



email
alerts



Community Early Help Bulletin

**For all Professionals and Services working
across Central Bedfordshire**

What's in the bulletin this week:

- **Your Community Partners**
- **SPF Parenting Programme *NEW DATES***
- **Neurodiversity Workshops for Parents**
- **SNAP PCF Roadshow**
- **CAPVA Drop-ins for Professionals**
- **Housing Information Hubs**
- **Family Information Directory**
- **Central Bedfordshire SEND Local Offer**

**Would you like to receive our fortnightly Early Help Services bulletin
for Professionals?**

Click [here](#) to subscribe

**Keep up to date with all events, support and news from your local
area. Would you like to receive our weekly Families bulletin?**

Click [here](#) to subscribe

**Please encourage families you support to subscribe to this bulletin.
It is easy for them to subscribe, just click this link. Professionals can
also subscribe.**

Please click to subscribe to parent bulletins

Your Community Partners

Your Community Partners are available for any queries regarding Community Early Help and can support you with the Community Early Help process, including attending meetings and providing information and advice on services available to families.

Dunstable & Houghton Regis

Victoria Gough (Tuesday - Friday)

0300 300 8602

victoria.gough@centralbedfordshire.gov.uk

Mid Beds & Leighton Buzzard

Amy Staton (Monday - Wednesday) & Amanda McDonald (Wednesday - Friday)

Amy - 0300 300 6270

Amanda - 0300 300 4147

amy.staton@centralbedfordshire.gov.uk

amanda.mcdonald@centralbedfordshire.gov.uk

Ivel Valley

Natalie Good

0300 300 4513

natalie.good@centralbedfordshire.gov.uk

Alternatively, you can contact the Community Partner team via
community.partner@centralbedfordshire.gov.uk

earlyhelp@centralbedfordshire.gov.uk should only be used for Community Early Help Assessments and Review plans, all other communication should be sent to the Access & Referral hub:

IFD@centralbedfordshire.gov.uk

Please do not use Anycoms to send EHAS or reviews, the early help address is a secure email however if you wish you can password protect the documents for added security.

Information on Community EHA including the thresholds document and the Community EHA and review document can be found on the CBC website

Information for practitioners - Community EHA

SPF Parenting Programme *NEW DATES*

[Link for parents to book course starting 3rd March](#)

[Link for parents to book course starting 15th April](#)

[Link for parents to book course starting 2nd June](#)

[Link for parents to book course starting 22nd September](#)

[Link for parents to book course starting 9th November](#)

Central Bedfordshire Council
www.centralbedfordshire.gov.uk



Supporting and Progressing Families (SPF)

Supporting & Progressing Families is a 4-week programme and is aimed at parents of children aged 9+.

SPF is based on the philosophy of *non-violent resistance* (NVR) and looks at building stronger relationships within the family. It will give parents the opportunity to explore and learn new tools and techniques and ways of responding to their child based on a number of core principles, including parental self-care, parental presence and de-escalation.

Please see the dates below for the start dates of each group of 4 sessions. The course will then run on the same day and time following that start date for 4 weeks.

Start Date	End Date	Time	Link to book a place
Tue 3rd March	Tue 24th March	10 -12pm	3rd March
Wed 15th April	Wed 6th May	12.30 -2.30pm	15th April
Tues 2nd June	Tues 23rd June	5 -7pm	2nd June
Tues 22nd Sept	Tues 13th Oct	5 -7pm	22nd Sept
Mon 9th Nov	Mon 30th Nov	10 -12pm	9th November



Neurodiversity Workshops for Parents

Understanding and exploring 'masking behaviours' of children who are Neurodiverse

[Link to book 24th February session](#)

[Link to book 10th March session](#)

Workshop for parents/carers:

Understanding and exploring 'masking behaviours' of children who are Neurodiverse (Special Educational Needs and/or Disabilities)

The workshop is suitable for parents/carers of children aged 0-12 years old with emerging needs, on the pathway to assessment, have a diagnosed condition and/or identified special educational need.



The workshop will cover:

Neurodiversity
How children may present when they are 'masking'
Strengths and challenges
Strategies to help children to manage 'masking'
(At home and possible reasonable adjustments for school)
Signposting to other services, resources and further reading

This workshop is aimed at a specific group of children and young people. It will not be relevant for all children and young people with a neurodiversity. Please see some definitions of masking on page 3. Parent/carers will need to make the judgement if this workshop may be useful.

