



# WESTFIELD WEEKLY

3<sup>rd</sup> November 2023

Edition 8

## Key Dates

### DATES FOR YOUR DIARY

#### Thursday 9<sup>th</sup> November

- Flu Vaccinations
- Forest School Sessions start for Year 5

#### Friday 10<sup>th</sup> November

- Year 3 Class Assembly

### Advance Notice ....

#### Monday 13<sup>th</sup> to Friday 17<sup>th</sup> November – Cool to be Kind Week

#### Thursday 16<sup>th</sup> November

- New to Reception September 2024 Parent Tour

#### Friday 17<sup>th</sup> November

- Children In Need – more details to follow next week
- Bags2School Collection
- Year 5 Cake Sale

## Attendance – Every day at school counts!

Attendance & Number of Late Arrivals: 16 <sup>h</sup> – 20 <sup>th</sup> October 2023						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
98.75%	97.5%	95.1%	91.45%	90.69%	88.19%	93.45%
1	5	2	2	2	3	4

Our target is 95%. Being in school each day, if well, gives your child the best chance of learning and making good progress both educationally and socially. Please support the school by ensuring that your child attends school regularly and arrives ready to learn and on time. Thank you

## Baby Congratulations



We are delighted to announce that Mrs Edwards and her husband are expecting their first child in February – many congratulations from us all.

## Primary Admissions for September 2024

For children born between 1<sup>st</sup> September 2019 – 31<sup>st</sup> August 2020, you can now apply for a Primary school place to start in September 2024. Parents/carers can apply online at: [www.hertfordshire.gov.uk/admissions](http://www.hertfordshire.gov.uk/admissions) and the deadline date for applications is 15<sup>th</sup> January 2024.

## W1SPA News

### W1SPA Events next week and beyond

In preparation for our Christmas Fair – please have a look at the donation schedule below for stalls and tombolas!

W/C 6th Nov	Sweets (we will take those Halloween extras!)
W/C 13th Nov	New & Like New (Regift) Items for gifts - <b>Elfridges</b>
<b>17th November</b>	<b>BAGS TO SCHOOL</b>
W/c 20th Nov	Toys & Teddies
W/c 27th Nov	Bottles (with Dress Down Friday on 1st Dec)
W/c 4th Dec	Xmas Jumpers and Cakes

**Friday 17th November** - 'Bag2School' collection - have a half term sort out and bring unwanted clothes /bags / shoes etc to raise money for W1SPA - <https://bag2school.com/what-we-collect>

**Friday 1st December** - Elfridges (Secret Present Room) – a chance for the children to get presents for parents/carers. Booking will open soon - [www.pta-events.co.uk/w1spa](http://www.pta-events.co.uk/w1spa)

**Friday 8th December** - Christmas Fair, after school until 6pm

We need your help with donations • Fun Games & stalls, Stories with Santa, Food & Drink

- Booking & Volunteer slots will open soon at <https://www.pta-events.co.uk/w1spa/>

**Saturday 9th December** - Santa Sleigh with Berkhamsted Rotary, 4 – 8pm

- Adult volunteers needed to support this fun event
- Volunteer now at <https://www.pta-events.co.uk/w1spa/>

Can you help? We're looking for....

- Storage space to store items between now and the Christmas fair - could be a garage, storage unit etc - please email [wispawestfield@gmail.com](mailto:wispawestfield@gmail.com) if you can help or have any ideas

Get in touch! Join our Facebook Group [www.facebook.com/groups/wispawestfield](https://www.facebook.com/groups/wispawestfield) or follow us on Instagram [www.instagram.com/wispa\\_pta\\_group](https://www.instagram.com/wispa_pta_group) for all the latest.

## Disabled Parking at School

We have a number of families that need to access the designated disabled parking bays in the car park so please can we remind you that if you do need to park in the school grounds, please park with care and consideration for everyone needing to park in the school grounds. Please can we also remind you that the designated disabled parking bays should only be used if you are a blue badge holder and please ensure that you display a valid badge/permit at all times. Thank you for your support.

## Headlice

We understand that head lice continue to cause concern and frustration for parents and you will be aware from communications over the last few weeks, we have had a number of cases of head lice in school. To help combat head lice, we ask that you check your child's hair regularly and if you find head lice please treat as soon as possible. For more information about head lice and further guidance please visit the NHS website:

[Head lice and nits - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## Nasal Flu Vaccination

### ACTION REQUIRED

Vaccination UK will be in school on Thursday 9<sup>th</sup> November to give the nasal flu vaccination. Parents will need to consent to this being administered by completing the online form sent home. **If your child has already had the vaccine or you DO NOT want your child to receive it you must still complete the form and refuse consent. Consent forms must be completed by Tuesday 7<sup>th</sup> November.** Thank you.

