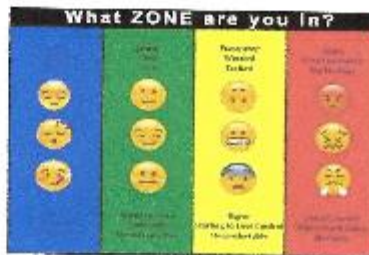


Zones of Regulation Course 2020 For Parents and Carers in the DSPL7 Area Only

ABOUT THE COURSE

Zones of Regulation is a programme written by Canadian Educator, Leah Kuypers. It is designed to support students with self-regulating their emotions, recognising the emotions of others and recognising the impact of their behaviours on the emotions of others. Owing to demand, we now have a new date for 2020!

This session will explain the programme to parents and show you how it can be used at home as well as at school.



DETAILS

DATE: Thursday 30th April 2020

TIME: 7:00 pm – 8:30 pm

VENUE: The Hub, Fleetville Junior School, 228 Hatfield Road, St Albans, Herts, AL1 4LW

COST: Free for parents and carers in the DSPL7 area


PARKING: Limited parking is available at the school. Free parking is available in the surrounding streets and at the local supermarket.


REFRESHMENTS: Provided

TO BOOK:

Email admin@dspl7.org.uk

Please note there are limited spaces available

 admin@dspl7.org.uk

 01727
519229



www.dspl7.org.uk



FIRST AID COURSE for TEENAGERS



SATURDAY, 9th May 2020

9.00am – 1.00pm

St Albans Fire Station, 153 London Road, AL1 1TQ

£45.00 per person

To reserve a place please contact Vista on:

Tel: 01727 807525 or 07584 798528

Email: vistastalbans@gmail.com

In partnership with:



A four hour Basic Life Support course for young people and adults who babysit or care for children run by Clearaid (for further information visit www.clearaid.co.uk). All Clearaid Instructors are highly trained serving Emergency Personnel. We keep our courses relaxed, relevant and work on a practical basis to ensure that you gain confidence to step up and deal with any First Aid situation you could find yourself in. All attendees will receive a certificate.

This course is offered to anyone aged 13 years and above. Please request contact us to request a Booking Form and then return this with payment to Vista St Albans CIC, 228 Hatfield Road, St Albans, AL1 4LW.



To find out more and to book a place please call Vista on 07584 798528 or
Email: vistastalbans@gmail.com

Cheques payable to Vista St Albans CIC. Bacs payments accepted.

www.vistastalbans.org.uk



INSPECTION OF OUR “FLEET”

An open evening for all prospective and current parents/guardians and cadets

Friday, 6 March 2020, 8.45pm – 9.30pm
(the second part of parade night at the unit)

Come and see our rowing boats ready for the new boating season, enjoy some refreshments, meet staff and find out about boating and other opportunities this year.



Please RSVP to attend to: lan.loveless@cadetmail.mod.uk
Sea Cadets is open to boys and girls aged 10 - 17

FREE



Parent Network support & information drop in sessions for parents caring for children and young people with any Special Education Needs and/or disability, inclusive of autism and ADHD

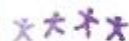
Come and join Maria and Hayley at **Families in Focus** Parent Network support & information drop in sessions for any parent caring for children with any Special Education Need inclusive of Autism, ADHD and also inclusive of those awaiting assessment/diagnosis. Meet others living in families similar to yours and share your experiences, knowledge with others who truly understand in a supportive, judgement-free and caring environment.

Where:

The Harpenden
Trust Centre,
90, Southdown Rd,
Harpenden
AL5 1PS

When:

Thursdays 7 - 9pm



Families In Focus CIC

October 3rd YC Herts Parents guide to body changes during puberty & hygiene & young people with SEND

November 7th Relationship tips & parenting a child with SEND

December 12th Christmas tips and children with SEND

January 9th Helena Marks-Dwyer, Independent SEND Advisor: Reasonable adjustments. SEND/ASS 1:1 appts (booking essential: francine@familiesinfocus.co.uk)

February 6th Managing your stress and anxiety with Francine and Lesley

March 5th Guide to helpful services in Hertfordshire

April 2nd Beverley Hamilton, SEN Consultant at Ask Bev Consultancy. Strategies to manage behaviours that challenge

The Lottery funded Parent Network support & information groups also in Hemel Hempstead (x2 groups) Watford, Stevenage, Hatfield & Biggleswade.

www.familiesinfocus.co.uk info@familiesinfocus.co.uk

Facebook - @familiesinfocus.co.uk | Instagram - @familiesinfocuscic | Twitter - @FIFHerts

FREE



Parent Network support & information drop in sessions for parents caring for children and young people with any Special Education Needs and/or disability, inclusive of autism and ADHD

Come and join Lesley and Francine at **Families in Focus** Parent Network support & information drop in sessions for any parent caring for children with any Special Education Need inclusive of Autism, ADHD and also inclusive of those awaiting assessment/diagnosis. Meet others living in families similar to yours and share your experiences, knowledge with others who truly understand in a supportive, judgement-free and caring environment.

