

Dear Parent/Carers,

In this DSPL8 Parent/Carers Communication please find the following:

Course/Support	Booking Link/Website
<b>Resilient Transitions – June/July 2022</b>	<a href="https://bounceforward.com/resilient-transitions-dacorum/">https://bounceforward.com/resilient-transitions-dacorum/</a>
<b>ADD-vance Mini Consultations:</b> <b>17th May – 10:30</b> <b>6<sup>th</sup> June – 10:00, 10:30 &amp; 11:00</b>	<a href="https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-311159816387">https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-311159816387</a> <a href="https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-332755730347">https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-332755730347</a>
<b>SEND Surgery – 19.05.2022: 11:00 &amp; 11:30</b>	<a href="https://www.eventbrite.co.uk/e/send-surgery-tickets-303478681907">https://www.eventbrite.co.uk/e/send-surgery-tickets-303478681907</a>
<b>Dacorum Families SEND Information Fayre – 12.05.2022</b>	<a href="https://www.eventbrite.co.uk/e/dacorum-families-send-information-fayre-tickets-304038385997">https://www.eventbrite.co.uk/e/dacorum-families-send-information-fayre-tickets-304038385997</a>

\*Please also view the most recent Dacorum Parent/Carers Courses and Support PDF for local updates.

Both documents can be downloaded from our website, via the following link:

<http://www.dacorumspl.org.uk/online-resources-for-parents-and-carers-2/>

Stay safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

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

 Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)


 Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

 Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

 Eventbrite: <https://dspl8.eventbrite.co.uk/>

## **Resilient Transitions – Bounce Forward**

**Booking Link:** <https://bounceforward.com/resilient-transitions-dacorum/>



### **RESILIENT TRANSITIONS**

#### **Helping Children Deal Well With Change and Uncertainty**

**A four-session on-line course with resources to use at home**  
14th, 21st, 28th June and 5th July 2022 - All 10:30-11:30

Children and young people will face many transitions throughout their lives. Change and uncertainty is something we can help children learn to navigate so they develop effective ways to deal with it through life.


How do we support children to deal well with transition? Whether the move is from primary to secondary, to a new school or setting, or to a new teacher or class. It can be an anxious time for parents. The way they approach the changes their children face can be the difference between a stressful or a manageable transition. Knowing how best to manage our own emotions, worries and actions is vital for supporting children in the best possible way.

Join Bounce Forward for a series of **four 60-minute webinars** to explore how to support children and young people to face transition with resilience and receive some practical resources to use at home to encourage a growth mindset to change and uncertainty.

This course builds on previous Bounce Forward training **funded by DSPL 8 Dacorum, supporting parents of children with SEND.**

**BOOK NOW**

**LEARN MORE**






#### **Session 1**

##### **Recognising personal concerns and barriers**

This session provides a space to share concerns and recognise we are not on our own. We all face challenges and change is a constant, so we will explore the link between emotions, energy and our ability to take control.



#### **Session 2**

##### **Developing a growth mindset to change**

This session will consider unhelpful habits of thinking in relation to transition, change and uncertainty. The focus will be on exploring the differences between a fixed and growth mindset.



#### **Session 3**

##### **Supporting children to recognise and regulate unhelpful emotions**

This session will explore evidence-based strategies for dealing with anxiety, stress and dealing with strong reactions to change.



#### **Session 4**

##### **Creating and strengthening human connections for transitions**

This session will focus on how we can play to our strengths when dealing with uncertainty and change. It will also explore a practical approach for assertive communication.

**LEARN MORE**

**BOOK NOW**

## **ADD-vance Mini Consultations**

**Booking link:** <https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-311159816387>

**Booking link:** <https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-332755730347>

**Free mini consultations for  
parent/carers in Dacorum**

Facilitated by ADHD/Autism  
Specialist Coaches  
from ADD-vance



**Free mini consultations for  
parent/carers in Dacorum**

Facilitated by ADHD/Autism  
Specialist Coaches  
from ADD-vance



### **Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD**

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—[www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) for one of the following date and times:

**Tuesday 17.05.2022 10:00 - 11:30**

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.

