

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



With Youth FREE online emotional wellbeing groups launching this summer

Help your child to enjoy the summer, whilst preparing for autumn changes by encouraging them to join an online emotional wellbeing group. With Youth is Hertfordshire Mind Network's free Digital Wellbeing Service for 5-18-year-olds. They're launching 4 new online groups this June/July.

Road to Year 7 to help Year 6 students who are starting secondary school

For Year 6 students Thursdays, 5:00 PM | 17 July – 18 September 2025 (10 weeks)

Starting secondary school can feel overwhelming – but they don't have to face it alone. This group provides a friendly and fun space to **prepare for Year 7**, meet others going through the same transition, and build confidence through games, helpful discussions, and practical tips on friendships, routines, and organisation

Calm Club for ages 15+ for finding calm and building confidence.

Mondays, 7:00 PM | 7 July – 25 August 2025 (7 weeks)

Find your calm. Build your confidence.

A supportive space for teens to understand and manage **anxiety**, build self-awareness, and learn practical strategies for coping with school pressure, exam stress, and social anxiety. Activities include mindfulness, goal setting, and positive thinking exercises

To find out more about With Youth please follow the link <https://www.withyouth.org/>

New body image group from First Steps ED for boys and men.



First Steps ED have introduced a brand-new four-week group workshop for 12–17-year-olds to help address the distinctive challenges that males face with body image.

Developed by staff and volunteers with first-hand experience, each week will look at a specific topic: masculinity and expectations; social media, gym culture and diet culture.

Find out more: [Workshops & Support Groups for Eating Disorders | First Steps ED](#):

Don't wait - find self-help or early help now!

First Steps ED offer various free early help support options for 5–18-year-olds in Hertfordshire with eating disorders/disordered eating. This includes group workshops, one-to-one sessions, and easy-to-access self-help guided resources. Children and young people don't need to be physically unwell due to their eating behaviours to ask for support – it's always best to ask for help as soon as possible. Eating disorders can happen to anyone at any time. First Steps ED support is on hand for anyone regardless of ability, background or identity.

Find out more on their website: [Services & Support | First Steps ED](#)



The poster is for a webinar titled "SPOT THE SIGNS, YOUTH SUICIDE PREVENTION WEBINAR". It features a purple background with three pink rounded rectangular boxes containing the date "15TH SEPTEMBER 2025", the time "7PM - 9PM ONLINE", and the cost "FREE FOR ALL HERTS PARENTS". On the left, a teal vertical bar contains the "Mind Hertfordshire Network" logo, contact information, and a QR code. At the bottom right are logos for "Hertfordshire" and "SPOT THE SIGNS & SAVE A LIFE". A dark blue footer bar contains the booking email address.

SPOT THE SIGNS, YOUTH SUICIDE PREVENTION WEBINAR

15TH SEPTEMBER 2025

7PM - 9PM ONLINE

FREE FOR ALL HERTS PARENTS

Contact us to discuss your training needs, or head to our website by scanning the QR code below:

Please contact cyp@hertsmindnetwork.org to book your space!

SPOT THE SIGNS AND EMOTIONAL WELLBEING TRAINING PROJECT

We would like to bring to your attention a NEW webinar that we are hosting for all parents/carers across Hertfordshire around Youth Suicide Prevention.

We know that parents want more training offers around our children and young people's mental health in Hertfordshire so we have created a free and accessible webinar which will take place via Teams/Zoom on **Monday 15th September 7-9pm**.

This webinar is aimed at parents/carers who want to learn more about youth suicide prevention in general or are concerned that their child/young person is feeling suicidal.

Please note, this is NOT for those parents/carers whose young person has attempted suicide.

Up on Downs is a parent run organisation which supports families of children with Down's Syndrome.

Support other parents by sharing information and creating opportunities for families to socialise and learn together. They support children by arranging specific activities and by working with other agencies to increase awareness of Down's Syndrome and improve the opportunities available to people with the condition.

They welcome parents and practitioners from all over Hertfordshire and the surrounding areas. They are able to offer one to one support for new parents, family meetings with children's activities, outings to farms, theme parks and places of interest, and workshops and education days. They also run an early development group and specialised speech therapy classes and we distribute regular newsletters and events listings.

