

DSPL2 Family Newsletter – Edition 5

We hope you are finding our DSPL2 Family Newsletter helpful. If you have any feedback please do get in touch at: DSPL2@peartreespring.herts.sch.uk.

NEW Family drop in surgery

Future dates will be de offered throughout the year. We will advertise them on our parent newsletters, DSPL2 website and Facebook page. **Eventbrite bookings will not be released until nearer the time.**

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Provision Locally 

Family drop in surgery

These are face to face, or online appointment sessions, where families can receive guidance, support and signposting on various SEN topics: navigating school issues/accessing community activities and resources.

When:
Thursday 20 November 2025
30 minute appointment slots will be available between 9:15am-11:15am

[Book via DSPL2 Eventbrite](#)

If you have any questions email: dspl2@peartreespring.herts.sch.uk

Face to face appointments will be held at
The Oak Suite, Peartree Spring Primary School,
Hydean way,
Stevenage,
SG2 9GG.

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FAMILY NETWORK EVENTS



10–12pm Tuesday 25th November 2025

Peartree Spring Primary School

10–12pm Tuesday 17th March 2026

Moss Bury Primary School

10–12pm Tuesday 16th June 2026

Peartree Spring primary School

No booking required

Find out about
local services

Meet other
families

Advice and
support



Herts Mind
Supporting Links
Step 2 Skills
Phoenix
Angels
ADDvance
Family Centre
Messy Minds
Tracks
Lending Space
Home Start
SET Family Support Workers
Well Being Junction
Herts Parent Carer Involvement



01438 233900



dspl2@peartreespring.herts.sch.uk

Lending SPACE POP-UP in Stevenage



Bringing sensory support and connection to your local community

Join us at the Broadwater Family Centre (SG2 8LT) on
Thursday, 18th Spet, 16th Oct and 20th Nov at 10am - 11:30am

Our Pop-Up Lending SPACE is a warm, welcoming hub for families of children and young people with additional needs in Hertfordshire – and now, we're bringing it closer to you.

Browse and borrow sensory and SEND equipment for free and get expert advice. Enjoy a cuppa, connect with other parent/carers, and let your children play in a relaxed, inclusive space. Whether you need support or just a listening ear, we're here for you.



Reserve your free place
today, scan to book



Autism | ADHD
Neurodiverse Conditions

Further information about how SPACE can support your family please visit:

<https://spaceherts.org.uk/>

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Stand-by-me
Bereavement Support

Are you a parent/carer supporting a bereaved child?

Our Parent/Carer workshop can:

- Help you understand how young people grieve
- Teach you strategies to support them
- Meet other parents/carers who are supporting bereaved young people

Wednesday 19th November
Hitchin Youth Trust Building
6:30 – 8:30pm
Limited spaces available

Book your place today



Or email
hello@stand-by-me.org.uk

Stand-by-me Bereavement Support, 111 Walsworth Road, Hitchin, SG4 9SP Charity Registration: 1161035

Stand-by-me offer support to parents, children and young people around bereavement.
For further details please contact:
<https://stand-by-me.org.uk/>

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2025



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

RESPONDING to ANGER



Healthy & unhealthy anger.
How to spot the signs early.
Our own and our children's triggers.
Techniques that stop angry and aggressive behaviour escalating and when to use them.
How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Tuesday 23rd September, 9.30-11.15am
Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 13th October, 7.30-9.15pm
Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

SCHOOL AVOIDANCE



What is Emotionally Based School Avoidance and is this what your child is experiencing?
Common causes and triggers of school avoidance.
How EBSA is affecting you and your family.
Practical steps you can take to support your child and look after yourself.
How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm
Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm
Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County
Council's Targeted Parenting Fund



Information you share with us is used to process your booking. We will not share your information with any third parties and only shared in accordance with our GDPR Policy.

We thought it might be useful to share information on Food support open to all families and does not require a referral and NOT benefit dependent



PLACES WHERE KIDS EAT FREE (OR FOR £1) OCTOBER HALF TERM 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 27th - 31st October 2025

BREWDOG

1 Kid eats free with 1 adult. Scotland 13th - 17th Oct
England & Wales 27th - 31st Oct

BURGER KING

From 13th Oct - 2nd Nov, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily 27th - 31st October

COCONUT TREE

Kids eat FREE Daily Mon 27th Oct - Sun 9th Nov 2025

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

2 Kids eat free From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales),

FLAMING GRILL

1 Kids eats free, Mon 13th - 20th Oct (Scotland) &
Mon 20th - Fri 31 Oct (England & Wales)

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HUNGRY HORSE

2 Kids eat free From Mon 6th - Fri 17 Oct (Scotland)
& Fri 17th - Fri 31 Oct (England & Wales),

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PREMIER INN

2 Kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

Hertfordshire Local offer website

They have lots of useful information on services available across Hertfordshire as well as signing up to the local offer short breaks service and the Hertfordshire additional needs database (HAND offer).

