

Welcome

Welcome to the Autumn edition of the DSPL7 Newsletter. In this edition we will be focusing on the work DSPL7 has been doing to support the provision for young people with Down Syndrome across Hertfordshire. We hope that it will give a flavour of the work that is taking place and let you know how you can get involved or be supported.

For more information on DSPL

Visit our website at dspl7.org.uk.



The website has content for parents & carers and also for schools and settings. It includes up to date flyers for courses and workshops within the 'Forthcoming Events' tab. There is also helpful information and numerous links to appropriate organisations under the 'Support for Parents and Settings' tab, and the 'Useful Links' tab. Within the 'Contact Us' tab, there is a form for registering your details for our mailing list. All pages include links to the **DSPL7 Facebook page** <https://www.facebook.com/dsplseven/>

The DSPL7 support team



Staff changes **Amy Belfield**, Primary Autism Support Worker has left the team to take on a new role locally. We will greatly miss her contribution to the work of DSPL7 and the highly valued support she has given to families, we wish her every success for the future. We are very conscious of the gap in

provision that is left by Amy's departure and have been working hard to find new ways to provide advice, guidance and support for our families during the coming year.

Team Structure **Elaine Bridle and Margot Nichols** share the role of area Manager, Elaine is also the Primary SEND Lead and Margot is the Secondary SEND Lead & Autism Lead. **Janet McPherson** and **Liz King**, provide the administrative support for the team.

Behaviour support for families. Families who have children with identified behavioural and emotional needs and are referred to Links Outreach Service via their school, can access additional family support. Family Support for behaviour is provided by **Clare Tominey-Smith**. Your Family Support worker can provide strategies and guidance on helping families cope with the challenging behaviours in the home and signpost to agencies that can provide additional support. This is a short term early intervention provision to help establish routines and boundaries in the home and to help tackle any additional issues of concern. The aim is to help create a stress free and safe home environment.

Early Years Support DSPL7 has funded an Early Years Specialist Support Worker to work with the children and nurseries to manage and change challenging behaviour, (including private nursery provision). **Charlotte Hamilton**, Support Worker, is accessed through Links AP Academy.

The SEN Information Village



On Wednesday 15th November, St Albans Girls' School was delighted to host the 4th DSPL7 Special Educational Needs (SEN) Information Village. An impressive total of over 43 exhibitors gave up their time to meet with parents, carers, and connect with each other. Throughout the morning a positive buzz began to develop around the room as enthusiastic visitors met up with a wide variety of exhibitors and engaged in valuable discussions.

Some of the representatives from local organisations included, Hertfordshire Additional Needs Database (HAND), Herts Parent Carer Involvement (HPCI), Special Educational Needs and Disabilities Information Advice and Support Service (SENDIASS), The Early Years Action Group (EYAG), Oaklands College, The Speech language and communication team, Add-vance Training, Families in Focus, SPACE support group, PHAB St Albans, Special Olympics St Albans, Phoenix and also Playskills.



It was lovely to see so many of those that provide support for our young people with additional needs and their families in one place. Bringing everyone together made the event very special indeed. We hope this collaborative event will continue in the future allowing us to achieve the very best possible outcomes for all students within our area".

100% of the visitors rated the event excellent / good.

Some examples of the positive feedback received:

"Thank you, I found out so much information"

"All fab, friendly, approachable and knowledgeable",

"Very useful, exceeded expectations, thank you"



Collaborative work with Families in Focus

The DSPL7 team is excited about forming a working partnership with Families in Focus that will enable both organisations to deliver comprehensive and consistent evidence based support, information and learning to parents caring for children and young people with SEND living within the DSPL 7 area.

FREE



Parent Network

FREE

Parent Network support, information & learning drop in sessions for parents/grandparent/adoptive parents caring for children & young people with additional needs, learning/physical disabilities and/or chronic health conditions.

Families in Focus are running Parent Network support, information & learning drop in sessions for parents, adoptive parents, grandparents caring for children with any additional need/physical or learning disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in St Albans

No matter where you live, come and join other parents living in families similar to yours; share experiences and knowledge gained along the way in a supportive and non-judgemental environment. Each session will also have a 'Families in Focus Guide to...' learning topic:

Where:

**St Michaels Parish Centre,
St Michael Street
St Albans AL3 4SL**
(Park in Verulamium Museum free after 6.30)

When:

**Mondays
7pm to 9pm**

2018 Dates:

15th January Seeking sleep 1

5th February Seeking sleep 2

26th February Maria Field – How to keep children/young people safe when using mobile phones

19th March Independent Living skills: How to encourage children/young people to learn a range of skills to encourage greater independence.