## British Legion Poppy Appeal



To support this year's Poppy Appeal, we will be selling poppies and a selection of 'poppy' themed items in aid of the Royal British Legion. Suggested donations are between 50p and £1 and children can buy items each day in school. Thank you for supporting The Royal British Legion Poppy Appeal.

## School Nursing Team Autumn Term Newsletter

The Autumn Term newsletter from the School Nursing Team is now available (see below) and includes information on: Healthy lunches, Measles and Dental check ups. For more information about the Public Health School Nursing Team, please visit: [www.hct.nhs.uk/our-services/school-nursing](http://www.hct.nhs.uk/our-services/school-nursing)

## Confident Happy Me and Adult Self Care Event

Do you want help and support with your child's wellbeing? A very familiar face to us all, our former Headteacher, Mrs Stace, is now providing support to children and families through her 'Confident Happy Me' programme. You can expect a fun, interactive 8-week programme delivered in the familiarity of your own home, helping your child feel happier, more confident and resilient.

In addition to her Confident Happy Me courses, Mrs Stace is also running a wellbeing self-care event for adults in the New Year at Epicure in Berkhamsted.

Please see the flyers below for full details. Mrs Stace will be happy to speak with you and can be contacted on 0785 299 5184 or via email: [suzannestace@unlockingchildrenspotential.co.uk](mailto:suzannestace@unlockingchildrenspotential.co.uk)

Full details can also be found on her website: [www.unlockingchildrenspotential.co.uk](http://www.unlockingchildrenspotential.co.uk)

## National Sleep Helpline

The Sleep Charity has launched a new National Sleep Helpline providing free resources to help parents and children learn more about their sleep and develop better bedtime routines. The helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. For more information, please see the flyer below or visit: <https://thesleepcharity.org.uk/national-sleep-helpline/>

## Food Insecurity in Hertfordshire Survey

Hertfordshire County Council is inviting one adult from every household in Hertfordshire to complete a 15-minute, anonymous survey that will help them to understand how access to food, for financial or other reasons, is being affected and where support needs to be directed to help residents. The survey will close on Sunday 5 November. Have your say here: [https://melresearch.co.uk/hertsfoodsurvey\\_O](https://melresearch.co.uk/hertsfoodsurvey_O)

## Dr Kathy Weston Newsletter

Dr Kathy Weston's Newsletter this week 'Empty Nesters' looks at the full range of emotions that are experienced when children fly the nest:

[Wednesday Wisdom](#) | [Empty Nesters](#) | [Tooled Up Education](#)

The newsletter from last week 'Untangling English' is also available and looks at the benefits and challenges of the subject of English and how we can support our children to make the most of English study: [Members - Tooled Up Education](#)

Previous articles are also available via the tooled up website: <https://www.tooledupeducation.com/tooled-up/wednesday-wisdom/>

## Dacorum Families SEND Information Fayre

DSPL8 are holding their fourth Dacorum Families SEND Information Fayre on Thursday 7<sup>th</sup> December from 10am to 12pm at Bennetts End Community Centre, Hemel Hempstead. The Information Fayre will include local provider information stands, activities for children and refreshments! Please see flyer below for further information and to register your attendance please visit: <https://dspl8sendinfofayre071223.eventbrite.co.uk> (Registration closes on 29<sup>th</sup> November 2023).

## Supporting Links Parent Support Groups

Supporting Links are running a number of free courses for parents in the New Year. Courses include:

**Talking Teens** (2 online courses)

**Talking Dads** (2 online courses)

**(NEW) Talking Anger in Teens** (1 online course)

**(NEW) Talking Anxiety in the Family** (1 online course)

Each group runs over 6 weekly sessions and is offered FREE of charge to parents thanks to funding from Herts County Council. For further information, please see flyers below and to book please contact Supporting Links on: 07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)

## Dacorum Local Plan 2023

The Council need you to have your say on the future of the borough – you can help to decide the plan and direction for Dacorum for the next 16 years. You can comment on their revised draft Local Plan for six weeks from the 30<sup>th</sup> of October onwards. Your comments will play a big part in determining how Dacorum looks until 2040.

The Local Plan will lay out the strategy for delivering new homes, jobs and investment across the borough; it will plan for important infrastructure such as schools, transport and health facilities; and will also set our approach to protecting and providing parks and green spaces, and the way in which we respond to the challenges of climate change. It will also provide the policies to be considered when decisions are made on planning applications.

