


DSPL2


Delivering Special
Provision Locally

DSPL2 Family Newsletter – Edition 7

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.



Delivering Special
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 15 January 2026
45 minute appointment slots will be available
between 9:15am-12.00pm

[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.

UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help **young people** learn more about neurodiversity and their own experiences.

Through interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life. By the end of the programme, it is hoped that the young people will leave with a stronger sense of empowerment in embracing their neurodiversity.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

Courses are tailored to different age groups and we run sessions for school years 3-6, 7-9 and 10-11 throughout the year.

Scan to book



6 week online and in-person courses starting in January and February

Jan 6 School Years 10-11 (online)	Jan 6 School Years 7-9 (in-person)
Feb 24 School Years 7-9 (online)	Feb 26 School Years 10-11 (in-person)

Understanding my
autism and ADHD



For more details on other course or workshops SPACE offer visit <https://spaceherts.org.uk/>



Families In Focus CIC
LOOKING FORWARD TOGETHER

Families in Focus award winning online,
interactive courses are free for parents living
in Hertfordshire

Handling anger in your family

an online course for parents
of primary aged children with
no SEN needs

Increase understanding of why children react
with anger and learn tried and tested
techniques to support children to de-
escalate and change reactions to trigger
situations to bring harmony and calm for the
whole family.

Monday evenings from 7pm to 8.30pm
January 5th 12th 19th 26th & February 2nd 9th

Email Francine & Lesley:
bookings@familiesinfocus.co.uk



Families In Focus CIC
LOOKING FORWARD TOGETHER

A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)
Our free evidence-based, online, interactive courses
for Hertfordshire parents of children aged 2 to 11
years will:

Increase understanding of Autism, ADHD, Sensory
needs and children's behaviours.

Also included, how to understand and support
siblings, understanding EHCP's, and up to date
information on local service's and how to access
them.

We provide tried and tested strategies to increase
understanding for a calmer and happier family life.

Wednesdays

9.30am to 11.30am or 6.30pm to 8.30pm

January 7th 14th 21st 28th &

February 4th 11th 25th &

March 4th 11th

Email Francine & Lesley:
bookings@familiesinfocus.co.uk



For further details on what other courses Families' in Focus offer visit <https://www.familiesinfocus.co.uk/>

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:

No
Diagnosis
Required

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a
Parent, Carer
or
Professional?



01727 833963 

 supporthub@add-vance.org

Term Time Opening Hours

9AM - 1PM - Monday, Wednesday & Friday

9AM - 3PM - Tuesday & Thursday


7PM - 9PM - Wednesday (By Appt)

9AM - 1PM - During School Holidays



We Can't:

- Give updates/ fast track places on waiting lists
- Recommend specific private assessors

Here to support, reach out for a listening ear 

Here for you this Christmas

For most people, Christmas and the New Year is a time of joy and great fun. We get to have a well-earned break from work, spend time with our family and loved ones, overindulge in food and drink, exchange gifts and create long-lasting memories. Sounds perfect doesn't it?

Unfortunately, this is not the case for everyone. For many, the holiday period can be an incredibly anxious time – and sadly, this can lead people to really fear it. Increased stress and financial pressures, excess alcohol, too many parties, family

arguments and being forced to spend time with people we may not choose to be with, can all translate into an increased risk of domestic abuse.

Herts Domestic Abuse Helpline is here for you if things do escalate in your life. We offer a **FREE** and confidential support and signposting service to anyone affected by domestic abuse. The Helpline is open over the holiday period if you need to speak to us – and we also have a confidential email service if calling is not an option.



**Herts
Domestic
Abuse
Helpline**

08 088 088 088

hertsdomesticabusehelpline.org

Call 08 088 088 088

Monday to Friday: 9am–9pm

Weekends: 9am–4pm

Confidential email: kim@mailpurple.org



Registered charity number 1184016

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/?_rd=1
Our website is continuously updated with useful information- <https://www.stevenagedspl.org.uk/>