Website: www.familiesinfocus.co.uk Email: info@familiesinfocus.co.uk Tel: 01442 219 720

Families in Focus Parent Network also in Watford, Hemel Hempstead, Stevenage, Houghton Regis & Biggleswade

Examples of themed sessions

- Managing Challenging Behaviours
- Managing sensory issues
- Strategies to encourage and motivate children with additional needs
- Solutions to manage difficult behaviours and empathic listening
- All about Anger 1 – triggers and understanding why children get angry
- All about Anger 2 - Strategies to manage anger and calm down meltdowns
- Sharing the Emotional Journey of parents with additional needs
- The Tasks of Adjustment – Understanding the impact of having a disabled child on family relationships and sharing difficult feelings
- Managing stress & bringing balance to family life
- Sibling's issues and effective ways to help siblings



Families in Focus CIC

*Handling Anger in Your Family
for parents caring for children
with Additional Needs*

Proven anger management techniques for all the family


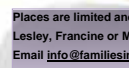
This very popular & award winning course offers:

- Understanding of triggers
- Healthy Anger Management strategies for parents and children
- Calming Techniques
- Creative ways to support children to 'let go' of anger safely
- Effective ways to become a Calm and Assertive Parent
- and much, much more ...

"Understanding more about why my child with Autism and I get angry and then learning what we can both do to reduce our anger has made such a huge, positive difference to our relationship."

Fully funded places available by DSPL 7 so FREE for parents caring for children under 11 years old with any additional needs and living in DSPL7 areas of St Albans, Harpenden & Villages

<p><small>Where:</small></p> <p>Venue Fleetville Junior School 228 Hatfield Road, St Albans AL1 4LW</p> <p><small>Parking in Morrisons free for up to 3 hours regret no parking on school site</small></p>	<p><small>When:</small></p> <p>Monday's January 8th, 15th, 22nd, 29th February 5th 12.30 to 2.30pm.</p>
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Places are limited and must be booked by contacting Lesley, Francine or Maria:
Email info@familiesinfocus.co.uk
Phone and leave a message: 01442 219720



Families in Focus CIC

*SLEEP TIGHT
for parents caring for children
with Additional Needs*

Proven anger management techniques for all the family

Our very latest evidence based course:

Topics include:

- Understanding the stages of sleep and the impact of sleep deprivation on children's behaviour, learning, health & mood.
- Identifying the causes of children's sleep difficulties.
- Establishing effective bedtime routines.
- Understanding the causes of sleep disturbances.
- Strategies to manage common sleep issues.
- Positive parenting: establishing a positive, sleep inducing bedroom environment to aid healthy sleep.

"Sleep is vitally important to support children's development and their wellbeing. Sleep deprivation affects behaviour, learning, health, mood and the whole families function. Our approach to sleep uses specific behavioural and cognitive techniques to help parents adapt night time behaviours. 80% of children with SEND experience sleep issues." Vicki Dawson founder of The Children's Sleep Charity.

Fully funded places available by DSPL 7 so FREE for parents caring for children under 11 years old with any additional needs and living in DSPL7 areas of St Albans, Harpenden & Villages

<p><small>Where:</small></p> <p>Venue to be confirmed</p>	<p><small>When:</small></p> <p>Tuesday's 12.30 to 2.30pm January 23rd, 30th February 6th, 20th, 27th March 6th</p> <p><small>(Break for half term to include practice of learned techniques)</small></p>
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Places are limited and must be booked by contacting Lesley, Francine or Maria:
Email info@familiesinfocus.co.uk
Phone and leave a message: 01442 219720

Working with Space



On 8th December 2017, Caroline Penn from Handle, (Holistic Approach to Neuro Developmental and Learning Efficiency), gave a fascinating talk on the Handle approach. We learnt how both internal and external conditions can affect learning and quality of life and gained some useful insights into understanding the causes of behaviour. Parents were able to ask questions and share their own experiences.



In addition to the monthly support group meetings, SPACE runs social events to enable families to have fun relaxed days out together, so the children can make friends and the parents can share their journeys. Space is a voluntary non-profit organization, established since 2007.

Forthcoming events

January 12th	Lauren Clayden - Kids Hub Service and Short Break Local Offer (SBLO)
February 9th	Jenny Stanley - Autism Workshop Overview
March 9th	TBC - Coffee & Chat
April	NO MEETING DUE TO EASTER HOLIDAYS
May 11th	SPACE - Transition Workshop
June 8th	Soli Lazarus - ADHD Workshop
July 6th Week earlier	Donna Chamberlain - Cognitive Behavioural Therapist
August	NO MEETING DUE TO SUMMER HOLIDAYS
September 14th	Leigh Flenning / Liz Stanley - Kids Hub - EHCP Review Workshop

Behaviour workshop Friday 2nd February, 10am - 1pm, At the Mercure Hatfield Oak Hotel, Roehde Way, Hatfield, AL10 9AF **Fully booked**



Mark Brown, Special Needs Advisor will lead the workshop
Mark has worked with people with special needs for 30 years. He has worked with a range of individuals with various special needs, including children and adolescents who have been diagnosed with ADHD, Autism Syndrome and many other conditions.

