



What is available to you and your child over 5 with Autism in Dacorum?

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School

School Special Educational Needs Coordinator SENCO	Speak to your school SENCO about what support is available. Hertfordshire County Council describes what schools should be doing to help young people with autism in the targeted services document available in Local Offer / Targeted services
ContactLine – Educational psychologists	Advice line for parents open Wednesdays 2pm-4.30pm 01992 580 574
Hertfordshire Specialist Autism and Communication Teachers	Can be referred to by your school, they will support schools with strategies. Offer a helpline for parents and professionals to call for advice on 01442 453 920 on Tuesdays and Wednesdays 1.30-4pm term time only.
SENDIASS provides independent supporters	To work with families regarding education support needs in relation to EHCP's and process. Phone 01992 555 847
National Autism Education Trust	This website has a parent section and a section for children and young people with useful information on transitions and working with schools. www.aetraininghubs.org.uk/parents-guide
National Autistic Society	National organisation with detailed information on website regarding autism and school life as well as a specific autism education helpline for advice. www.autism.org.uk Autism Educational Helpline run by national autistic society 0808 800 4102

Health

GP	The GP should look after your child’s general health care and be first point of contact. They can make referrals into community paediatrician service that would make diagnosis for autism.
Community Services	Community health specialist services are normally provided at the Hemel Well Being Centre including hearing tests, sight tests and seeing a paediatrician via a referral from your GP. Hertfordshire also have a specialist dental service you can access via Hemel Well Being Centre.
Speech and language services	<p>This service supports the development of children’s communication skills through speech or alternative methods of communication. They run training for parents as well as providing direct work with children. For children under school age they run drop in service and take referrals directly from parents. For school age children, parents and schools together can make a referral.</p> <p>Hertfordshire Speech and Language Services and Occupational Therapy Advice Line run a joint advice line for parents and professionals You can contact them for advice on 01992 823 093 – they will normally call you back on a Wednesday.</p>
Occupational Therapy	<p>They can provide advice regarding sensory needs of children and young people. Referrals need to be made via GP or paediatrician.</p> <p>Hertfordshire Speech and Language Services and Occupational Therapy Advice Line run a joint advice line for parents and professionals You can contact them for advice on 01992 823 093 – they will normally call you back on a Wednesday.</p>
National health Service Online information	www.NHS.UK/conditions/autism has lots of information on how a person with autism can be supported by the NHS and health services.



National Autistic Society Health information	www.autism.org.uk has information on supporting autistic people with accessing health care and advice on common health issues. Autism Helpline 0808 800 4104

Home Life and Parenting

Parent Network Support Groups	Twice a month on Monday mornings central Hemel Hempstead. Additional needs group and a separate Autism PDA and Anxiety Group. www.familiesinfocus.co.uk . They also run an evening group in Watford.
Autism and Sensory Processing Needs Support Group Wednesday	Autism and Sensory Processing Needs Support Group Wednesday morning 9.30-11 on 11/9, 13/11, 15/1/20, 11/3, 13/5, /8/7 with DSPL family workers and Woodfield Outreach at Woodfield School.
Parent Support Group whose children have additional needs	Parent Support Group 10.30am-12 – every Wednesday at Woodfield School for anyone with a child who has additional needs. Just turn up.
Berkhamsted Autism, communication and/or sensory processing parent group	Berkhamsted Autism, communication and/or sensory processing additional need support group. 1-2pm 2/10, 11/12, 12/2, 1/4, 10/6
SEND Friend Tring	SEND Friend Tring Coffee morning once a month 9.30-11 for more information email s.linders@hobbshillwood.herts.sch.uk
SPACE Support Group	SPACE Support Group The village Hall Leverstock Green first Thursday of the month 10-12pm
ADDvance mini consultation funded by DSPL 8	These are designed to support parents who have just got a diagnosis of Autism to support you at the start of your journey or for parents who have a specific issue regarding supporting their child they want to resolve for example wanting to reduce a certain behaviour or wanting to help their child manage social relationships better. They are short sessions designed to resolve one issue rather than multiple issues. But you can attend more than once !



