



Delivering Special Provision Locally

DSPL2 Family Newsletter – Edition 8

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.




Calling all Parents

Do you have a child with SEND?

FREE DROP IN SESSION



Come along to meet other parents, have a coffee/tea and hear about support and advice available in the SEND world

no booking or appointment needed

- Find out about local services
- Meet other families
- Advice and support

SERVICES ATTENDING:-

Herts MIND	Messy Minds
Supporting Links	Tracks
Step2Skills	Lending Space
Phoenix	Home Start
Angels	SET Family Support
ADDvance	Well Being Junction
Family Centre	Herts Parent Carer Involvement

DATES & VENUE:
 17th March 2026, 10am-12pm, Moss Bury School, Stevenage SG1 5PA
 16th June 2026, 10am - 12pm, Pear Tree School, Stevenage SG2 9GG
 Tel: 01438 233900 | Email: dspl2@peartreesprings.herts.ac.uk



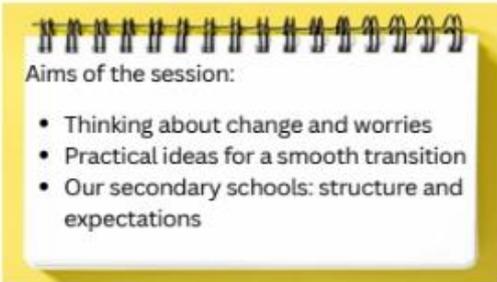


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DSPL2
Year 6/7 Transition
Parent/Carer
Workshops

Parents and carers from Stevenage Primary Schools are invited to join the DSPL2 transition team who will be sharing ideas to support young people's transition from primary to secondary school.



Aims of the session:

- Thinking about change and worries
- Practical ideas for a smooth transition
- Our secondary schools: structure and expectations

Choose from the following dates - **Booking via DSPL2 Eventbrite**

- 10th March 2026 - 4:00-5:30 at Peartree Spring Primary school
- 12th March 2026 - 9:15 - 10:30 at The Leys Primary School
- 13th March 2026 - 9:30 - 11:00 at Peartree Spring Primary School
- 17th March 2026 - 3:30 - 4:45 at The Leys Primary School










Contact Us

Phone Number: 01438 233900

Website: www.stevenage.sch.uk

Email: DSPL2@peartreespring.herts.sch.uk

To book your space visit: <https://www.eventbrite.co.uk/o/dspl2-53412326273>

DSPL2

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Family support 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 26th March 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.

These sessions are open to any parents, carers or wider family members who would like some advice on how to support their family.

If you are a young carer, or think you might be, come and join us for a fun, friendly, face to face co-production session to help shape a brand-new young carers webpage. There is space available if parents wish to stay.

Tuesday 17th February 11am-2pm Shephall Centre in Stevenage (SG2 9XR). Lunch will be included. There is support with transport too if needed. To book your place and to tell us your needs for the sessions, please scan the QR code or click on the link:

<https://surveys.hertfordshire.gov.uk/.../Youngcarersco.../>

Young Carers

CO-PRODUCTION SESSION

THIS HALF TERM

YOU ARE INVITED TO HELP DESIGN THE NEW
YOUNG CARERS WEBPAGE



WHEN?
17th February
11am - 2.00pm



WHERE?
The Shephall Centre
Stevenage SG2 9XR



YUM!
Lunch included



SUPPORT
with transport

WHAT YOU'LL BE DOING

- Helping to design your new web page - for young carers, made by young carers
- Interactive session
- Meeting other young carers
- Sharing your ideas to help shape future support





Delivering Special Provision Locally



Charity no: 1117059

Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.

Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see programme for dates



Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats" on Spotify or Apple Podcasts or listen on our website: <https://angelssupportgroup.org.uk/podcasts/>

Follow us on social media for updates:



www.angelssupportgroup.org.uk

Angels
AUTISM & ADHD SUPPORT

WEEKLY ONLINE WORKSHOP AND SUPPORT
10AM-12PM EVERY TUESDAY DURING TERM TIME

FREE :Workshop topic presentation opening to online support on any topic

Topic List:

- 3 Feb - Emotionally Based School Absence (EBSA)
- 10 Feb - Understanding Pathological Demand Avoidance (PDA)
- 24 Feb - Paul Chambers Poets In - Wellbeing Session
- 8 March - Nice2Meetya Rejection Sensitive Dysphoria (RSD)
- 10 March - SEN Support: Ordinary Available Provision (OAP) The Graduated Response and EHCPs
- 17 March - Helping to reduce meltdowns
- 24 March - Supporting Sensory Needs

Scan this QR code to access our support and zoom links

www.angelssupportgroup.org.uk



ADD-vance
The ADHD and Autism Trust




SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodivergence.

TIME AND PLACE

Sleep Support
Tue 24th February 2026 - 1.30-2.30 pm

PDA Support
Tue 3rd March 2026 - 1.30-2.30 pm

Parents/Carers of 16 to 25 yr olds
Tue 10th March 2026 - 1.30-2.30 pm

General Primary Aged Children
Tue 17th March 2026 - 1.30-2.30 pm

General Secondary Aged Children
Tue 24th March 2026 - 7.30-8.30 pm

ALL ONLINE VIA ZOOM

☎ 01727 833963 ✉ herts@add-vance.org 🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

These groups are open to residents of Hertfordshire only



Stand-by-me
Bereavement Support

CHILDREN'S BEREAVEMENT WORKSHOP

**"Where feelings are shared and memories
made"**

**SATURDAY
28TH FEBRUARY
10 - 12 NOON
HITCHIN**

BOOK ESSENTIAL



Creative activities to
help share feelings



Memory making
activities



Meet other children and families who
understand, and make new friends
along the way.

**Email: hello@stand-by-me.org.uk
Or Call: 07469 255139**

**A FREE workshop for children Years 1 - 6 and
their caregivers who have experienced the
death of a loved one.**

Kids Eat for LESS or FREE!

Asda Cafes

Kids eat for £1 All Day.

Bella Italia

Kids Eat Free all day every Thursday.

Café Rouge

Kids Eat Free every day from 12pm-4pm.

Dobbies Garden Centres

Kids eat Free with adult main meal purchase.

Franco Manco

Kids 12 and under eat free pizza with adult purchase.

Morrisons

Kids Eat Free with adult main meal.

Pausa Cafes at Dunelm

Kids Eat Free with adult lunch.

Premier Inn

Two kids under 16 eat for free with adult purchase.

Sainsburys

Kids eat for £1 with adult hot main meal purchase.

Sizzling Pubs

Kids eat for £1 with adult purchase. M-F from 3pm.

Slug & Lettuce

Kids eat for £1 with every adult purchase.

Travelodge

Two kids under 15 eat for free with adult purchase.

YoSushi!

Kids eat free all day M-F with adult meal.

Please check the terms and conditions at each restaurant.

Repost and Share



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, Hydeau 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/>