

Dear Parent/Carers,

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

Course/Support	Booking Link/Website
HCT Children's Wellbeing Practitioners: Wellbeing Workshops	https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/
Support for Parents/Carers of Children with Eating Disordered Behavior or Poor Body Image	https://firststepsed.co.uk/how-to-get-help/skills-for-carers/
NEW Togetherall online wellbeing support for anyone aged 16+	https://togetherall.com/en-gb/
SEND Surgery (for schools in DFS North & East Partnership) – July 2022	https://www.eventbrite.co.uk/e/send-surgery-tickets-359361649367

Please also view the most recent Dacorum Parent/Carers Courses and Support PDF for following local updates:

Course/Support	Booking Link/Website
The OLLIE Foundation - Transition Goal Setting Workshops	Parents/Carers: https://www.eventbrite.co.uk/e/transitions-the-science-of-goal-setting-for-parentscarers-tickets-344630688667 Young People: https://www.eventbrite.co.uk/e/transitions-the-science-of-goal-setting-for-young-people-tickets-341747906187
Supporting your child with ASD/ADHD with Emotionally Based School Avoidance	https://procfu.com/nepubbooking/eventDetail_home/2040595945
Herts Inclusive Theatre Summer Workshop	Book via: admin@hit-theatre.org.uk / 01923 216951
SPACE Hertfordshire Upcoming activities: Navigating the SEND world	https://www.eventbrite.co.uk/e/navigating-the-send-world-tickets-299515698517
Sleep Tight Course	https://www.eventbrite.co.uk/e/sleep-tight-5-week-course-tickets-299520954237
Wellbeing Event for Parent/Carers of autistic people	Book via: or by calling 01992 58 69 69 or emailing contact@carersinherts.org.uk
Supporting Links Autumn Term Courses	Book via: bookings@supportinglinks.co.uk or 07512 709556
Families in Focus Autumn Term Courses and Parent Network	Book via: bookings@familiesinfocus.co.uk
Parenting Courses and Support in Dacorum Summer 2022	http://www.dacorumspl.org.uk/courses-for-parents-carers-and-professionals/

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

 Facebook: www.facebook.com/dspldacorum

 Email: dspl@kls.herts.sch.uk

 Instagram: https://www.instagram.com/dspl_dacorum/

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

If you would like to register for our mailing list, or be removed, please email dspl@kls.herts.sch.uk

HCT Children's Wellbeing Practitioners



The Children's Wellbeing Practitioners deliver several emotional wellbeing workshops throughout the year targeted at parents/carers and young people. These workshops are currently being delivered virtually via Microsoft Teams and a referral into the service is not required to access workshops.

The following workshops are either currently available or will be available later in the year:

- Child emotional wellbeing & regulation
- Emotional wellbeing for adolescents
- Child sleep difficulties
- Adolescent sleep difficulties
- Child self-esteem
- Adolescent self-esteem
- School Transitions
- Exam stress

You can book a place onto a workshop via: <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>

For more information on the Children's Wellbeing Practitioners Service click; <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>

Support for Parents/Carers of Children with Eating Disordered Behavior or Poor Body Image

Eating Disorders/Body Image - Online Support Programme Hertfordshire has commissioned a new 4-week programme called "First Step ED skills". It offers free online workshops for Hertfordshire parents, carers & older siblings, who are supporting a young person with their body image, disordered eating and/or eating disorders.

Find out more at <https://firststepsed.co.uk/how-to-get-help/skills-for-carers/>

NEW Togetherall online wellbeing support for anyone aged 16+

GET SUPPORT WITH TOGETHERALL IN HERTS 24/7 Hertfordshire County Council Public Health recently launched Togetherall, a resource that may be useful for sixth form students, parents/carers and school staff.

Togetherall is an evidence-based, clinically moderated, online 24/7 peer-to-peer mental health community, for residents of Hertfordshire who may be feeling low or depressed. It can also help prevent mental ill health with a range of support, courses and advice, and with the additional benefit of professionals monitoring for any signs of distress.

Please do share with your staff and add information to parent/carer newsletters, as this is a useful and free resource that is complementary to existing services.