Down Syndrome Advisory Support 2017/18

DSPL7 has been funding skilled and effective Down syndrome specialist advisory teachers since 2013, having identified a comparatively high number of children with Down syndrome in our area. The service provides support for children, parents and schools within mainstream and special schools, from nursery up to post 16. The service also provides outreach to children with Down syndrome in other DSPL areas.

Advisors go into schools to observe, meet with staff and parents and provide a comprehensive, relevant and practical report. DSPL7 provides funding for a minimum of one visit per year, with extra visits during transition periods.

The Down syndrome advisory service also runs a comprehensive programme of training through the year which includes an introductory course of eight 3 hour sessions and a two day accredited training course on The Reading and Language Intervention, designed specifically to support children with Down syndrome. As well as the training programme, the service hosts termly network meetings, enabling staff to receive ongoing advice and training. Each network meeting focuses on a particular subject but also provides an opportunity for schools to share good practice and raise questions. Feedback from schools and parents has been consistently highly positive.

For further information on the referral process or for details of the training opportunities, please contact Liz King, DSPL Administrator, at admin@dspl7.org.uk.

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

DSPL 7 (ST ALBANS, HARPENDEN & VILLAGES)

Focus Groups for Professionals working with children/young people with Down Syndrome.

An invitation to all professionals across Hertfordshire working with children and young people with Down Syndrome in all Schools and Settings.
Dates for 2018:

Monday 15th January 2018, 1.15-3.15 pm
A session for staff from primary and secondary schools, led by Anne Gullick and Helen Long DS Advisors.
This is a follow up session for the recent training on differentiation run by Anne and Helen in October. If you missed the initial training session you are still welcome to attend.
Strategies and advice will be appropriate for children with other learning difficulties although the focus is on Down Syndrome.
This is an interactive workshop session for staff to come with planning and resources that they would like guidance on how to differentiate. The Advisors will advise on best practice, discuss issues and recommend resources.

Tuesday 13th March 2018 1.15-3.15 pm
A network session for staff, (including SENCOs, teachers and pastoral leads), from secondary schools, and primary colleagues where a student is approaching transition, (years 5 & 6), by Helen Long, DS Advisor
This session will focus on an overview of meeting the needs of students with DS in secondary school with a focus on commonly found difficulties. There will be the opportunity to discuss the challenges faced by both pupils and staff, to discuss solutions and to share experiences. Helen will provide advice and guidance on any issues relating to the support of students with Down Syndrome in school. If there are particular issues you wish Helen to cover then please let us know in advance.
There will also be an opportunity to share general DS best practice, discuss issues and share resources.

Tuesday 20th March 2018 1.15-3.15
A network session led by Anne Gullick, DS Advisor
This session is a network session for primary SENCOs and Teaching Staff. Anne will provide advice and guidance on any issues relating to the support of pupils with Down Syndrome in your school. The focus for discussion will be behaviour: causes and strategies to move forward. If there are particular issues you wish Anne to cover then please let us know in advance.
There will also be an opportunity to share general DS best practice, discuss issues and share resources.

Save the dates
Tuesday 15th May 2018 1.15-3.15
Secondary Network Session led by Helen Long, DS Advisor
Tuesday 22nd May 2018 1.15-3.15
Primary Network Session led by Anne Gullick, DS Advisor

For information on the Reading and Language Intervention training course on the 23rd Jan 2018 and 6th March 2018, please see separate flyer

Venue: St Albans Girls' School
Sandridgebury Lane, St Albans, AL3 6DB

Please let us know whether you are coming,
by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk

Website : www.dspl7.org.uk

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DSPL 7 (ST ALBANS, HARPENDEN & VILLAGES)

TRAINING PROGRAMME

A Reading and Language Intervention for Children

DSEI's Reading and Language Intervention for Children (RLI) is an evidence-based programme designed to teach reading and language skills. It was developed to support children with Down syndrome but is increasingly being used with other children who have difficulties learning to read. RLI incorporates best practice in structured activities delivered through daily teaching sessions that are adapted to the needs of each child.