Please follow the relevant link to book your place:

24th February 2026 IN PERSON at Flitwick Children's Centre:

<https://events.teams.microsoft.com/event/9721db30-db42-43e6-bcc2-245e67ae94bb@21d8a1ee-0787-4374-b259-4e87058aff15>

10th March 2026 ONLINE:

<https://events.teams.microsoft.com/event/e3e67a1a-8726-4436-9354-3f63f18791f3@21d8a1ee-0787-4374-b259-4e87058aff15>

The workshop will be run by the Early Years SEND Advisory Team (0-19 Support and Intervention)

All workshops are booked via the self-registration links; if the event is fully booked, you can email becky.mann@centralbedfordshire.gov.uk to request you are added to the waiting list for any cancellations.

If you are attending an online workshop, you will be sent a Microsoft Teams link at the time of registration. If you book the face-to-face workshop, you will be sent a reminder the week before with more details.

Please note all workshops have limited spaces and are often fully booked; if you book on and then no longer can attend, please follow the confirmation email to cancel your place. If you do not cancel your place this means another family will miss out on attending this event.

'Masking is a form of "social camouflage" where a person adapts their behaviour in order to be accepted in an environment' [Sunshine Support – Sunshine Support \(sunshine-support.org\)](http://SunshineSupport.org)

Someone who is masking (a fawn response) is in the same survival mode as someone who goes into fight/ flight mode or shows other highly stressed behaviours. But they internalise their stress instead of being able to process it through their safety response, which is more manageable for the people around them, but is more detrimental to their wellbeing.

[Masking | Autism Barriers to Education \(Spectrum Gaming\)](#)

The workshop will be run by the Early Years SEND Advisory Team (0-19 Support and Intervention)

Understanding emotions and behaviour of children who are Neurodiverse

[Link to book 19th February session](#)

[Link to book 4th March session](#)

Workshop for parents/carers: Understanding emotions and behaviour of children who are Neurodiverse (Special Educational Needs and/or Disabilities)

Information leaflet

Children centres provide a friendly service to families with children ages 0-12 years

The workshop is suitable for parents/carers of children aged 0-12 with emerging needs, on the pathway to assessment, have a diagnosed condition and/or identified special educational need.

The workshop will cover:
Brain development
Self-regulation and co-regulation
Visual aids
Strategies to support behaviours that are difficult or dangerous



Please follow the relevant link to book:

February 13th 2026 at Biggleswade Children's Centre:
<https://events.teams.microsoft.com/event/7cd9b30f-5e5f-4705-9549-eb73064d9de7@21d8a1ee-0787-4374-b259-4e87058aff15>

February 19th 2026 at Downside Neighbourhood Centre:
<https://events.teams.microsoft.com/event/63271611-fdd4-49c4-9f04-b13757d20dfd@21d8a1ee-0787-4374-b259-4e87058aff15>

March 4th 2026 ONLINE:

<https://events.teams.microsoft.com/event/fecb39be-3e34-426f-b570-df14570e0410@21d8a1ee-0787-4374-b259-4e87058aff15>



The workshop will be run by the Early Years SEND Advisory Team (0-19 Support and Intervention)

All workshops are booked via the self-registration links; if the event is fully booked, you can email becky.mann@centralbedfordshire.gov.uk to request you are added to the waiting list for any cancellations.

If you are attending an online workshop, you will be sent a Microsoft Teams link at the time of registration. If you book the face-to-face workshop, you will be sent a reminder the week before with more details.

Please note all workshops have limited spaces and are often fully booked; if you book on and then no longer can attend, please follow the confirmation email to cancel your place. If you do not cancel your place this means another family will miss out on attending this event.

The workshop will be run by the Early Years SEND Advisory Team (0-19 Support and Intervention)

SNAP PCF Roadshow

SNAP PCF SEND ROADSHOW 25/03/2026



10am - 12pm

100%

100% of parent carers asked would you recommend SNAP PCF Roadshows to a friend said YES!

**FREE
EVENT**



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE
www.snappcf.org.uk

No need to book!

About Us

Our Roadshows bring together services that support children/young people with Special Educational Needs and Disabilities and their families, all in one place.