### **Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD**

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—[www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) for one of the following date and times:

**Thursday 09.06.2022 10:00 - 11:30**

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.

**SEND Surgery – 19.05.2022**

Booking Link - <https://www.eventbrite.co.uk/e/send-surgery-tickets-303478681907>



**SEND Surgery Dates for 2021-22**

Thursday 19<sup>th</sup> May 2022

Dacorum Family Services North & East is offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) and choose a 30 minute session, providing details of the topic that you would like to cover.

**Dates are released termly on Eventbrite.**

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed.

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**Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:**

St Albert the Great, Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, Brockswood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree



## **Dacorum Families SEND Information Fayre**

Don't forget to register your place to attend the Dacorum Families SEND Information Fayre.

**Registration for this event closes on Eventbrite at 12pm on Thursday 5th May.**

We are also pleased to announce Dacorum Family Centre Service & Carers in Hertfordshire will be in attendance with Information Stall at our Information Fayre.

Register your place via: <https://www.eventbrite.co.uk/e/dacorum-families-send-information-fayre-tickets-304038385997>



## **Dacorum Families SEND Information Fayre**

**Thursday 12<sup>th</sup> May, 10am-3pm**

**Grovehill and Woodhall Farm Adventure Playground**

**Redbourn Road, Hemel Hempstead HP2 7BA**



**Bookings are now open on Eventbrite! Please register your attendance via the link below and you are welcome to drop-in at any time between 10am—3pm**

**Booking Link: <https://www.eventbrite.co.uk/e/dacorum-families-send-information-fayre-tickets-304038385997>**

*(\*Please note\* bookings will close on 5th May)*

**The SEND Information Fayre is open to Dacorum SEND Families and the day will include local provider information stands, DSPL8 Parent Representatives, activities for children, refreshments & cake!**



## DSPL8 Parent/Carer Support – Summer Term 2022

### DSPL8 Parent/Carer Support 2021-22

Please find below the support available to parent/carers of a child with SEND who attends a school or resides in Dacorum

#### Summer 2022 Term

ADD-vance Mini Consultation	27.04.2022 17.05.2022 09.06.2022 06.07.2022	19:00-20:30 10:00-11:30 10:00-11:30 10:00-11:30	Online (see booking link below) You will receive an online meeting link directly from ADD-vance
SEND Surgeries	Thursday's 19.05.2022 07.07.2022	09:30-12:30	Online (see booking link below)
Resilient Transitions - 3 week course By Bounce Forward	14.06.2022- 05.07.2022	10:30-11:30	Online - details will advertise in the Spring Term

#### ADD-vance Mini Consultation

Free mini consultations for parent/carers in Dacorum. Facilitated by ADHD/Autism Specialist Coaches from ADD-vance. DSPL8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected). This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom. **Dates are released termly on Eventbrite.** Book a 30 minute session at Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)

#### SEND Surgeries

Dacorum Family Services North & East: are offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs. To book, please go to [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) and choose a 30 minute session, providing details of the topic that you would like to cover. Dates are released termly on Eventbrite.

Gade support School Family Support and Kings Langley Partnership: our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.

See the end of the document for a list of schools in each Partnership.

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)  
Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

Email - [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)  
Instagram - [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

### DSPL8 Parent/Carer Support 2021-22

#### Local Schools Partnership Schools

##### DFS North & East Partnership Schools:

St Albert the Great, Aldbury, Ashlyns, Astley Cooper, Belswains, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobbetts Manor Infant, Hobbetts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk Little Gaddesden, Long Marston, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

##### Gade Support School Family Support and Kings Langley Partnership:

**Kings Langley Partnership:** Kings Langley Secondary, Kings Langley Primary, Sarraat Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

**Gade Schools Family Support:** John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)  
Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

Email - [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)  
Instagram - [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

## Local School Partnership's

### Student and Family Support Services

### Gade Schools Family Support and Kings Langley Partnership



Kings Langley Partnership of Schools  
Working Together to Prepare our Children for the Challenges of Tomorrow



As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.