Where:

South Hill Centre,
Cemetery Hill,
Hemel
Hempstead,
HP1 1JF

When:

Mondays 9.30-
11.30am



Families In Focus CIC
www.familiesinfocus.co.uk

September 16th YC Herts Parent's guide to body changes during puberty & hygiene & young people with SEND

October 7th Sensory world through a child's eyes

November 4th Understanding education services

November 25th Parenting children with SEND and how to maintain healthy relationships

January 13th Helena Marks-Dwyer, Independent SEND Advisor: What are reasonable adjustments and how to use them

February 3rd Helen Alan: A parent's tips to support fussy eaters




March 2nd Connective Play Therapists: learning through play

March 23rd Strategies to calm children's anger meltdowns

The Lottery funded Parent Network support & information groups also in Stevenage (x2 groups) Watford, Harpenden, Hatfield & Biggleswade.


www.familiesinfocus.co.uk info@familiesinfocus.co.uk

Facebook - @familiesinfocus.co.uk | Instagram - @familiesinfocuscic | Twitter - @FiFHerts

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POTENTIAL KIDS

EMBRACING NEURODIVERSITY



info@potentialkids.org | www.potentialkids.org
 Eventbrite Bookings: www.esr.potentialkids.org

STAY & PLAY (+6YRS)
3rd Saturday of the month
10am-17pm
Just turn up
VENUE: Breaks Manor
Link Drive, Hatfield, Herts AL10 8TP



VENUE: The Galleria Outlet Centre
Old Management Suite, Cornet
Wry, Hatfield, Herts AL10 0XR

HOMESCHOOLERS - MULTI-SPORTS (+8YRS) Weekly on Wednesdays
11:15am-12:15pm.
Just turn up
VENUE: Birchwood Leisure Centre
Longmead Birchwood, Hatfield, Herts
AL10 0AN

SEND TRAMPOLINING (+6YRS)
4th Tuesday of the month 4pm-5pm
VENUE: Gosling Sports
Centre, Stanborough Road, Welwyn
Garden City, Herts AL8 6XE
Bookings via Eventbrite.

SEND GIRLS GROUP (+12YRS)
1st Tuesday of the month
5pm-7pm

SEND JUDO (+6YRS)
1st Saturday of the month 11am-17pm. Just turn up.
VENUE: Jim McDonald Centre,
High View, Hatfield, Herts AL10 8HR

1:1 LEARNING TO CYCLE LESSONS (+5YRS)
Sunday mornings.
Bookings: info@potentialkids.org
VENUE: Welwyn Hatfield Council, Campus
East Carr Park (upper level), Bridge Road,
Welwyn Garden City, Herts, AL8 6UN

SEND CODING & BOYS GROUP (+12YRS)
3rd Tuesday of the month
5pm-7pm
SEND TWEENS GIRLS GROUP (7YRS - 12YRS)
7th Monday of the month
5pm-6.30pm
SEND CODING & MINECRAFT (7+YRS)
Weekends and Holidays
Bookings via Eventbrite

Times and dates are subject to change.
ALWAYS check our website/social media pages please.

Legoclub St Albans at Fleetville 2020



[find us on Facebook](#)

Legoclub was set up for children on the autistic spectrum and those with special needs. It is a friendly place where they and their parents can enjoy a change of scenery whilst really being themselves! This is a relaxed event for children and young people to create, socialise and develop friendships.

Parents, this time is for you to relax. Bring your book, paper, shopping list or friend and take some headspace. If you want to talk or wonder what services might be available please ask the organisers, they are happy to listen & signpost.

Coffee, tea and biscuits are available and packed lunches are welcome.

For many of our children transitions are difficult, We know tidying up and going home can easily cause an upset. Feel free to leave just before tidy-up time, we want parents to have a relaxing time and an easy departure.

Following feedback from the girls attending we now also have some "girly" Lego!

When: 12:00-14:00, once a month

Where: Fleetville Community Centre, Royal Rd, St Albans AL1 4LQ.

Who: Children with SEN and their siblings. Best suited to ages 0-14

What: Free play with Lego and Duplo

Cost: £2 per child £1 per sibling

Queries: 077 350 72 964



Future Saturdays: 1 February, 7 March, 4 April, 9 May and 6 June. Summer break in July and August. Back Saturday 12 September, 3 October, 7 November and 5 December.