JOIN NOW! Any Hertfordshire resident aged 16+ can join by:

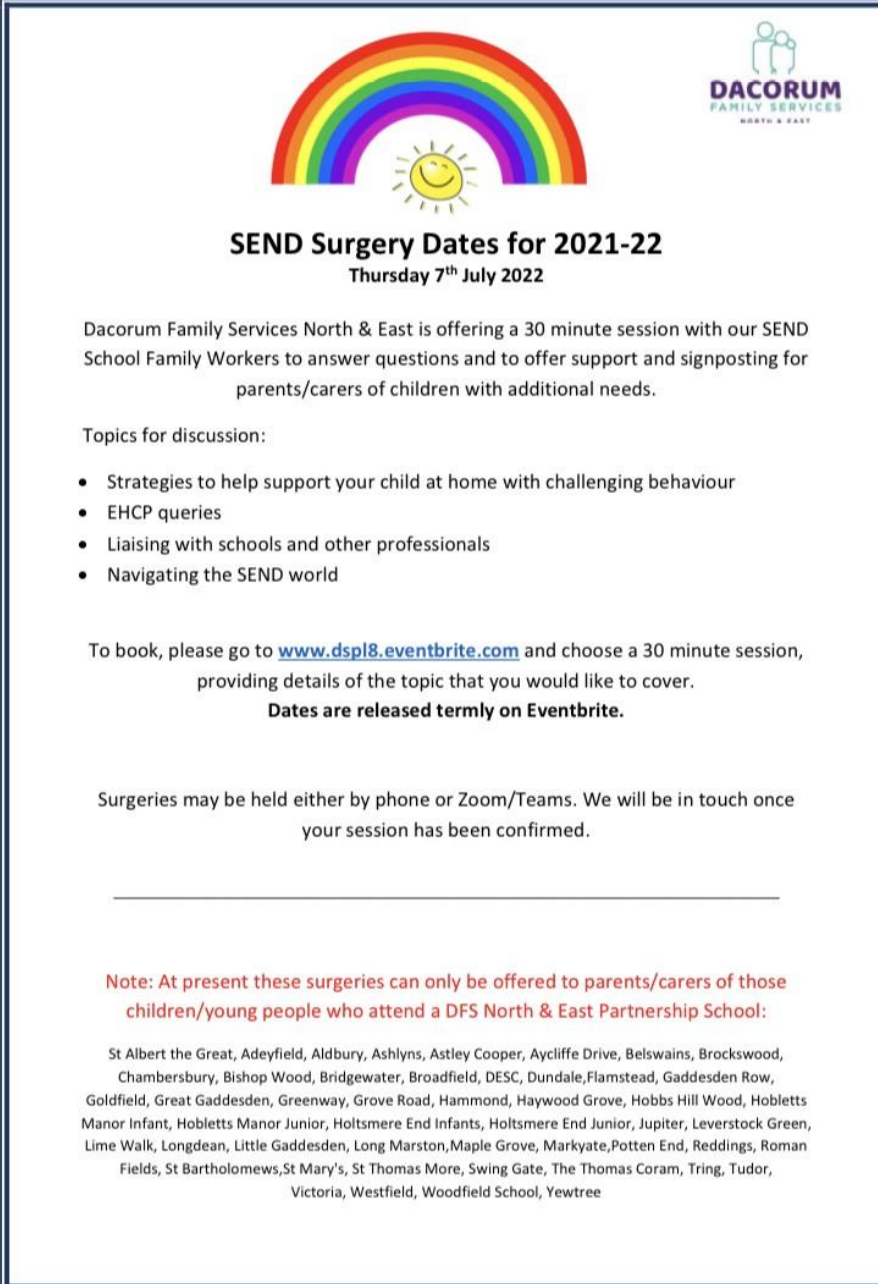
1. Visiting <https://togetherall.com/en-gb/> > Click 'Register Button' > then followed by 'My Area is Registered' tile.
2. Create a username
3. Complete a few basic questions
4. Verifying your account by clicking on the button within an email sent by Togetherall to activate your account.

If you have any questions or would like some promotional resources please email
publichealth@hertfordshire.gov.uk

SEND Surgery – 7th July 2022

These sessions are open to schools in the DFS North & East Partnership (see flyer for a list of these schools)

Booking Link: <https://www.eventbrite.co.uk/e/send-surgery-tickets-359361649367>



SEND Surgery Dates for 2021-22
Thursday 7th July 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 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.

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

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

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

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 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.

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, Sarratt Primary, St Pauls School, Chipperfield, Bovington 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

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.

- ❖ **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

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
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



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, Belswains, *Brockswood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Hamstead, Gaddesden Row, Goldfield, Groat 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
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

North Herts and Stevenage - 01438 843758

northhertsstevenage.senteam@hertfordshire.gov.uk

St Albans and Dacorum - 01442 453 300

stadsendteam@hertfordshire.gov.uk

Watford, Three Rivers and Hertsmere - 01442 454012

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

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.cytherapies1@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 Website - www.add-vance.org Facebook – 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



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



Hertfordshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: 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



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 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



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



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/>