For all information on the draft Local Plan and how to participate visit <https://letstalk.dacorum.gov.uk/hub-page/planning>

## Local Events and Information

### Fifty Thrifty Autumn Adventures

Herts County Council have put together a list of fifty 'no cost' or 'low cost' activities in Hertfordshire for families to enjoy this Autumn. Please visit: [Fifty Thrifty Autumn Adventures](#)

### Christmas at Ashridge House – The Nutcracker

Ashridge House are delighted to invite you to experience the magic of Christmas at their headline event, **The Nutcracker** from 19<sup>th</sup>-24<sup>th</sup> December. The Nutcracker is designed for children aged 6-12 years but expect fun for the whole family, as well a chance to meet and receive a present from Father Christmas himself! They will also be running 'relaxed performances' with one morning and one evening session for children with sensory conditions or additional needs. Please see the flyer below for more details or visit: [The Nutcracker at Ashridge House](#).

### FREE Kids Dental Examinations

Tooth Club in Berkhamsted are hosting a kids day for TWO days only in November! This consists of a FREE dental examination on Tuesday 14<sup>th</sup> November 4-6pm and Friday 17<sup>th</sup> November 4pm-5pm. To find out more, please visit: [www.toothclub.co.uk](http://www.toothclub.co.uk)

### Berkhamsted Youth Theatre – The Snow Queen

The Snow Queen is an adaptation of Hans Christian Andersen's classic story that is being beautifully brought to life by Berkhamsted Youth Theatre at the David Evans Court Theatre in Tring from 30<sup>th</sup> November to 2<sup>nd</sup> December. Please see flyer below for booking information or please visit: [www.courttheatre.co.uk](http://www.courttheatre.co.uk)

### Storm Basketball Home Match

Storm are back at home this Saturday (4<sup>th</sup> November 7pm tip off) versus Barking Abbey. Tickets available online at [www.stormbasketball.net](http://www.stormbasketball.net) or from the ticket desk on the night.

### **DENS Sponsored Sleepout**

DENS are holding their annual Sponsored Sleep out at John F Kennedy Catholic School in Hemel Hempstead on Friday 24<sup>th</sup> November. You can enjoy an action-packed evening of entertainment whilst experiencing a small insight into what life is like for rough sleepers during the winter months and raise valuable funds for the charity. For more information, please visit: [www.dens.org.uk/sleepout](http://www.dens.org.uk/sleepout)

### **Letters/Flyers/Information sent home this week**

- Flu Vaccinations

Copies of all letters sent home can be found in the letter rack outside the office and can also be accessed from our website within the '[Letters Home](#)' page

**Our School Value this half term is ..... Kindness**





## Public Health Nursing 5-19 Team Newsletter

### Welcome Back!

We hope you all had a relaxing summer break! We are looking forward to supporting lots of children and young people throughout the new school term.

#### How to Contact Us:

0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50K11oW>

Please see use this link to see information about our online workshops which you can book without a referral.

<http://ow.ly/Qn9G50K117f>

Health for Kids is a fun & interactive website for parents and children to access health information,

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)

### Meet A Team Member

Hello, I'm Shannon, a Children's Wellbeing Practitioner in the school nursing team. Children Wellbeing Practitioners provide 1-1 self-help interventions for anxiety, low mood, and behavioural difficulties.

Our interventions offer support for mild difficulties and are based on Cognitive Behavioural Therapy principles. This empowers children and young people with tools for good emotional health and wellbeing.

Our appointments are either in school or online. You can make a referral to us using the school nurse referral form at the link above.



### Measles

Measles in England and Europe has recently increased. Measles is a serious disease and 1 in 15 children go on to develop complications which can include meningitis and blindness. 1 in 5 children require hospital treatment.

There is no medical treatment for measles; vaccination is the best protection against becoming seriously unwell. The combined Measles Mumps and Rubella (MMR) offers the best protection for children and adults, the vaccine is free and available at your GP.

Children are given their first dose at 1 years old and their second dose at 3 years 4 months as part of the pre-school booster. But it's never too late to receive the vaccination, and this includes adults. The MMR vaccine is proven to be a safe and effective vaccine.

If you have any questions please contact your GP or visit the [NHS website](https://www.nhs.uk).



### Healthy Lunches

A healthy nutritious packed lunch will help your child to make the most out of their learning, helping them to concentrate throughout the school day. A healthy lunch does not have to be complicated or expensive - for example, use leftovers from dinner, and switch crisps for cucumber or carrot sticks.

[This link](#) will take you to some useful packed lunch ideas!



### School Readiness

We know it can sometimes be daunting for children starting school.

The Health Visiting Under 5's webpage has lots of help and information about school readiness, and how you can help your child with the skills they need to settle into learning and socialising in their new school.