	email for dates frabraya@kls.herts.sch.uk .
Parenting courses	Parenting courses , the DSPL 8 offers two 6 week parenting courses a year for parents of children with autism plus Hertfordshire County Council offers parenting courses for children with additional needs most terms. The DSPL 8 also funds one off workshops 6 times a year of various topics related to autism and parenting. To register to receive information about courses in our area email Ashley and ask to join the mailing list via frabraya@kls.herts.sch.uk . Or see - www.dspl8.eventbrite.com
Carers in Herts	Provide support and information including a discount card for those undertaking unpaid care including those who are parent carers. https://www.carersinherts.org.uk/have-your-say/parent-carers Herts Parents and Carers Involvement provide parents with a way to influence and shape services for children with additional needs. HPCI
SEND Family Workers	SEND Family Workers DSPL 8 Fund 3 part time family workers to who have specialist knowledge to support families with children who have additional needs. They can be reached through the Local Schools Partnership offices. Link/Dacorum Tel 01442 401222 Ext 5 Gade Telephone 01442 278793 Kings Langley Telephone 01923 264504
Local helpline on Autism and ADHD	ADD-vance offer a helpline Monday to Friday 9am-1pm 01727 833 963
Toileting Advice and Support	Children’s Bowel and Bladder Charity website is called ERIC.org.uk – offers advice on incontinence and bedwetting.

	National autistic society also has lots of information on toilet training and bedwetting – Autism.org.uk .
Eating Advice and Support	<p>Dieticians can be accessed via community pedetician if you have concerns about your child’s weight.</p> <p>National autisitc society website has lots of information on eating including over eating – autism.org.uk Ambitious about autism is a national charity it has information on eating – ambitiousaboutautism.org.uk</p> <p>Parent Network support group also runs sessions on eating during the year.</p>
Sleep	<p>Families in Focus and SPACE both run parent courses on sleep approved by the Children’s sleep charity.</p> <p>The children sleep charity website has leaflets – the childrendefsleepcharity.org.uk</p> <p>Contact a Family is a national disabled children’s charity which has leaflets and information on sleep; contact.org.</p>

Financial Support

Disability Living Allowance for Children	<p>Disability living allowance you may be eligible to claim this for your child, it is not income dependent. Advice on claiming this for a child with autism can be found on Autism.org.uk/about/benefits-care or Cerebra.org.uk/helpandinformation/guidesforparents/dla-guide.</p> <p>You may also be eligible for carers allowance, if you can’t work due to caring.</p>
Grants	<p>The Family Fund can be accessed by parents with DLA and low income annually for resources to support their child such as sensory toys, computers or holidays.</p> <p>Sky Badger has a full list of grants available to families with disabled children including holidays and bikes for example – skybadger.co.uk</p>



Community Involvement

<p>Autism Youth Group and Siblings of children with autism group</p>	<p>DSPL 8 fund two groups for young people: The Autism youth club for year 6 to 11 is run twice a month at Chaulden Adventure Playground see - www.dspl8.eventbrite.com. A Siblings Support Group also runs twice a month at Chaulden Adventure Playground. Both provide a structured activity as well as free time supervised by youth workers. Contact Chaulden Adventure Playground for more details – 01442 213864</p>
<p>Potential Kids and SPACE</p>	<p>These local charities offer activities for children and young people with autism in Hertfordshire. Including girls groups, lego groups and technology groups www.potentialkids.org and www.spaceherts.org.uk</p>
<p>Kids HuB</p>	<p>The HUBs offers information and support for parents and carers of disabled children and young people aged 0-19 in Hertfordshire. Including information on activities, clubs and groups for children with additional needs; such as football clubs, judo, dance, drama and horse riding.</p> <p>The HUBs provide free and impartial support over the phone, by email or face-to-face (including home visits). The help provided includes the following:</p> <ul style="list-style-type: none"> Helping you find activities, groups and training Providing information about benefits and parking Supporting you at meetings about your child Giving help with relevant forms and letters Signposting you to a range of local services for disabled children and young people including specialist services Keeping you informed with regular newsletters and updates Helping to develop inclusive provision in the community Providing a venue to meet for support and networking <p>Phone: 01923 676549 Email: hub.herts@kids.org.uk Twitter: @KIDSHUBHerts</p>

