

DSPL2 Family Newsletter – Edition 10

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.



LUMI NOVA
TALES OF COURAGE

Help your child build confidence and self manage their worries

Get instant access:
bit.ly/ln-wy

Powered by **BfB LABS** | In partnership with **withYouth**
YOUNG PEOPLE'S Digital Wellbeing Services

Recommended by **NICE**
National Institute for Health and Care Excellence

Challenge Complete!
You watched a 360 video of sleeping away from home!
Okay

Lumi Nova is free at the point of access for families in Hertfordshire.

With the end of the school year approaching, we wanted to remind you to take advantage of their offer as your child/ren transition into the summer and new academic year.

Watch this short animated video to learn more: [Lumi Nova Introduction Video](#)

Who can use Lumi Nova?

Lumi Nova was created for 7 - 12 year olds (school years 3 - 7) who are having difficulties with fears, worries, or anxiety related to social situations, separation or phobias.

Lumi Nova can help your child to face their worries by breaking them down into small manageable challenges and can support your child with:

- Returning to school or starting a new school
- Making new friends and going to social events
- Speaking in front of a group
- And lots more!
- **How do you access Lumi Nova?**

Use the link below and click '**GET ACCESS NOW**' to register and you will receive a text message to guide you through getting started. withyouth.org/lumi-nova To find out more visit luminova.app



Delivering Special Provision Locally

Road to Year 7 Group

4pm - 5pm every Thursday

Open to all year 6's

Starting 23rd July 2026

Year 7

Helping to build confidence around starting secondary school

Create the toolkit needed to overcome any worries around starting secondary school

Exploring topics of change, anxiety, making new friendships, bullying & online safety

withYouth
YOUNG PEOPLE'S Digital Wellbeing Services



Please email withyouth@hertsmindnetwork.org for more information, or to register your interest.

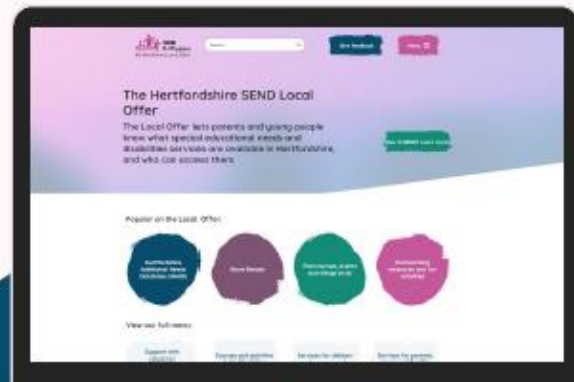
www.withyouth.org



The Hertfordshire SEND Local Offer lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them.

Here are 5 ways the SEND Local Offer can help you:

[Visit the Local Offer](#)



[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.

<https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx>

POSITIVE PATHWAYS

Free summer holiday activities for 12-16s



[servicesforyoungpeople.org](https://www.servicesforyoungpeople.org)



Free summer holiday activities for young people aged 12-16 - book now!

Young people can join us this summer for a programme of fun activities and interactive workshops. They'll make new friends, build confidence and social skills, learn about healthy relationships, and get support to identify and achieve their goals in life.

The sessions are running five days a week, Monday to Friday, from 27th July to 14th August in all areas of Hertfordshire.

Find out more and sign up here:

<https://www.servicesforyoungpeople.org/.../positive.../>

**Physical and
neurological impairment
advice line****014 42 453 920**Mondays 1.30pm - 4pm
(term time only)

The Physical and Neurological Impairment team are available every Monday afternoon in term time to answer any concerns you might have about your child's physical development. You can call between 1.30 and 4pm. Tel: 01442 453920

**Early years (0 - 5)
advice line****014 42 453 920**Wednesday 9am - 12pm
and
Thursday 1.30pm - 4pm
(term time only)

Do you have concerns about your child's development? Are you looking for guidance navigating the support available?

We're here to help!

Our Early Years Advice Line is open every week during term time for parents and carers who'd like to speak directly with a member of the SEND Team.

Call us on: 01442 453920

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/>