

DSPL2 Family Newsletter – Edition 9

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.

WithYOUTH Online Group Support

Road to Year 7

A welcoming space just for Year 6 students getting ready for secondary school.

Thursdays
5pm - 6pm

Living with Anxiety

A supportive group for young people aged 15 and up who want to understand and manage anxiety. It's a safe space where you can talk, listen, and learn without any pressure.

Wednesdays
7pm - 8pm

Anger Avengers

Anger Avengers is a friendly group for children aged 7-12 who want to understand their anger and learn healthy ways to deal with it.

Tuesdays
5pm - 6pm

Creative Minds

A fun drop-in space for 7-14 year olds where you can use art, games, music, and writing to explore your feelings and express yourself.

Wednesdays
5pm - 6pm





Scan me

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](#)

DSPL2

Delivering Special
Provision Locally

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Family support surgery

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

When:

Thursday 23rd April 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.

Rucksack Early Years Autism Programme for Families

Early
Years
Service
Hertfordshire County Council

About:

This course is designed specifically for parents/carers of autistic children or children (aged 0-5) on the autism pathway. It aims to provide you with the essential knowledge, practical strategies and valuable resources to support both you and your child in navigating everyday life.

Week 1: Understanding Autism
Week 2: Sensory
Week 3 : Communication

Week 4: Play and Social Interaction
Week 5: Emotional Wellbeing and Behaviour
Week 6: Using My Rucksack

To self register an interest in our upcoming course running in the summer 2026 term, scan the QR code or click the link and fill in the registration form:

<https://forms.office.com/e/YHcCTbkg60?origin=lprLink>



The next course will run in the summer at **Moss Bury school in Stevenage** on the following dates from 9.30-11.30am.

Week 1: Understanding Autism – **Weds 6th May**

Week 2: Sensory - **Weds 13th May**

Week 3 : Communication - **Weds 20th May**

Week 4: Play and Social Interaction – **Weds 3rd June**

Week 5: Emotional Wellbeing and Behaviour – **Weds 10th June**

Week 6: Using My Rucksack - **Weds 17th June**



Our Special Educational Needs and Disabilities Chat and Play sessions are a great opportunity to come and meet other families going through a similar journey, in a relaxed environment. Our SEND Champions are on hand to talk about the services we offer, signpost to different organisations or to simply act as a listening ear.

All are welcome whether your child is diagnosed or you are concerned about a possible need. We have toys out for the children or you can come by yourself.

We hope to see you soon!

<https://buff.ly/3VwKtsT>

Useful information for the Easter Holidays 26

Food support for all - does not require a referral and is not benefit dependent



PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free



<p>ANGUS STEAKHOUSE Kids under 8 eat FREE daily, 12pm to 5pm</p> <p>ASDA Kids eat for £1 daily, with no adult spend</p> <p>ASK ITALIAN 2 Kids eat free from 27th March - 19th April 2026</p> <p>BELLA ITALIA Children eat free Sunday - Thursday</p> <p>BEEFEATER & BREWERS FAYRE 2 Kids Eat Free Breakfast with one paying adult</p> <p>BILLS Kids eat free Mon 30th March - Fri 10th April</p> <p>BREWDOG Kids eat free 28th March - 12th April 2026</p> <p>CAFE ROUGE Kids Eat FREE 12-4pm every day of the week</p> <p>COCONUT TREE Kids eat free Mon 30th March - Sun 19th April</p> <p>CHIQUITO Kids eat free during all school holidays</p> <p>DOBBIES GARDEN CENTRES Kids eat for £1 with an adult breakfast or lunch</p> <p>FARMHOUSE INNS Kids eat FREE weekdays 30th March - 17th April</p> <p>FRANKIE & BENNY'S Kids eat FREE daily from 30th March - 17th April</p> <p>FUTURE INNS Under 5s eat for free with any adult meal</p> <p>GORDON RAMSEY RESTAURANTS Kids under 10 eat FREE all day, every day</p> <p>IKEA Kids get a meal from 95p daily from 11am</p> <p>LAS IGUANAS Kids under 12 eat FREE with 'My Las Iguanas' App</p>	<p>MORRISONS Kids Eat FREE all day, every day with a £5 spend</p> <p>MARCO PIERRE WHITE Kids under 12 Eat FREE daily with an adult spend</p> <p>PAUSA CAFE @ DUNELM Kids eat FREE with every £4 spend all day</p> <p>PIZZA HUT Kids Eat Free Every Day after 3pm</p> <p>PREMIER INN 2 kids eat for free with 1 adult breakfast</p> <p>PRETO Kids up to age 10 eat free with 1 paying adult</p> <p>PUREZZA Kids under 10 get free pizza with every adult meal</p> <p>SA BRAINS PUBS Kids eat for £1 on Wednesdays</p> <p>SUBWAY Kids eat Free from the 6th - 13th April</p> <p>SIZZLING PUBS Kids eat for £1, Every Monday to Friday, 3 - 7pm</p> <p>TABLE TABLE 2 Kids Eat free breakfast daily with 1 paying adult</p> <p>TGI FRIDAYS Kids Eat Free with any adult meal (Via App)</p> <p>THE REAL GREEK Kids under 12 eat FREE Sundays with £10 spend</p> <p>TRAVELODGE 2 kids eat for free with 1 adult breakfast</p> <p>TURTLE BAY Kids eat free with every £15 adult spend</p> <p>WHITBREAD INNS 2 kids eat for FREE with 1 adult breakfast</p> <p>YO! SUSHI Kids eat free all day (weekdays) in school holidays</p>
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<https://community.petsathome.com/whats-on/in-store/stevenage/child-workshop/pet-pals-easter/Sunday-29-March-2026/2-00-PM/>

FREE ENTRY to over 200 attractions!



There are a variety of Blue Peter badges children (5-15) can earn. A badge will enable children to gain FREE entry to over 200 attractions across the UK. Therefore being **beneficial for ALL families** as well as something fun and engaging to do. Please let us know if you earn any badges.

See the attached link for how to apply:

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

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

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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/>