What is on offer:

- ✓ Find out how to access SEND support and information
- ✓ Find out about local services
- ✓ Find out about education and SEND
- ✓ Chat with SEND professionals

When and Where?

Wednesday **25/03/2026**
10am-12pm (Drop in anytime)
The Rufus Centre
Steppingley Road,
Flitwick,
Beds MK45 1AH



Please note: parking available



Get a free hard copy of Supporting Your Neurodivergent Child/Young Person **Whilst stocks last**

CAPVA Drop-ins for Professionals

Who are Rise?

Rise Mutual are an organisation that delivers behaviour change programmes and innovative solutions to reduce offending and abuse, change behaviour and transform the lives of individuals and families and communities.

What is the CAPVA programme?

The Child Adolescent to Parent Violence & Abuse (CAPVA) programme aims to help young people displaying violence towards their parents/carers by working with parents/carers, young people, their families and professionals using an innovative approach called Non-Violent Resistance. The programme is roughly 14- 20 sessions, depending on your needs.

What is NVR?

NVR techniques are used when traditional engagement approaches with young people fail. This does not mean you have failed as a parent. NVR does not rely on young people engaging but provides you with the skills and knowledge to deal with behaviour in a non-violent way, avoiding punishments and relying on natural consequences. It is different to any other provision you may have received, unlike parenting courses based on punishment/rewards, our programme focuses on improving connective parenting, consistency and acceptance.

Frequently asked questions

I am worried about the course, what happens?

After receiving a referral we will get in touch to invite you to attend for an assessment. This is designed so we can find out more about you and your family, and how best to help. After the assessment the RISE Practitioner will get in touch to arrange the next session with you. We will give you one to one support and weekly session throughout the programme.

Where will I need to go?

We will work with you to find a place where you feel safe to talk, this may be your home, a library, coffee shop etc. We may ask you to travel to local authority offices to attend an assessment.

My child refuses to engage – what can I do?

This is not unusual – and we are used to engaging with un-cooperative young people, so don't worry! We start work with you, and slowly start to engage your child using a variety of techniques. If they do not engage at all we can still work with you and other family members, to reduce risk and keep your family safe.

Does this cost me anything?

No, this service is free for you to use.

What about confidentiality? Do you share my information?

We are committed to protecting your privacy and respecting your rights. While we offer a confidential service, information on you and your family will be shared with your social worker/social services. To achieve positive outcomes for you and your family, certain critical information will need to be shared with other third parties (police, schools etc) if we feel there is imminent risk. Anonymised data may be shared with universities or research teams for evaluation purposes. Any personal data will not be shared without your explicit consent.

For more information or any queries please contact:
Rachael Ward (CAPVA Lead and NVR Specialist)



Rachael.ward@risemutual.org



07784 496 750

Housing Information Hubs

Housing Information Hubs!

Do you have a query about your Housing Service?

Come and speak to teams from across the housing service for free advice and information.

We would love to hear from you.

- Help shape the service you receive
- Influence Change and Improvements
- Make a personal difference



Find us below and which housing service will be in attendance:



Dunstable Library Tuesday 10 February 2026 10am-12pm	Houghton Regis Library Wednesday 18 February 2026 10am-12pm	Leighton Buzzard Library Thursday 26 February 2026 11am-1pm
Housing Register, Neighbourhood Housing & Housing Compliance	Housing Register, Neighbourhood Housing, Home Ownership & Domestic Abuse	Housing Register & Neighbourhood Housing

We look forward to seeing you!

**Can't make it and want to learn how
you can influence change?**
Join our tenant register by scanning
the QR code:



Family Information Service

Central Bedfordshire's Family Information Service is a statutory service providing free impartial information and signposting for families with children aged 0 to 19 (up to 25 years for those with additional needs).



Search the Family Information
Directory

Central Bedfordshire SEND Local Offer

If you have a child or young person with Special Educational Needs and/or Disabilities (SEND), then think of the Local Offer as all of the services and support available to them and you as a parent or carer. Our Local Offer website contains information about education, health and care services, voluntary agencies, leisure activities and support groups.



Central Bedfordshire SEND Local Offer

Visit the Central Bedfordshire
SEND Local Offer

Contact us

Email us

community.partner@centralbedfordshire.gov.uk

Central Bedfordshire Council

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