<https://healthforunder5s.co.uk/category/ready-for-school/>



### Dental Check ups

Children and young people are entitled to free regular dental check ups and treatments. This includes orthodontic treatment if needed.

If children are not yet registered with a dentist, it is important to register as soon as possible. Please see the link below of dentists taking new patients currently:

[www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/](https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/)

Children should brush their teeth twice per day for 2 minutes, using a fluoride toothpaste. Toothbrushing is the best prevention against tooth decay.







Are you wanting help and support  
for your child's wellbeing ?

Do you want to help them to feel  
happier, more confident and resilient  
to cope with the day to day pressures of life ?

Is your child...

Struggling  
with their BIG  
EMOTIONS?

Struggling with  
their  
relationships ?

ANXIOUS ?

Finding it  
difficult to  
sleep ?

Or do you want to be proactive and equip them with the skills to cope with any of the  
above and more ?

Look no further ...In my work I LOVE to help children to find ways to FEEL BETTER  
ABOUT THEMSELVES and EQUIP THEM WITH PRACTICAL SKILLS AND SELF-HELP TOOLS  
through my CONFIDENT, HAPPY, ME program which helps guide them to cope with the  
typical daily challenges they will come up against at some point in their lives.

CONTACT SUZANNE ON 0785 299 5184

or email [suzannestace@unlockingchildrenspotential.co.uk](mailto:suzannestace@unlockingchildrenspotential.co.uk)

to discuss how I can support you and your child.



**Tired? Stressed? Unhappy?**

**ALWAYS  
CARE FOR  
EVERYONE ELSE  
BUT YOU ?**

**2024**

**IS THE YEAR TO PUT YOUR WELL BEING  
AT THE TOP OF YOUR TO DO LIST**

JOIN ME AT EPICURE, HIGH STREET BERKHAMSTED  
FOR A NIGHT OF...

NURTURING WELL BEING SUPPORT  
A SAFE SPACE TO PAUSE, REFLECT &  
START YOUR PERSONAL JOURNEY TO SELF-CARE

**WED 17TH JANUARY**  
**7-8.30PM**

FOR ONLY £5= INCLUDES REFRESHMENTS  
TEXT OR CALL ME TO BOOK  
**Suzanne**  
**0785 299 5184**

[www.unlockingchildrenspotential.co.uk](http://www.unlockingchildrenspotential.co.uk)



November 2023

**Newsletter**

**LET'S FACE SOME ISSUES!**

<p>Tuesday 21st Nov 18:30 - 19:30 FREE</p> 	<p><b>FREE SESSION</b></p> <p><b>Decreasing Depression</b></p> <p>A range of steps that can help to reduce the crippling impact of depression</p>
<p>Tuesday 28th Nov 18:30 - 20:30 £24</p> 	<p><b>What is ACT?</b></p> <p>Acceptance &amp; Commitment Therapy. How it can help with anger, anxiety and neurodiversity</p>
<p>Monday 13th Nov 18:30 - 20:30 £24</p> 	<p><b>Autism: Improving Communication</b></p> <p>Small changes in how you communicate, lead to huge improvements with your ability to communicate with someone on the spectrum.</p>
<p>Thursday 23rd Nov 18:30 - 20:30 £24</p> 	<p><b>Supporting a Child with ADHD</b></p> <p>Interactive session explaining what ADHD is and offering a range of interventions that can make lasting differences.</p>

[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) [info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



**THE NUTCRACKER:  
A MAGICAL FAMILY  
ADVENTURE**

Use your  
CHRISTMAS  
for 20% off for a  
limited time



Limited spaces  
Book early



Make a  
wish on the  
wishing tree

**NEW** magical family experience at  
Ashridge House, Herts this December

**19TH - 24TH DECEMBER**

[sneakysneaky.co.uk](http://sneakysneaky.co.uk) [/sneakysneaky](https://www.facebook.com/sneakysneaky) [@sneakysneaky](https://www.instagram.com/sneakysneaky)















## Dacorum Families SEND Information Fayre

DSPL8 are pleased to announce our forth Dacorum Families SEND Information Fayre!

Thursday 7th December 2023

10am-12pm

at Bennetts End Community Centre

Gatecroft, Hemel Hempstead, HP3 9LZ

The Information Fayre will include local provider information stands, activities for children & refreshments!

Please register your attendance via the booking link below and you are welcome to drop in any time between 10am—12pm.

