

North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area.

Issue 12 (Parents, Carers & Young People)

Parents and Carers

STILL TIME TO BOOK CAMHS EDUCATION PROGRAMME

FREE Online Education Programme for Parents/Carers of secondary school aged young people who are using a **CAMHS Clinic, Step2 or Counselling Service**.

Tuesday's 22 February, 1, 8, 15, 22, 29 March from 7pm to 9pm

See Flyer for booking link - state in comments which service your child is using, the course content is NOT helpful for parent/carers of young people with an autistic spectrum condition.

[All Training, Workshops & Events - Online Education Programme for Parents/ Carers of secondary school aged young people who are using a CAMHS* Clinic, Step2 or Counselling Service.](https://www.nhdspl.org.uk)
([nhdspl.org.uk](https://www.nhdspl.org.uk))

REMINDER Signalong Foundation Course. Suitable for parents and professionals. Cost £130 per person, including a certificate provided by Signalong on completion of the course and a Phase 1 Signalong book. Max 12 spaces available. Woolgrove School, 7 sessions 1pm to 2:30pm Thursdays starting 10 Feb to 31 March excl. half term. Contact vickylitchfield@woolgrove.herts.sch.uk for booking.

REMINDER Transition Survey for parent/carers of SEND children currently in Year 6. Please complete this short survey regarding your experience of secondary school open days.

<https://www.surveymonkey.co.uk/r/SecondaryTransition2021>

REMINDER Family Lives Spring term parenting groups

See flyers and referral forms

- [Time to Talk about Pre-Teens and Teens \(6 weeks\)](#)
Wednesdays, 9.30-11.30 from 23rd February to 30th March 2022
- [Time to Talk about Pre-Teens and Teens \(6 weeks\)](#)
Wednesdays, 7.00pm-9.00pm from 23rd February to 30th March 2022

The Time to Talk group is particularly suited for parents and or carers of pre-teen/teenagers who are feeling anxious or isolated in the wake of Covid-19, have concerns about their pre-teens' / teens' mental health and feel they might be at risk or involved in risky behaviour. It is also suitable for parents/carers where there is a FFA/CIN/CP. Our free online group gives an insight into their challenging behaviour and ideas on how to negotiate and resolve conflict, to offer support around mental health issues and to improve communication. We accept referrals from professionals as well as self-referrals. Referrals can be made by clicking for our online [Referral form](#) or by emailing a completed referral form. Following our data protection protocols, please note emailed referral forms must be password-protected before sending to services@familylives.org.uk with the password sent in a separate email. Call 0204 522 8700 or 8701 for more information.

REMINDER Supporting Links - Talking ASD & ADHD Workshops

Anxiety & Stress 16 March 2022 12:30pm to 2:30pm

Responding to Anger 7 March 2022 7:30pm to 9:30pm or 28 March 12:30pm to 2:20pm

See Flyer for booking links

[All Training, Workshops & Events \(nhdspl.org.uk\)](http://nhdspl.org.uk)

NEW Supporting Children with Additional Needs:

Funded by HCC, provided by NESSie and Angels Support Group. See flyer for further workshops.

Girls & Women - 23 February 12pm to 1:30pm

Relationships & Sexuality - 1 March 1pm to 2:30pm

[Bookings - NESSie IN ED, CIC](#)

Families in Focus

Various training - see website ([Families in Focus – Looking forward together](#)) or email me for flyers

[Autism, ADHD & neurodevelopmental conditions/needs courses Spring 2022 / Parent Networks / Handling anger in child with Autism/ADHD]

[Families in Focus – Looking forward together](#)

Family Lives Training

[Getting on with your pre-teen or teenager](#) (targeted at FFA,CIN, COP or Youth Justice Plan) 26 Jan to 9 Mar - see DSPL 1 website for details

[Bringing up confident children for parents of children with ADHD/ASD](#) (online group) 27 Jan to 10 Mar - see flyers (daytime/evening avail) - see DSPL 1 website for details

[Online parenting classes | Family Lives](#)

ADD-vance have many funded training workshops for parents and carers of children and young people with ADHD/ASC - [ADD-vance](#)

Supporting Links Spring Training open for booking [Workshops \(supportinglinks.co.uk\)](#) Flyers are available, please email me for these (Includes: Talking Teens, Talking ADHD/ASC). More details: [All Training, Workshops & Events \(nhdspl.org.uk\)](#)

NEW HCT Children's Wellbeing Practitioners - includes supporting self-esteem, ability to self regulate, sleep and many more.