<p>Local Offer Website</p>	<p>https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx run by the County Council provides detailed information on support available for children with additional needs in Hertfordshire.</p>
<p>Short Breaks</p>	<p>Short breaks offer disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with the confidence their child is well supported by a trained staff.</p> <p>They include holiday and Saturday clubs, and activities range from canoeing and computers skills to lego.</p> <p>You can get up to 40 hours of activities if you:</p> <ul style="list-style-type: none"> live in Hertfordshire are aged between 5 - 19 with SEND receive a middle or higher rate disability living allowance (DLA) or any personal independence payment (PIP), or have a letter from your GP, your school's special educational needs co-coordinator or another professional, confirming that your need means you require access to targeted services for disabled children and young people. <p>https://www.hertfordshire.gov.uk/local-offer/support/short-breaks/short-breaks.aspx</p>
<p>Hertfordshire Additional Needs Database (HAND)</p>	<p>Hertfordshire County Council's voluntary database for children and young people aged 0-25 who have additional needs or a disability which has a substantial impact on their everyday life. HAND offers monthly updates in the newsletter SEND news – you can read and subscribe to this at:</p> <p>https://sendnews.hertfordshire.gov.uk</p>

Mental Health Support

<p>School Nursing Services</p>	<p>School nursing health for Kids and Teens provides support in relation to mental health - Parents/carer can make a referral for their child via</p> <p>https://www.hct.nhs.uk/our-services/school-nursing/</p> <p>The following websites have been supported by Hertfordshire to support children and young people’s health and well-being.</p> <p>Health for Kids: https://www.healthforkids.co.uk/hertfordshire</p> <p>Health for Teens; https://www.healthforteens.co.uk/</p>
<p>1 2 1 short term early support and advice</p>	<p>Pupil Support Worker – supports children and young people in schools with low level needs related emotional well being such as social skills, worries and friendship issues ; To make a referral: Link/Dacorum Tel 01442 401222 Ext 5 Gade Tel 01442 278793 Kings Langley Tel 01923 264504</p>
<p>Healthy young minds in Herts</p>	<p>Healthy Young Minds in Herts – website containing tips for parents and young people including a “Wellbeing signposting guide for young people” and tips for parents.</p> <p>https://www.healthyyoungmindsinherts.org.uk/</p>
<p>Early Intervention from NHS</p>	<p>Step 2 – Is an early intervention CAMHS (Children and Adolescent Mental Health Service) for children and young people in Hertfordshire aged 0-19. Referral is by any Hertfordshire professional including school or G.P. via the Single Point of Access (SPA)</p>

<p>Support for persistent complex mental health</p>	<p>NHS Specialist Child and Adolescent Mental Health Service Professionals can directly refer a child or young person up to 18 if they have severe, persistent and complex mental health problems.</p> <p>https://www.hpft.nhs.uk/services/child-and-adolescent-mental-health-services-camhs/</p>
<p>Specialist support where autism impacts on ability to access other services.</p>	<p>PALMs – Positive behaviour, Autism, Learning Disabilities and Mental health services. This service will provide support in relation to sleeping, toileting, feeding and challenging behaviour to children and young people who can't access Step 2/CAMHS and have a diagnosis of autism and/or learning disabilities. Health services, family support workers and schools can make referrals to PALMS available on their website.</p>

Girls and Autism

<p>Girls have been under represented in autism diagnosis.</p> <p>However many more girls have been recognised as being autistic over the last few years.</p>	<p>Local groups</p> <p>Spectrum girls is running through ADDvance.</p> <p>Potential Kids Hertfordshire also run girls autism groups. www.c.Potentialkids.org.</p>
<p>National advice</p>	<p>Autism.org – girls and women provides information on autism.</p>

	<p>Flying Under the Radar is a helpful booklet on girls, autism and school suited for parents and teaching staff.</p> <p>https://barrycarpentereducation.files.wordpress.com/2016/04/girls_and_autism_-_flying_under_the_radar-final.pdf</p>
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Talking to your child about their Autism

<p>Building positive self esteem</p>	<p>National Autistic Society (Autism.org) has information on supporting you talk to your child about their diagnosis under the section - After your Child's diagnosis.</p> <p>Numerous books are also available for varying ages of children which are highlighted on the webpage.</p>
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