

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.



The image shows the front page of the DSPL2 Family Newsletter – Edition 7. The page has a teal header with the DSPL2 logo and 'Delivering Special Provision Locally'. The main title 'Family drop in surgery' is in large, white, sans-serif font. Below the title is a description of the service, followed by 'When: Thursday 15 January 2026', '45 minute appointment slots will be available between 9:15am-12.00pm', and a link to 'Book via DSPL2 Eventbrite'. At the bottom, there is an address for the location.

DSPL2
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.

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

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

**Understanding my
autism and ADHD**

Scan to book



Autism | ADHD
Neurodiverse Conditions

For more details on other courses 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

Funded by
Hertfordshire
County Council



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

Funded by
Hertfordshire
County Council



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:

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



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



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



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

Registered charity number 200000

Call 08 088 088 088

Monday to Friday: 9am–9pm

Weekends: 9am–4pm

Confidential email: kim@mailpurple.org



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.familiesinfofocus.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/>



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/>