It is suitable for children from beginning readers, up to those with a reading age of 8 years and can be adapted for a wide range of language skills. It is delivered daily in individual sessions by a teaching assistant. It was evaluated in mainstream schools but may be delivered effectively in special schools.

This two day training will prepare educators to support the reading and language development of children using the Reading and Language Intervention within the school curriculum. We would encourage schools to send at least two members of staff, a teacher and a teaching assistant. During the practical elements of the course, they will be able to begin to plan for the implementation with a child in their school. Delegates will be expected to attend both days.

Day 1 will provide an overview of the programme and focus on the reading strand, looking at the structure of the sessions and the initial assessment.

Day 2 will look more closely at the language strand and the structure of the sessions, as well as providing an opportunity to share experiences of implementing the reading strand and discuss any issues that may have arisen.

This two day training will be presented by Anne Gullick MSc, BEd (Hons).

Anne works as a Down syndrome advisor in Hertfordshire as well as being involved with the original research for the RLI through her own son.

Venue: St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB
Dates: Tuesday 23rd January & Tuesday 6th March 2018
Time: 9.30am - 2.30pm (NB: tea/coffee will be provided. **Please bring your own lunch**)

Cost for DSPL7 area: £50 for the whole course per attendee. Cost for other DSPL areas: £100 for the whole course per attendee. The cost includes a training manual & DVD per school

To Book: Complete the form below and return (with cheque) to DSPL7 Administrator, c/o St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB. **Please book by 21st December 2017**

admin@dspl7.org.uk

School:

Name(s) of attendee(s):

Contact email address:

Age and Year Group of child/children:

DSPL Area:

NB: Please make cheque payable to St Albans Girls' School

DSPL Delivering Special Provision Locally <i>Achieving quality outcomes</i>	DSPL 7 (ST ALBANS, HARPENDEN & VILLAGES) TRAINING PROGRAMME
"Communication for Life" A workshop on meeting the communication challenges of teenage years and young adulthood.	
<p>A Workshop for families and professionals supporting children and young people with Down syndrome from age 9 to young adulthood</p> <p>Led by: Leela Baksi, specialist speech and language therapist, Symbol UK Ltd</p> <p>This course looks at the communication issues in the context of adolescence. It will explore ideas and strategies that can support communication around key themes for teenagers and young adults, focusing on the strengths and challenges associated with Down syndrome.</p> <p>Course outline</p> <p>Adolescence, young people who have Down syndrome, and communication skills: challenges and opportunities - What does research tell us about the communication skills of young people who have DS?</p> <p>Living and working with communication impairment: common issues and what we can do about them</p> <p>Key areas to address and strategies : learning words and achieving clearer speech; vocabulary, language scripts, grammar and narrative skills; personal presentation skills; Too much/not enough talking! Self talk, and selective mutism- why might it happen and what we can do about it?</p> <p>Visual scaffolding to support thinking skills</p> <p>Some examples of visuals that support communication as young people move towards adulthood</p> <p>This course is designed for a mixed audience of parents and family members and school and college staff including teaching assistants, teachers, and other practitioners including speech and language therapists. There will be opportunities to discuss issues and plans for individuals during workshop-style sessions.</p> <p>Date: Wednesday 31st January 2018, Time: 9.30 am to 4pm Venue: St Albans Girls' School, Sandridgebury Lane, St Albans AL3 6DB Cost: £25 for schools and other professionals. £10 for parents/carers.</p> <p>Tea and coffee provided, please bring your own lunch. Places are limited so please book, by completing the tear off slip below and return with cheque to: DSPL Administration, c/o STAGS, Sandridgebury Lane, St Albans AL3 6DB</p> <p>On site parking available in Visitors Car Park only please.</p>	
<p>Name(s) of Attendee(s): _____ Communication - 31st Jan 2018</p> <p>For Schools - Name & Address: QR for Parent(s) - Address: _____</p> <p>_____</p> <p>_____</p> <p>Contact Email: _____</p> <p>NB: Please make cheques payable to St Albans Girls' School</p>	

