

May 2017



## **ST ALBANS PLUS SCHOOLS PARTNERSHIP COMMUNITY NEWS**

St Albans Plus offers support services for children, young people, parents, families and schools in the local Community. We value your thoughts and comments regarding our services. Do feel free to contact Jo Maher at any time on **01727 855134** or **07939 111152**.

### **SCHOOL FAMILY WORKER**

Your school has a dedicated School Family Worker who can help you with supporting your child/ren. Our School Family Workers are qualified and trained to work with families and parents and can deliver a variety of courses and workshops. They undertake on-going training in specialist subjects enabling them to support parents in one to one work or small groups.

As well as supporting parents, our School Family Workers deliver mentoring sessions to children in a safe environment in school. You can contact your School Family Worker direct or through your school.

### **MENTORING AND COUNSELLING SERVICE FOR ADULTS, CHILDREN and YOUNG PEOPLE**

Vista offers Mentoring and Counselling as a private service. We have qualified staff working for and in partnership with Vista who are quality assured by Vista, trained in safeguarding and hold enhanced CRBs. Counsellors are all members of BACP (their professional body) and are experienced practitioners who follow the BACP ethical codes of practice and receive regular supervision. If you or your child would like Mentoring or Counselling and you may be able to pay for the service please contact Vista direct.

### **OUR NEW WEBSITE!**

We are very excited to inform you that we have a brand new website. This is where you can find all of our latest news and upcoming events. Please visit [www.vistastalbans.org.uk](http://www.vistastalbans.org.uk)

### **Holiday Activities for Children**

We now offer Holiday Activities for children that run during school holidays. Our activity days run from 10.00am-3.00pm and include Gym days, Inflatable Fun and Down the Woods to name a few. Please check out our Flyer at [www.vistastalbans.org.uk](http://www.vistastalbans.org.uk)

### **St Albans Foodbank**

St Albans Plus staff are now registered Voucher holders for this important service. For details of how we can support you please contact a member of staff urgently.

## **SUMMER TERM'S EVENTS**

### **SIBS Group – for siblings of children and young people with special needs**

**23<sup>rd</sup> May, 27<sup>th</sup> June, 18<sup>th</sup> July – The Links, 1 Hixberry Lane, St Albans, AL4 0TZ**

For children aged between 7 and 11 years. The group starts at 3.45pm and runs until 6.00pm and is offering a variety of fabulous activities including sport, crafts, homework support and preparing dinner for all to share. To book a place call St Albans Plus on: 07584 798528. We ask families to contribute £1 per week towards resources but this is optional.

### **Understanding Teens, The Gross Stuff and Ground Rules- 7<sup>th</sup> June**

Hosted by Vista, the six session course explores the importance of self-esteem, tools for handling conflict, understanding physical & emotional development, improving communication & relationships and dealing with challenging behaviour. Wednesday evenings 7.00-9.00pm at The Marlborough Science Academy, Watling Street, St Albans, Hertfordshire AL1 2QA. To secure your place please contact us by Email: [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com) or call 07584 79858.

### **Support Sessions for Parents of Children/Young People with a Diagnosis of ASC with Anne Pocock- 26th June**

Anne Pocock, Specialist Teacher for Autism is offering surgeries on a Wednesday afternoon to be booked through the St Albans Plus office. Session times are: 9.15am, 9.50am, 10.30am, 11.05am and 11.40am. The next session is on 26<sup>th</sup> June. To secure your place please contact us by Email: [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com) or call 07584 798528.

### **Simple Solutions Drop-In Session with Sally Glossop (Communication Disorder Team) – 5<sup>th</sup> July**

Sally Glossop provides a regular monthly FREE drop in session for Parents and carers of children and young people with additional needs. This is a chance to find solutions to challenging behaviour in your child with Autism/Aspergers/ASD. This is a drop in session but you do need to register and the next one is Wednesday 5<sup>th</sup> July at 7.30pm at St Albans Girls School. To secure your place please contact DSPL7 on 01727 853134.

### **SPACE Events**

Monthly meetings for Parents/Carers of children and young people with ASD, ADHD and related conditions. Further information available at [www.spaceherts.org.uk](http://www.spaceherts.org.uk)

### **DSPL7 Autism Family Support Group**

An informal support group for Parents/Carers of children who have Autism or are awaiting an Autism diagnosis. The next dates and times for Primary Schools are as follows: 15<sup>th</sup> June at St Michael's Primary; 29<sup>th</sup> June at Bowmansgreen Primary; 13<sup>th</sup> July at Fleetville Junior School. The next dates and times for Secondary Schools are as follows: 23<sup>rd</sup> May at Marlborough School; 6<sup>th</sup> June STAGS; 20<sup>th</sup> June Roundwood Park School; 11<sup>th</sup> July Sir John Lawes School; 26<sup>th</sup> September Samuel Ryder Academy; 10<sup>th</sup> October St Georges School. Further information available at [www.dspl7.org.uk](http://www.dspl7.org.uk)

### **Workshops for Parents with KEYSTONE**

Keystone is a local Parent Support group who run a variety of workshops for parents on different subjects in our community. Do visit their website to find out what their services are: [www.keystoneworkshops.co.uk](http://www.keystoneworkshops.co.uk)

**Do take time to visit our website to find out more or contact Jo Maher on 07939 111152.**

**Website: [www.vistastalbans.org.uk](http://www.vistastalbans.org.uk)**

**Email: [vistastalbans@gmail.com](mailto:vistastalbans@gmail.com)**