

Dear Parent/Carers,

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

<u>DSPL8 Courses & Support</u>	<u>Booking Link/Website</u>
Raise Resilience by Bounce Forward: 15.11.22—01.12.22	https://bounceforward.com/raise-resilience-dacorum-parents-3/
ADD-vance Mini Consultations: 07.12.2022	https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-445154628477
Herts Parent Carer Involvement (HPCI) SEND Survey	https://www.surveymonkey.co.uk/r/HPCISurvey2022
Money Advice and Mental Health support	https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health https://www.childrenssociety.org.uk/information/young-people/advice/money-problems

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

<https://dacorumspl.org.uk/wp-content/uploads/2022/11/Dacorum-ParentCarers-Courses-and-Support-Autumn-Term-02.11.2022.pdf>

<u>Dacorum Parent/Carers Courses & Support</u>	<u>Booking Link/Website</u>
SPACE Hertfordshire December Activities	spaceherts.eventbrite.co.uk
Potential Kids November Activities	www.potentialkids.org/activities
Supporting Links Courses Spring Term 2023	bookings@supportinglinks.co.uk or 07512 709556

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

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

Kind Regards,

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



Raise Resilience by Bounce Forward
Fully Funded by DSPL8

Booking Link: <https://bounceforward.com/raise-resilience-dacorum-parents-3/>



RAISE RESILIENCE

Helping parents and children to thrive!

A six-session course with home activities

Raise Resilience is a series of online sessions for parents. It starts with personal resilience to remind you to look after yourself (easily forgotten) and takes you through key ingredients for building mental resilience in a way that is helpful for you and your children.

The sessions provide practical skills and information proven to support positive changes in cognition, behaviour, and mindsets. This is an opportunity that really helps with the small day to day stuff and can be a set of tools that help you and your children thrive in life.

This has been fully funded through DSPL8 to bring to parents in Dacorum for FREE!



Really informative, well delivered and easy to understand. Opened my mind and will be very useful for family life.

15th, 17th, 22nd, 24th, 29th,
November & 1st December
20:00-21:00

LEARN MORE & SIGN-UP



ADD-vance Mini Consultations: December 2022

Bookings are now open on Eventbrite via:

<https://www.eventbrite.co.uk/e/mini-consultations-for-parentcarers-of-children-with-autismadhd-tickets-445154628477>

**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 for one of the following date and times:

Wednesday 07.12.2022 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.

Herts Parent Carer Involvement (HPCI) SEND Survey

Our annual survey is now open! Please do give your opinion about SEND services in Herts - the more families who take part, the stronger our voice (and you could win a gift voucher too).

You can find the form by scanning the QR code in the picture, or by clicking on:

<https://www.surveymonkey.co.uk/r/HPCISurvey2022>

Please also share with other families with SEND - you don't need to have a diagnosis, an EHCP or be a member of HPCI to take part. Thank you.

Calling all Herts families with SEND!

The first annual HPCI SEND survey
for parents and carers is open.

Please give your opinion and help
us drive improvement for our
children.



[www.surveymonkey.co.uk
/r/HPCISurvey2022](https://www.surveymonkey.co.uk/r/HPCISurvey2022)

Money Advice and Mental Health support

With rising bills, soaring energy prices and the cost-of-living crisis dominating the national conversation, it's inevitable that many children and young people, just like adults, are worried about money.

Young Minds have a really helpful guide for parents on money and mental health, please view this via the following link:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/money-and-mental-health>

For money support and advice, please visit The children's Society website via:

<https://www.childrensociety.org.uk/information/young-people/advice/money-problems>



DSPL8 Parent/Carer Support Autumn 2022 Term

Booking Link: <https://dspl8.eventbrite.co.uk/>

DSPL8 Parent/Carer Support 2022-23

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

Autumn 2022 Term

<p>ADD-vance Mini Consultation</p> 	<p>14.09.2022 04.10.2022 10.11.2022 07.12.2027</p>	<p>10:00-11:30 10:00-11:30 19:00-20:30 10:00-11:30</p>	<p style="text-align: center;">Online <i>(see booking link below)</i></p> <p>You will receive an online meeting link directly from ADD-vance</p>
<p>SEND Surgeries</p> 	<p>22.11.2022</p>	<p>09:30-12:30</p>	<p style="text-align: center;">Online <i>(see booking link below)</i></p>

ADD-vance Mini Consultation

Free mini consultations for parent/carers in Dacorum. Facilitated by ADHD/Autism Specialist Coaches from ADD-vance. 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. **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.

Website - www.dacorumdspl.org.uk

Facebook - www.facebook.com/dspldacorum

Email - dspl@kls.herts.sch.uk

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



Local School Partnership's

Student and Family Support Services

Gade Schools Family Support and Kings Langley Partnership



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

DFS North & East Partnership Schools

St Albert the Great, *Adeyfield, Aldbury, Ashlyns, Astley Cooper, *Aycliffe Drive, Belswains, *Brockwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobeletts Manor Infant, Hobeletts 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

**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



**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.cyptherapies1@nhs.net



SUPPORT



Speech, Language, Communication and Autism - stadac.islteam@hertfordshire.gov.uk



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>





making life better for carers

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/>