DSPL Delivering Special Provision Locally <i>Achieving quality outcomes</i>	DSPL 7 (ST ALBANS, HARPENDEN & VILLAGES) TRAINING PROGRAMME
"We're all in this together" Speech, language and communication for children with Down syndrome in the Primary Phase	
<p>For staff working in all schools, including Teaching Assistants, Classroom Teachers, SENCO's, Support Teachers, Speech and Language Therapists and parents.</p> <p>Led by: Leela Baksi, specialist speech and language therapist, Symbol UK Ltd</p> <p>A one day workshop for families and professionals supporting children with Down syndrome up to the age of 11, on understanding our children's communication profile and supporting them to develop their speech, language and communication skills. This day shares details of the profile of communication strengths and needs associated with DS, and recommended strategies to overcome difficulties and develop skills. We discuss setting up an individually tailored, supportive communication environment, and addressing specific aspects of speech, language and communication skills in everyday life and curriculum activities. It also provides an overview of approaches for speech and language therapy staff who are not familiar with recommendations regarding speech and language therapy for children who have Down syndrome.</p> <p>This workshop considers establishing early language skills and using alternative means of communication as well as extending spoken language and addressing speech clarity.</p> <p>Presentations include:</p> <ul style="list-style-type: none"> Realising the communication potential of children who have Down syndrome: expert recommendations The profile of communication strengths and issues associated with Down syndrome. Supporting communication Social communication skills Language skills Eating and drinking skills: getting mouths ready for talking Learning and saying words <p>This course is best suited to those concerned with Down syndrome and if people are only looking for support with other diagnoses, this is not the right course.</p> <p>Date: Thursday 22nd March, 2018, Time: 9.30 am to 4pm Venue: St Albans Girls' School, Sandridgebury Lane, St Albans AL3 6DB Cost: £25 for school and other professionals, £10 for parents and carers. Places are limited so please book, by completing the tear off slip below and return with cheque to: DSPL Administration, c/o STAGS, Sandridgebury Lane, St Albans AL3 6DB</p> <p>Tea and coffee will be provided. Please bring your own lunch.</p> <p>Please bring along any examples of pupils' work or resources that you would like to discuss. Previous participants have found it helpful if class teachers and Teaching Assistants attend this course together to ensure all are knowledgeable about issues and recommended strategies, and to facilitate planning together.</p> <p>On site parking available in Visitors Car Park only please.</p>	
<p>Name(s) of Attendee(s): _____ We're All in This Together 22 March 2018</p> <p>For Schools - Name & Address: QR for Parent(s) - Address: _____</p> <p>_____</p> <p>_____</p> <p>Contact Email: _____</p> <p>NB: Please make cheques payable to St Albans Girls' School</p>	

Families First Portal

The Families First Portal is a website which can help you find:

- Information, advice and guidance on local and national services for families, parents or carers
- Childcare options and much more
- Many of these services are free for families to access



Visit the website to find out what is available to help your family

www.hertfordshire.gov.uk/familiesfirst

The Collett School Outreach service

The Collett School Outreach service continues to provide support and advice to schools within DSPL7. Karen Thorp is able to provide support to any child who has a learning difficulty and is working below age expectations in either primary or secondary schools. There is more information about the service on the website www.collett.herts.sch.uk.

If you still have questions please don't hesitate to contact Karen at outreach@collett.herts.sch.uk.



Courses offered by Collett Outreach Spring Term 2018

Zones of Regulation for school staff Thursday January 11th 2018 – 3:00-4:30 pm @STAGS

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.

Social Stories for school staff Thursday February 1st 2018 – 3:00-4:30pm @STAGS



Social Stories were originally developed by American Carol Gray. They are designed to support children with Autism to cope with stressful situations, changes to routine etc., This session will give you an opportunity to learn more about how to write social stories as well as have a go at writing some for particular children/situations. Come with some children/scenarios in mind.

Shape/Visual Coding Thursday 22nd February 2018 – 3:00-4:30pm @STAGS

Visual coding was originally developed by Speech and Language Therapists to support children with constructing grammatically correct spoken sentences. We have now adapted it to support children with constructing written sentences using different shapes and colours for the different parts of the sentence.

Zones of Regulation for parents Thursday 1st March – 7-8:30 @STAGS

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



To book a place on any of these courses either by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk

Autism News



national autism standards



Supported by
Department for
Education

Autism Education Trust training

Hertfordshire County Council continues to provide training to every member of teaching staff in Hertfordshire.

The next training session is running on Tuesday 16th January, 9.15-4.30pm at STAGS. This is the **Tier 2: "Good Autism Practice"** training course. This whole day session is aimed at teachers, teaching assistants, inclusion staff, SENCos and all staff who may be supporting children and young people with autism on a daily basis. Courses will be run regularly over the next two years. All courses are booked at AET@Hertfordshire.gov.uk

Autism Education Trust materials for schools, parents and carers

All Hertfordshire Schools should be using the Autism Education Trust self-audit materials, to ensure they are following the best practice in supporting children and young people on the autism spectrum.

Free materials are available on the website at <http://www.aettraininghubs.org.uk>

New content for The Den



This month will see new and updated content added to The Den, an information hub for young people with autism (it is not a social networking site) on the AET website. The Den aims to address some of the questions, issues and worries that all young people face, but presents the information in ways that appeal to young people with autism, using visual content to communicate information and complement text.