[HCT Children's Wellbeing Practitioners Events | Eventbrite](#)

	<p>HCT Children's Wellbeing Practitioners</p> <p>HCT Children's Wellbeing Practitioners</p> <p>www.eventbrite.co.uk</p>
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Family Centre SEND Drop-In

First Thursday of each month - see flyer

[Family Centre Service \(hertsfamilycentres.org\)](https://hertsfamilycentres.org)

ISL Advice Line - attached

Young People

[NHS England » What to do if you're a young person and it's all getting too much](#)

It hasn't been easy living through the COVID-19 pandemic which has caused many restrictions, from the closure of schools to changes to social interactions which has led to feelings of uncertainty for many of us. Things can feel overwhelming, and you may feel you can't cope. You might be struggling to adjust to changes in routines, new social pressures and greater expectations from your friends, family or school. You might also feel uncertainty around upcoming examinations and what form these may take. You might feel worried about friendships, your family, school or college including managing the work. You might be feeling down or sad – some of your friends and family members may be feeling the same way – and this can be usual at the moment. Those feelings may have become very deep and intense, and you might not know what to do about them. It's okay not to feel okay, there is hope for you and you can get through this. You're not alone – many people feel like this at some time in their lives – and more people are likely to be feeling this way at the moment because of the impact of the pandemic on our lives. What's important for you to know is that there are lots of ways of dealing with these feelings. It's absolutely possible to come out the other side and feel okay again.

[NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health](#)

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Dr Prathiba Chitsabesan is the Associate National Clinical Director for Children and Young People's Mental Health for NHS England. Prathiba is a Consultant in Child and Adolescent Psychiatry working in a large mental health and community trust (Pennine Care NHS Foundation Trust).

www.england.nhs.uk



Information/Events/Reminders

[Services for Mental health and wellbeing \(hertfordshire.gov.uk\)](https://hertfordshire.gov.uk)



[Services for Mental health and wellbeing](#)

Need help now? Call HPFT's freephone number: 0800 6444 101 - the quickest way to get help for a mental health crisis, day or night.. Or you can call NHS 111 and select option 2 for mental health services. In the event of an emergency, dial 999.

www.hertfordshire.gov.uk

[Just Talk \(justtalkherts.org\)](http://justtalkherts.org) Links, Resources, Information for Mental Health and wellbeing.

Issue 12

If you have any questions please do not hesitate to contact us: Debbie Robins nhdspl@wilshere.herts.sch.uk or Emma Russell, Delivery Manager: nhdsplmanager@wilshere.herts.sch.uk. We welcome your feedback and comments.

Debbie Robins
Administrator
North Herts DSPL 1

Please note I work part-time across the week and will reply to your email as soon as possible.

Emma Russell- NH DSPL Delivery Manager, nhdsplmanager@wilshere.herts.sch.uk (07958 421 871)
Debbie Robins - NH DSPL Administrator (07527 828 477)

Lead School: Wymondley JMI Tony Plunkett head@wymondley.herts.sch.uk

Please signpost parents/carers our [Facebook](#) Page: DSPL 1 North Herts

WEBSITE: <https://nhdspl.org.uk>

The Cabin, Wilshere Dacre Academy
Fishponds Road, Hitchin, SG5 1NS

Visit <https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx> for services for children and young people with SEND

"As part of the CAMHS Transformation, Hertfordshire's two NHS clinical commissioning groups (CCGs) are offering a funded training programme to support school-based professionals to improve the mental health and wellbeing of pupils."

To find out more about all current CAMHS fully funded training courses visit <https://www.healthyyoungmindsinherts.org.uk/>