- ❖ **Parent Support Services**—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support.
- ❖ **Pupil Support Services**—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.
- ❖ **SEND Support**—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.

If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

- ❖ **Parent Courses and Workshops** – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behaviour, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.
- ❖ **Parent Surgeries** – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site [www.gadeschoolsfamilysupport.co.uk](http://www.gadeschoolsfamilysupport.co.uk)

***Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 01442 278793.***

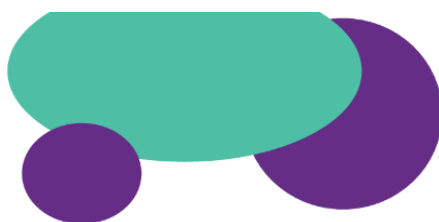
Our Service is only able to work with Parents who have children in one of our Partnership Schools. Schools in our Partnership are:

**Kings Langley Partnership:** Kings Langley Secondary, Kings Langley Primary, Sarratt Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

**Gade Schools Family Support:** John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

**[www.gadeschoolsfamilysupport.co.uk](http://www.gadeschoolsfamilysupport.co.uk)**  
**Partnership Office: 01442 278793**

## **Dacorum Family Services North & East**



### **What we offer**

- 1-2-1 sessions with our family workers
- Home visits
- Surgeries at your local school/virtual
- SEND Surgeries at your local school/virtual
- Subject specific online workshops
- Parenting advice and courses
- Help to access local services
- Signposting to counselling & wellbeing services
- Signposting to adult learning and development
- Positive activities for children, young people and their families
- 1-2-1 support for children and young people
- Domestic abuse support
- Family breakdown support
- Debt advice & signposting
- Specialist SEND support
- Wellbeing advice for children and young people

**Free,  
Confidential  
Advice and  
Support  
Service for Local  
Families**

#### **School Family Worker**

A personal and confidential service that addresses any needs or concerns raised by the family or school



#### **SEND School Family Worker**

Specialist support for higher need SEND families



#### **Pupil Support Worker**

Specialist support for pupils to address an identified concern highlighted by the school or family. 1-2-1 and group work specific programmes



#### **DFS North & East Partnership Schools**

St Albert the Great, \*Adeyfield, Aldbury, Ashlyns, Astley Cooper, \*Aycliffe Drive, Belsarains, \*Brockwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobbetts Manor Infant, Hobbetts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, \*Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield, Yewtree

\*Signposting service only

**Dacorum Family Services North & East**  
**Office: 01442 401222 Ext 5**  
**[www.dacorumfamilyservices.org.uk](http://www.dacorumfamilyservices.org.uk)**  
**Term Time only**

## **ISL SEND Duty Lines & SEND advice lines for Parents/Carers**

### **Statutory SEND Team (for queries about your EHCP)**

This academic year our SEND Duty lines will be available:

**9am - 5.30pm Monday - Wednesday, and 9am – 4:30pm Fridays.**

**East Herts, Broxbourne Welwyn and Hatfield - 01992 588562**

[easthertsbroxbourne.senteam@hertfordshire.gov.uk](mailto:easthertsbroxbourne.senteam@hertfordshire.gov.uk)

**North Herts and Stevenage - 01438 843758**

[northhertsstevenage.senteam@hertfordshire.gov.uk](mailto:northhertsstevenage.senteam@hertfordshire.gov.uk)

**St Albans and Dacorum - 01442 453 300**

[stadsendteam@hertfordshire.gov.uk](mailto:stadsendteam@hertfordshire.gov.uk)

**Watford, Three Rivers and Hertsmere - 01442 454012**

[watfordthreerivers.senteam@hertfordshire.gov.uk](mailto:watfordthreerivers.senteam@hertfordshire.gov.uk)