The Den offers young people up to date expert advice, information and support on a wide range of issues and useful links to websites for further information. Topics covered include, health & wellbeing, home, law & money, friends & relationships, work & study and travel & free time.

World Autism Awareness Week

From 26 March to 2 April 2018, people across the UK will be taking part in a number of activities to raise awareness of autism.



How schools can become involved





There are a huge number of free resources available for schools. To get involved go to The National Autistic Society website, www.autism.org.uk.

Level-specific packs are available, containing teacher guidance, lesson and assembly plans, presentations and activities to help you improve understanding of autism at school.

The ASD Resource library

DSPL7 has a number of resources suitable for pupils with ASD and sensory difficulties, which can be borrowed by schools for up to 1 term. This allows schools to trial these resources to see if they have a positive impact on the pupil. They are kept at Fleetville Junior School. Any school wishing to borrow resources should contact Elaine Bridle at elaine.bridle@fleetvillejm.herts.sch.uk.

Small resources

	<p>4 pairs of ear defenders.</p> <p>Children with autism and sensory issues are often sensitive to noise. It can be particular sounds or certain frequency of noises that can be troublesome. Some children can appear to be in physical pain on being exposed to certain sounds and noises.</p>
	<p>Ear plugs</p> <p>For children with sound sensitivity who don't want to wear ear defenders.</p>
	<p>Assorted fiddle / sensory toys</p> <p>Fidget toys are often used to provide sensory input in a less distracting way. They can help improve concentration and attention to tasks by allowing the brain to filter out the extra sensory information (e.g. listening to a lesson in the classroom, paying attention to a book during circle time).</p>
	<p>3 inflatable squeeze vests</p> <p>Squeeze helps you manage stress, anxiety and sensory overload. When inflated, the deep pressure vest applies a firm hug-like pressure, giving you a pleasant, secure and safe feeling.</p> <p>The squeeze vest can help to avoid meltdowns and deal with crowded places and social situations.</p>
	<p>Weighted blanket and vests</p> <p>The deep pressure provided by weighted jackets has a "calming and organising" effect on the body's proprioceptive system. They are commonly recommended by Occupational Therapists for use in the classroom to increase attention span and reduce hyperactivity often seen in children with autism, ADHD, sensory and learning difficulties.</p>



Communication fans

These communication fans feature Widgit symbols. They are easy to use and fit easily into a pocket or bag, making them portable. There are 8 different fans for different times of day, routines and behaviour and emotional supports.

Large resources



Ball Chair

Small chair aged 4-8; large chair 9-adult

Movement increases blood flow to the brain, which is better for brain function and learning. Sitting on a stability ball supports and builds core muscles and helps children focus by expending the excess energy they build up.



Squeeze machine

Providing all over deep pressure as the user rolls between the soft, squishy bumpers, the Squeeze Machine can be an invaluable sensory toy for children that need deep proprioceptive input.



Pop up dark den

Versatile pop up Sensory Pod ideal for environments where a full sensory room is not available. Use with projectors and light sources, (included). Provides safe and enclosed area for sensory exploration

Instant 'pop up' set up-folds away easily.

Some forthcoming activities

Please visit our website for information on the full list of courses and support groups that run in DSPL7.



DSPL7 Delivering Special Provision Locally
Achieving quality outcomes

St Albans, Harpenden and Villages (DSPL7)
working in partnership with St Albans Plus
Schools Partnership



SIBS GROUP!

Do you have a brother or sister of any age with special needs? Are you in Year 3 to Year 7?
Would you like to come and join our Sibs Group once a month?
Sibs Group runs on the 1st Tuesday of every month (unless it's a school holiday)

- a chance to meet with parents in private sessions
- craft activities
- a design and technology room
- sport facilities

The group starts at 4.00pm and runs until 6pm.
Children can arrive at any time from 3.45pm and can be left when there are 2 members of staff. Snacks and drinks will be provided.

Would you like to come and join us?
You need to ask your partner/teacher to book your place by calling the booking line on 01753 049945

We ask families for a voluntary contribution of £1 per week, if possible.
This money will be the fund that the children manage and use to purchase new resources

Venue: Unks Academy, 1 Hixberry Lane, St Albans AL4 0TZ




26th September 2017
31st October 2017
26th November 2017
20th January 2018
27th February 2018
27th March 2018
1st May 2018
17th June 2018
17th July 2018

DSPL7.org.uk

Vistastalbans.org.uk




DEALING WITH ANGER

For parents of children aged 5-12

DATE: 19th February – 12th March 2018
MONDAY, 9.30am – 11.30am
Community Room, Fire Station, 153 London Road, St Albans, AL1 1TQ

Four sessions run by Vista St Albans

£40.00 per person
(concessions available)




We will explore:

- Understanding anger- our own and others
- Strategies that can help children manage their own anger
- Safe ways of expressing anger
- Building children's sense of 'self'
- Challenging unacceptable behaviour

To find out more and to book a place please call Vista on 07584 798 528 or
Email: vistastalbans@gmail.com
www.vistastalbans.org.uk

Being a parent can be challenging at times – we can offer individual support as well as a variety of information and guidance to services. Vista is committed to improving life chances for children and young people by supporting parents.