<https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx>

Hertfordshire based charity Angels.

Angels support families of autistic children and /or children who have ADHD (and those awaiting a diagnosis). All Angel's staff are parents of neurodivergent children. They provide individualised advice and support to parents as well as help families meet with others with shared experiences.

<https://angelssupportgroup.org.uk/>

The Children's Wellbeing Practitioner Service

Provides early intervention emotional wellbeing and mental health support to children and young people aged 5-19 who would benefit from, low intensity support. Support is provided through 1-1 and group interventions

<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

ADD-Vance.

A local charity developed by a group of parents of neurodivergent children who want to support families with children or young people with ASD/ADHD. They offer a variety of services including workshops, courses, a support telephone line, as well as family events and much more.

<https://www.add-vance.org/parents/courses/>

SPACE

A Hertfordshire based charity supporting families of children or young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions)

<https://spaceherts.org.uk/>

Families in Focus

Families in Focus are a Hertfordshire-based community interest company that provides online evidence-based, award-winning therapeutic parenting courses as well as providing a safe space to meet others with shared experiences.

<https://www.familiesinfocus.co.uk/>

Supporting Links

We are a local social enterprise, providing parenting support through courses, workshops and 1:1 mentoring of parents and children throughout Hertfordshire and the surrounding area
<https://www.supportinglinks.co.uk/>

Family Lives

We are a charity that provide support to families around all aspects of life including your child development, understanding your child, issues with school, parenting/relationship support and much more
<https://www.familylives.org.uk/>

Dolphins swimming club

A swimming club (at Stevenage Leisure centre) for people with physical and mental disabilities that would benefit from time in the water but are uncomfortable attending a normal swimming session. We are a registered charity
<https://stevenage-dolphins.org/>

Graces Space and the Brighter SENTER

Brighter SENTER is an inclusive life skills and wellness hub for children and young people ages 5-16 with SEN. They have a team of consultants, coaches, facilitators, psychologists and relaxation therapists who have a desire to see children and young people have a bright outlook and the freedom to explore, develop and thrive in every area of life.

Graces space is a volunteer and parent Saturday Club that meet twice a month.

<https://brightersenter.com/>



Grace's Space
Supporting families for a brighter future

GRACE'S SPACE is a parent and volunteer led monthly Saturday Club that supports:

- Children aged 3-9 years old diagnosed with Autistic Spectrum Disorder
- Their parents and siblings

GRACE'S SPACE WILL PROVIDE:

- A space to play, learn and relax
- These sessions will include: musical activities, sporting activities and creative dance

Venue: Grace Community Church Hall, Hydean Way, Stevenage, SG2 9XJ.
 Each session lasts for 1 hour 30 minutes

Attendance is via registration only and admission is FREE
 Registered children will get a FREE T-Shirt with our Logo

Grace's Space runs two sessions on the first Saturday of every month
 10:00 AM- 11:30 AM
 12:30 PM - 2PM

To register or for more information call or email us on:
 Telephone: 07972 345 797
 Email: graces_space@live.co.uk
 Website: www.gracespace.org




Chat Health School Nurse text messaging service for parents/carers: 07312 263002

A new service from Chat Health has recently launched for parents/carers to provide advice on supporting children and young people's health and wellbeing (launched July 24)

Find out more about the wide range of services available to support Hertfordshire's children, young people and their parents/carers with emotional wellbeing/mental health at:
www.hertfordshire.gov.uk/youthmentalhealth

Young Minds

Young minds are the UK's leading charity fighting for young people's mental health.

They have a Parents Helpline which is a free national service for any parent or carer concerned about a young person aged 0-25 yrs. We give customised advice and provide translation services in over 200 languages. We also have comprehensive resources on the Parent and Carer section of our website,

https://www.youngminds.org.uk/parent/parents-helpline/?utm_source=website&utm_medium=website&

With Youth online groups for children and young people

With Youth free online emotional wellbeing groups for 7–12-year-olds and ages 13+.
E: withyouth@hertsmindnetwork.org for more information and/or find out more [here](#)

The sandbox

The Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**.

We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.

<https://thesandbox.mindler.co.uk/>

Follow us on Facebook- https://www.facebook.com/p/DSPL2-Stevenage-100063726952451/?_rdr
Our website is continuously updated with useful information- <https://www.stevenagedspl.org.uk/>