### **Specialist advice lines**

**Educational psychology advice line**

**01992 588 574 Wednesdays 2pm - 4.30pm**

**Specific Learning Difficulties (SpLD)**

**01442 453 920 (term time only) Thurs, 9.30am - 12pm**

**Speech, Language, Communication and autism Needs (SLCA)**

**01442 453 920 (term time only) Tues and Weds, 1.30pm - 4pm**

**Early years (0 - 5)**

**01442 453 920 (term time only) Weds 9am - 12pm and Thurs 1.30pm - 4pm**

**Physical and neurological impairment team (PNI)**

**01442 453 920 (term time only) Mondays, 1.30pm - 4pm**

**West team Attendance Duty**

**01442 454 778 Monday –Friday 9:30am-4pm**

**Education Support for Medical Absence (ESMA)**

**01442 454 802 (school hours, term time only)**

[esmaenquiries@hertfordshire.gov.uk](mailto:esmaenquiries@hertfordshire.gov.uk)

**Children and young people's therapy services**

**(Advice from occupational therapists, physiotherapists and speech and language therapists)**

**01923 470680 – select Option 3 for the therapy service. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2).**

**Or email [hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)**

## **SUPPORT**





**Educational Psychologists** - Use our advice line to speak to an educational psychologist or an advisory teacher if you need support. **Wednesday 2 - 4.30pm 01992 588 574**



**Autism Helpline** 10am – 3pm, Monday to Friday - **0808 800 4104** or via online contact form  
<https://www.autism.org.uk/enquiry>



**ADD-vance Helpdesk** is open from 9am to 1pm every weekday via 01727 833963 or email to [herts@add-vance.org](mailto:herts@add-vance.org) Website - [www.add-vance.org](http://www.add-vance.org) Facebook – [www.add-vance.org/parents/](http://www.add-vance.org/parents/)



**Hertfordshire Local Offer** The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them.  
<https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



**Herts Help** a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life.  
Call us on **0300 123 4044** or email [info@hertshelp.net](mailto:info@hertshelp.net)



**Kids Hub** support and information to families with children and young people with SEND. We are still open and offer support and advice to families over the phone and emails and our SEN Toy and Equipment is still available to parents. If you would like to get in contact with us please call on 01992 504013/ 01923 676549 or email us at [hub.herts@kids.org.uk](mailto:hub.herts@kids.org.uk)



**Hertfordshire SENDIASS** is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk) or 01992 555 847



**Hertfordshire Additional Needs Database (HAND)** voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond). Contact via:  
<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx> or email [hand@hertfordshire.gov.uk](mailto:hand@hertfordshire.gov.uk)



**Families First** Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.  
<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>



**Benefit entitlement** - If you care for a child or young person with a disability or if you have a disability yourself, you may be able to claim a range of benefits including Disability Living Allowance and Carers Allowance. For more information on available benefits and entitlement go to:  
<https://www.carersuk.org/help-and-advice/financial-support>



**Carers in Hertfordshire** provides advice, information and support to unpaid carers.

Website - [www.carersinherts.org.uk](http://www.carersinherts.org.uk) Telephone – 01992 586969 (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



**Hertfordshire Mind** - If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Available to provide emotional support 24 hours a day, every day of the week. To contact the helpline please call us on **01923 256391**.



**Hertfordshire Wellbeing Service** offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress.  
<http://talkwellbeing.co.uk/>



**Healthy Young Minds in Herts** - Wellbeing advice and tools for young people, parents and carers.  
<https://www.healthyyoungmindsinherts.org.uk/>



**Just Talk Herts** – Mental Health support and advice for young people. [www.justtalkherts.org](http://www.justtalkherts.org)



**Family Lives** – Parenting and Family support Helpline 0808 800 2222



**Foodbanks** - <https://dacorum.foodbank.org.uk/get-help/>



**Health Coronavirus** - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

**Self-Isolating Guidance** - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

**Domestic Abuse Help** - [www.gov.uk/guidance/domestic-abuse-how-to-get-help](http://www.gov.uk/guidance/domestic-abuse-how-to-get-help)



**Hertfordshire County Council Children's Services** - 0300 123 4043



**Samaritans** - 116 123



**ChildLine** - 0800 1111



**Herts Parent Carer Involvement HPCI** – Independent parent carer led organisation which aims to improve services for children and young people who have SEND – 07840 360 245 <https://www.hertsparentcarers.org.uk/>