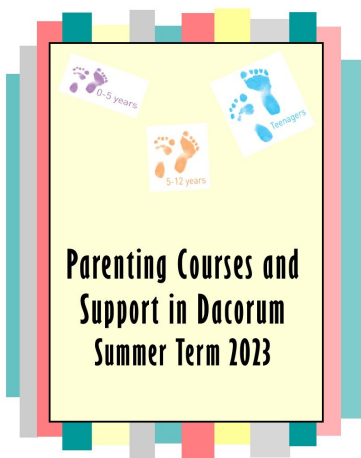
8th June &amp; 22nd June (09:00 - 10:00)

Cedar Tree Family Centre,  
Hemel Hempstead, HP2 7JX

6th &amp; 20th July, (09:00 - 10:00)

Cedar Tree Family Centre,  
Hemel Hempstead, HP2 7JX[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

0300 123 7572

Parenting Courses and Support in Dacorum Summer Term 2023

FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting  
Course Brochure via:

<https://dacorumdspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf>

For SEND courses and support, please visit either:

<https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True>

<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do>

Website: [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)Eventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)