To find out more click on the link: <https://upondowns.com/>



Summer 2025 Newsletter

CALENDAR DATES

Thu 26 Jun [DSPL8 Information Fair](#)
Warners End Community Centre, Northridge Way, Hemel Hempstead HP1 3QG 9.30am-12.30pm

Sun 6 Jul [Day Out to Gulliver's Land Theme Park](#)
Livingstone Drive, Milton Keynes MK15 0DT 10.00 am

Sat 12 Jul & 9 Aug [Family Support Meeting](#)
Hitchin Youth Trust, 111 Walsworth Rd, Hitchin SG4 9SP 2.00-4.00pm

Thu 17 Jul [New Parent Meeting at SEND chat and play](#)
Longmeadow Primary School, Oaks Cross, Stevenage SG2 8LT 10.00 am

Summer Tues [Up on Downs Book Club](#)
St Albans Library, Level 2, Maltings Shopping Centre AL1 3JQ 6.00-7.00pm

Sat 9 Aug [Mum's Night Out](#)
The White Horse, 1 White Horse Lane, Burnham Green, Welwyn AL6 0HA 7.00pm

Thu 28 Aug [Teen / Young Adult Get-together](#)
Save the date—exact details to follow, our young people will be choosing the activity

Sat 27 Sep [Hitchin Youth Showcase](#)
Market Square, Hitchin Town Centre SG5 1DR 10.00am-3.00pm Performance time TBC

Saturdays [Speech Development Group Meetings](#)
Continues weekly for enrolled children



**Up
On Downs**

If you have any questions or suggestions please contact Jan or Gemma at:

enquiries.nhdowns@yahoo.co.uk

call:
07738 470634

Or visit:
www.upondowns.co.uk



Up on Downs is 20!

HERTS SUMMER PARKS

Stevenage BOROUGH COUNCIL

Hertfordshire's Happy Holiday Activity Programme

Department for Education

FREE PARKS FESTIVAL WITH FOOD

Coming to **STEVENAGE**
AGES 12-16

WHERE
King George V
Playing Fields,
Sish Lane,
Stevenage,
SG1 3LS

WHEN
8th August
15th August
22nd August
3pm - 6pm

Register your interest here

Free takeaway vouchers available if you attend activities

The Herts Sport & Physical Activity Partnership, in collaboration with Hertfordshire County Council, is excited to bring back Herts Summer Parks 2025 – a dynamic, festival style programme of FREE park activities for young people aged 12–16 across Hertfordshire this August

Spaces are free, but registration is required. Complete the form using the link below for fast-track entry on the day:

Free Food Included: Anyone who attends will receive a free takeaway voucher to enjoy a hot meal from a local food vendor. Click below to find out where you can redeem your voucher.

Beezee FAMILIES

FREE Healthy Lifestyle support for families in Hertfordshire

Our FREE 12 week in-person and online programmes start on week commencing 22nd September 2025

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9QD 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:30 - 7:30pm	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm
CHESHUNT Andrews Lane Primary School, EN7 6LB 4:30 - 6:30pm	** NO SESSION **	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	** NO SESSION **
ONLINE (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **

Sign up today!



hrt.maximusuk.co.uk



BZBinfo@maximusuk.co.uk



01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.

If in-person sessions don't suit, we have our Beezee Families LIVE online group programmes running too, and not forgetting our year-round Beezee Families 1:1 intervention continues.

Self-referrals to Beezee programmes can be made in 3 ways:-

1. Call on 01707 248648
2. Via this link where they can complete a very short form and we will contact them
3. Email us at bzbinfo@maximusuk.co.uk

Beezee
YOUTH



Ready to make a change?

The first step starts with you

Join our **FREE** 8-week health and wellbeing programme. It's made with the help of young people, for young people. This is a chance for you to talk about topics that matter to you.

Achieving Goals

Body Image

Communication

Exam Stress

Motivation

Physical Activity

Relationships

Self-Love

Our online group sessions start on:

Date:

Weds 8th October 25 & weekly thereafter

Time:

Starts at 6pm - Ends at 7pm

Sign up for your
FREE PLACE
today

BZBinfo@maximusuk.co.uk

01707 248 648

Hertfordshire

Our programmes are for 13 to 17-year-olds, see our website for more information. 24-0882

FREE Beezee Youth teens wellbeing

Programme will be running **online on Wednesdays FROM 6pm until 7pm for 8 weeks, starting 8th October 2025**, flyer attached.

Self-referrals to Beezee programmes can be made in 3 ways:-

1. Call on 01707 248648
2. Via [this link](#) where they can complete a very short form and we will contact them
3. Email us at bzbinfo@maximusuk.co.uk



Coffee Afternoon for parents/carers of children with learning difficulties/global developmental delay

Join us for a relaxed Coffee Afternoon designed specifically for parents and carers of children with Learning Difficulties/GDD.

Meet Leise and Kirsten both are parents of neurodivergent children. Leise, founder of Angels, is a parent herself to a son with severe learning difficulties. Leise has first-hand experience with the complex challenges that can arise. She knows how difficult it can be to access relevant support that truly meets your family's needs.

You're not alone in navigating these challenges. Come and share your experiences, gain insights, and connect with a supportive community.

This is an opportunity to talk about your child's needs in an open, caring, non-judgemental environment and learn how Angels can support you.

www.angelssupportgroup.org.uk

Angels
AUTISM & ADHD SUPPORT



**14th July,
12.30-2.30pm**

**Greenside
Studio,
21 The Hyde
Stevenage
SG2 9SD**



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 (Herts Card).

<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/space-for-families/#workshops-and-training>

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/>