DSPL7 Delivering Special Provision Locally
Achieving quality outcomes

DSPL 7 (ST ALBANS, HARPENDEN & VILLAGES)
TRAINING PROGRAMME

Simple Solutions Workshops with Sally Glossop

Problem solving sessions for parents/carers of children and young people aged 0-25 with Autistic Spectrum Disorder



All meetings run from 7.00-8.30 pm.
Always on Wednesday evenings
Dates for your diary: 6th September 2017,
22nd November 2017, 31st January 2018
21st March 2018, 23rd May 2018, 18th July 2018


Cost: These workshops are funded by DSPL7, places are limited so please book, using the contact details below. Please note that if you do not book you cannot be notified if a meeting is cancelled.

Venue: St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB


Parking available in the main car park
Entrance via the main reception

DSPL7

Booking line: 01727 853134 Ext 244
admin@dspl7.org.uk



Harpenden PLUS
PARTNERSHIP
Harpenden, Kington, Hemmings, Hemmings



Living with an Anxious Child

A workshop for parents and carers of children aged 5-19 who worry, and show signs or symptoms of anxiety.

We will cover :

- ⇒ What anxiety looks and feels like
- ⇒ When anxiety becomes a problem
- ⇒ How to respond to an anxious child

Monday 26th March 2018
10.00am-12.30pm
Harpenden Plus Partnership
Jubilee Room, Sauncey Wood School,
Pickford Hill, Harpenden AL5 5HL
Fully funded by Harpenden Plus Partnership *
Call : 01582 623676
or email : jfosteredwards@saunceywood.herts.sch.uk
You will be sent a booking form and your place will be secured upon receipt of your completed form and a small deposit.

*£20 fee if your child does not attend a Harpenden Plus Partnership school
List of partnership schools: Beech Hyde, Crabtree schools, Grove schools, Harpenden Academy, High Beches, Kimpton, Lea, Marland, Redburn Schools, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End.

Elklan Training for staff

Hertfordshire Community NHS Trust Speech and Language Therapy Service is continuing to roll out the highly popular 'ELKLAN Speech and Language support' courses to schools in Hertfordshire. ELKLAN is an accredited course for those working with children. It provides information and strategies to develop the communication skills of all children but especially those with speech, language and communication needs (SLCN). The courses cover all aspects of SLCN including play, social communication, adult-child interaction, vocabulary and communication-friendly settings.



The cost is £300 per delegate per course, which includes accreditation fees and a Language Builders book.

DSPL 7 will fund half the cost of the course for learners attending from schools within DSPL 7 (unless you have already got 1 teacher and 2 TAs trained.). We will also fund half the cost for 1 person per PVI setting.

The next course for **Early years (3-5)** will runs over **10 weeks**.

Venue	Dates	Time
QE11 Hospital, Welwyn Garden City, AL7 4HQ	17 th Jan to 28 th March 2018	2.00 -4.00 pm

The next Primary (5-11 years) 3 day courses

Venue	Dates	Time
Peartree Spring Primary, Hydean Way, Stevenage SG2 9GG	10 th Jan, 7 th Feb & 6 th March 2018	10.00 am to 4.00 pm
South Hill Primary, Hemel Hempstead	17 th Jan, 21 st Feb & 21 st March 2018	9.30 am to 4.00 pm



To register staff on their chosen course, please email Abigail Bude, Speech and Language Therapist, with the names of staff wishing to attend and their chosen location

Email abigail.bude@hct.nhs.uk for further information.

What learners have said...

'This course has improved my knowledge and understanding of speech and language and has dramatically improved how I teach and I have already seen improvements from the children. I also work better with the SLT as we now have a common vocabulary.'

'I have noticed the child's confidence has developed, he is more eager to carry out tasks and is participating more during adult-led activities. Furthermore this simple change to practise has considerably improved his behaviour.'

Termly Newsletter

There is now a new termly newsletter from Hertfordshire Children's Speech and Language Therapy Service called Working With You.