Booking link: <https://dspl8sendinfofayre071223.eventbrite.co.uk>

(Registration closes on 29th November 2023)



























## INVITATION

*You are cordially invited to join the cast of Berkhamsted Youth Theatre for a transporting tale of ice and magic.*

*The Snow Queen is an adaptation of Hans Christian Andersen's classic story, beautifully brought to life at the David Evans Court Theatre Tring from November 30 to December 2nd.*

*Discounted tickets of £8 are available for local youth groups of 10 or more. Please contact Alistair Clayton on 07887 451192 for more information.*







the **national**  
**sleep**  
helpline

**Does your child suffer with sleep issues?**

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

**03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am

Sponsored by:

**DENS** Helping Rebuild Lives

**Imagination**

**SPONSORED SLEEPOUT**

**GAMES & MUSIC** **FIRE SHOW** **BUILD YOUR DEN**

**DENS.ORG.UK/SLEEPOUT**

CHARITY NO. 1097185

Supported by: **news**



**Dacorum Local Plan 2024 to 2040**

**Revised Strategy for Growth Consultation**


The consultation opens at:  
Midday on 30 October 2023  
and closes at 11.59pm on 11 December 2023

To take part in the consultation online, and for more information, please go to:  
[letstalk.dacorum.gov.uk](http://letstalk.dacorum.gov.uk)

Email: [strategic.planning@dacorum.gov.uk](mailto:strategic.planning@dacorum.gov.uk)  
Phone: 01442 228000 and ask for Strategic Planning



SCAN ME



**Emotional Based School Avoidance (EBSA) Parent/ Carers Group**

Practical Online Workshop for Parent/Carers to create a Personalise Pupil Profile

**Wednesday 8<sup>th</sup> November 2023**  
**10 - 11.30am**

Do you feel your child's voice needs to be heard at school?

Would you like support to create a 1 page document personal to your child?

Jo will be hosting an online session to talk you through how to create this with your child. Jo will talk you through the steps and there will be time for you to practise creating it. There will be an opportunity to share online with the group, so we can support each other.

You will need to have access to Microsoft documents such as PDF or Word, which you can edit. You will be sent a blank document prior to the session beginning.

Booking is required and numbers for this session will be limited. You will receive the online link closer to the session starting.

Booking Link: <https://ebsagroup08112023.eventbrite.co.uk>

Fully funded by DSPL8 for Dacorum families

**DSPL8** Delivering Special Provision Locally



# TALKING DADS



**Wednesdays 7.45-9.15pm** Online Course: ID 627  
3rd, 10th, 17th, 24th 31st January, & 7th Feb 2024

**Tuesdays 7.45-9.15pm** Online Course: ID 628  
6th, 13th, 27th February & 5th, 12th, 19th March 2024

**6, weekly sessions for dads & male carers of all ages, sharing information on:**

- Increasing confidence in your parenting.
- Developing a healthy dad/child relationship now and for the future.
- Improved listening and communication skills.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad you want to be.

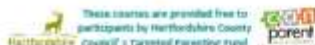
Our online support sessions are delivered weekly via Zoom. Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"The course has given me the confidence to know that I can break out of the cycle and make things different for my child."

**Booking essential**  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund. Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# TALKING TEENS



**Thursdays 7.45-9.15pm** Online Course: ID 624  
4th, 11th, 18th 25th January & 1st, 8th February 2024

**Wednesdays 7.45 - 9.15pm** Online Course: ID 625  
7th, 14th, 28th February & 6th, 13th 20th March 2024

**6, weekly sessions for parents and carers of children aged 12-19, covering:**

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- Maintaining your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

Our online support sessions are delivered weekly via Zoom. Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

**Booking essential**  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund. Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# TALKING ANGER in TEENS



**Tuesdays 7.45-9.15pm** Online Course: ID 626  
23rd, 30th January, 6th, 13, 27th February & 5th March 2024

**6, weekly sessions for parents and carers of children aged 12-19, supporting you to:**

- Understand why young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

Our online support sessions are delivered weekly via Zoom. Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much."

**Booking essential**  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund. Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# TALKING ANXIETY in FAMILIES



**Mondays 7.45-9.15pm** Online Course: ID 621  
29th January, 5th, 12th, 26th February 4th, 11th March 2024

**6, weekly sessions for parents and carers of children aged 12-19, supporting you to:**

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety and be able to avoid escalation.
- Reduce stress and tension.
- Encourage resilient behaviour and strengthen relationships in the family.

Our online support sessions are delivered weekly via Zoom. Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"This course has helped us massively. We are responding so differently, and its really helping us all to cope day to day."

**Booking essential**  
Please quote the course ID  
To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk  
www.supportinglinks.co.uk



These courses are provided free to participants by Hertfordshire County Council's Targeted Parenting Fund. Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.