



Hertfordshire Direct Payment Support Service

quarterly newsletter

Welcome to the Hertfordshire Direct Payment Support Service Newsletter!

Welcome to this edition of our newsletter! We are excited to share details about our upcoming Free Online Support Drop-In Workshop for Direct Payment holders and representatives. This is a great opportunity to ask questions, receive guidance, and connect with others navigating Direct Payments.

In addition, we are sharing information regarding SPACE Hertfordshire, an award-winning charity dedicated to supporting families of children and young people who are neurodiverse (this includes individuals with Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and additional neurodiverse conditions).

SPACE offers hundreds of free workshops, training sessions, and conferences for parents and carers throughout the year. Topics range from sleep and emotional regulation to navigating the SEND world, PDA, and executive functioning. They also provide free on-demand webinars and professional training opportunities.

Keep reading for more details on these invaluable resources and how you could benefit.

Marianna Petrides
Communications Manager

www.herts-dpss.co.uk

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Online support drop ins:



Tuesday 13th May 11am–12pm:

Hosted on Microsoft Teams this session is open to all Hertfordshire Direct Payment holders and representatives, providing a valuable opportunity for asking questions, collective learning and support to share information about managing direct payments.

This online support drop in will be hosted by a member of our EAG (employment advice and guidance) team who will be on hand to answer questions related to managing Direct Payments.

[Click here to register](#)



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Supporting Neurodiverse Families: SPACE Hertfordshire

SPACE is an award-winning Hertfordshire-based charity that supports families of children and young people who are on the Autistic Spectrum (ASD), have Attention Deficit Hyperactivity Disorder (ADHD), or other neurodiverse conditions. Whether families think their child or young person may be autistic or have ADHD, are going through the diagnostic process, or have already received a diagnosis, they are all welcome at SPACE.

SPACE runs hundreds of free workshops, training courses, and conferences for parents and carers throughout the year, covering many aspects of supporting children and young people who are autistic, have ADHD, or other neurodiverse conditions. They also offer a number of free on-demand webinars on topics such as sleep, anger, navigating the SEND world, and navigating the SEND world post-16. Additionally, SPACE organises conferences and training for professionals.

Learn more: www.spaceherts.org.uk

Try a new activity at home! - Sense's guide to creative activities for all



This guide to creative activities is designed with individuals with disabilities in mind, offering accessible ways to engage in sensory play and artistic expression. Creativity has numerous benefits, including boosting mental well-being, improving focus, and providing an outlet for self-expression. Through sensory play, individuals can explore different textures, colours and sounds, enhancing their sensory experiences while promoting relaxation and joy. These activities are designed to be flexible and adaptable, allowing participants to explore at their own pace and in the comfort of their own home.



[Click here to learn more about Sense's creative activity guide](#)

Online exercise classes for individuals utilising a wheelchair with WheelPower



WheelPower offers a range of free online exercise classes for individuals using a wheelchair, designed to promote fitness and well-being in an accessible and inclusive way. These classes are held on Zoom and include:

- Online Adaptive BoxFit: Every Monday, 11am - 12pm
- Online Workout: Every Tuesday, 11am - 12pm
- Online Wheelchair Yoga: Every Wednesday, 11am - 12pm
- Adapt & Flow - Yoga & Qigong: Wednesday, 2 April, 11am - 12pm
- Online Discover Tai Chi: 9, 16 & 23 April, 11am - 12pm
- Online Inclusive Dance Class with Amanda: Dates to be confirmed



[Click here to learn more about WheelPower's free online classes](#)

Find Support When You Need It: How HertsHelp Can Assist You

HertsHelp is a free service offering assistance with a variety of issues, from financial concerns to feelings of loneliness. It connects individuals with organisations that provide advice, social activities and other forms of support.

Anyone can reach out to HertsHelp by phone or email. Their team takes the time to understand your concerns and links you with services that can offer the help you need.

HertsHelp can assist with a wide range of problems, including:

- Managing daily challenges
- Support for care and carers
- Healthy living advice
- Transport options, such as bus passes and blue badges
- Home services and equipment
- Cost-of-living support

Contact HertsHelp:

Opening hours:

- Monday, Tuesday, Thursday, Friday: 9 am – 5 pm
- Wednesday: 9 am – 7 pm
- Saturday and Sunday: 10 am – 4 pm

Phone: 0300 123 4044

Email: info@hertshelp.net