Hertfordshire Community
NHS Trust

*Working With
You*

In the September edition you will find information on early years resources

Are you, or someone you know, worried about a child's language or communication development? The referral guidance now contains links to useful resources and the ICAN Progress Checker.

<https://www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/>

Also check out the leaflets to support children aged 0-5 years on the new Children and Families pages.

<https://www.hct.nhs.uk/children-and-families/childrens-speech-and-language-therapy/>

Please email SLTadmin@hct.nhs.uk if you would like to sign up to receive the newsletter.

Looking after the Mental Health of Teachers and Educational professionals

The mental health of young people is a high priority, with many charitable and government initiatives intended to address escalating rates of depression and anxiety in this population. Whilst this is to be welcomed, what's less well publicised is the prevalence of similar challenges amongst teachers. Repeated surveys show anywhere between 50% and 75% of teachers are experiencing stress, anxiety, depression and are overwhelmed, creating a cycle of reduced performance, guilt, low mood and low self-esteem.

The Wellbeing Service is a free NHS service in Hertfordshire, offering structured support to adults experiencing these types of mental health problem. They work with a range of groups and provide flexible, short-term interventions. If you're a teacher registered with a Hertfordshire GP, they can help you manage boundaries, increase assertiveness, develop coping strategies and find a way forward. To refer, simply visit www.talkwellbeing.co.uk

MindEd

MindEd is a free educational resource on children and young people's mental health for all adults.

MindEd for Families


Are you a parent or carer who is concerned about your child? Or perhaps you just want some hints and tips on parenting? MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child.



**MindEd
for Families**


online advice and support you can trust

Training to support Mental Health



DSPL 7 (ST ALBANS, HARPENDEN & VILLAGES)

Everything you want to know about mental health (almost)




Healthy Young Minds in Herts

Schools training

Hertfordshire CAMHS School Link


Free Everything you want to know about mental health (almost) training

When?	8th February 2018 9.30-3.30
Where?	St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB. Parking available in the main car park, entrance via the main reception
Who's it for?	Anyone tasked with leading on support for pupil mental health in school, such as Pastoral Leaders and staff, SENCOs, DSPs, Family Support Workers
How long is it?	A school day
How many people?	Maximum approx. 30
Information	Developed in partnership with Hertfordshire Partnership Foundation Trust, the course explores school based approaches and systems as well as the external provision landscape and how to navigate services. Participants will gain the knowledge and confidence to apply a consistent approach to pupil's mental health across the school using various tools. The course has been extended to cover common mental health problems, and practical strategies.
Expected outcomes	<ul style="list-style-type: none"> Define mental health, understand stigma and how this influences the response in schools Identify risk and resilience factors as well as triggers and prevalence of mental health problems Consider behaviours that may alert us to a potential difficulty, how we respond to behaviour and how to intervene early The expectations on schools and a model to facilitate meeting the expectations, select and use assessment and recording tools Deconstruct clinical terminology and consider the influence of labels Identify school based prevention and intervention, whole school approaches Understand CAMHS provision landscape, how to refer to Tier 2 and 3 Consider some key practical strategies to support pupils A brief introduction to Anxiety, ADHD, Depression, Eating Disorders, Psychosis, Self Harm and Suicide
How to book	Email admin@dsp17.org.uk



DSPL 7 (ST ALBANS, HARPENDEN & VILLAGES)

Responding to Self Harm






Healthy Young Minds in Herts

Schools training

Hertfordshire CAMHS School Link

Free Responding to Self Harm Training Course

When?	22nd March 2018 9.30 to 3.30
Where?	St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB. Parking available in the main car park, entrance via the main reception
Who's it for?	All staff, especially pastoral leaders and pastoral staff
How long is it?	A school day
How many people?	Maximum approx. 30
Information	This practical course will support staff to have meaningful conversations about self harm with pupils and how to develop a whole school approach to supporting those who self harm.
Expected outcomes	<ul style="list-style-type: none"> Increased confidence in recognising the signs and responding to self-harm A greater understanding around self harming behaviour Develop consistent approaches and safe practices
How to book	Email admin@dsp17.org.uk

How can I get involved?

There are a number of ways in which parents can get involved in services. Herts Parent Carer Involvement is a forum for parents to get more involved in the shaping and improving of services for children with additional needs.

For more information contact your local network at chair@hertsparentcarers.org or visit www.hertsparentcarers.org.uk



DSPL7 Parents and Carers Focus Groups

You are warmly invited to the next meeting on Tuesday 27th February. Please join us for coffee at 10.00 a.m. The meeting will run until 11.00a.m. Come, share your views, ask questions and hear about the work we are doing

Venue: St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB

Please let us know whether you are coming, by phone: 01727 853134 or email: admin@dsp17.org.uk