

Dear Parent/Carers,

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

<b><u>DSPL8 Courses &amp; Support</u></b>	<b><u>Booking Link/Website</u></b>
Mental Health Awareness Week: 15th-21st May 2023	<a href="https://www.mentalhealth.org.uk/explore-mental-health/blogs/why-anxiety-theme-mental-health-">https://www.mentalhealth.org.uk/explore-mental-health/blogs/why-anxiety-theme-mental-health-</a>
Dacorum Families SEND Information Fayre: 22.06.2023, 10am-1pm	<a href="https://SENDinfofayre220623.eventbrite.co.uk">https://SENDinfofayre220623.eventbrite.co.uk</a>
Navigating Transition: 13.06.23-04.07.23	<a href="https://bounceforward.com/our-courses/navigating-transitions-dacorum/">https://bounceforward.com/our-courses/navigating-transitions-dacorum/</a>
DSPL8 Parent/Carer Support: Summer 2023	<a href="https://dspl8.eventbrite.co.uk/">https://dspl8.eventbrite.co.uk/</a>

Please also view the most recent Dacorum Parent/Carers Courses and Support PDF for the following local updates, via: <https://dacorumdspl.org.uk/wp-content/uploads/2023/05/Dacorum-ParentCarers-Courses-and-Support-Summer-Term-17.05.2023.pdf>

<b><u>Dacorum Parent/Carers Courses &amp; Support</u></b>	<b><u>Booking Link/Website</u></b>
Potential Kids May 2023 Activities	<a href="http://potentialkids.org.uk/activities">potentialkids.org.uk/activities</a>
Hertfordshire Family Centre Service: Family Support Service	<a href="https://dacorumdspl.org.uk/wp-content/uploads/2023/05/Family-Support-Leaflet-for-families.pdf">https://dacorumdspl.org.uk/wp-content/uploads/2023/05/Family-Support-Leaflet-for-families.pdf</a>
Spring Board Summer open day	RSVP to Mark Kucper on 01923 630408 or email <a href="mailto:mkucper@nhc.ac.uk">mkucper@nhc.ac.uk</a>
Talking Families by Support Links	<a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a> or call us on 07512 709556.
NESSie: Funded mental health workshops, advice and support	<a href="https://nessieined.com/hertfordshire-parents">https://nessieined.com/hertfordshire-parents</a>
Fit, Fed and Read: Limewalk Primary	<a href="https://playwaze.com/herts-sports-partnership-fit-fed-read/8utbi5f5wp8/session-display?eventId=PhysicalEventSeries/80548-B">https://playwaze.com/herts-sports-partnership-fit-fed-read/8utbi5f5wp8/session-display?eventId=PhysicalEventSeries/80548-B</a>
CAP Two Free Money Management courses	<a href="http://www.capmoneycourse.org">www.capmoneycourse.org</a> Or contact Janet Wright on <a href="mailto:capmoney@libertytearooms.co.uk">capmoney@libertytearooms.co.uk</a> or 07944 203918
Beezee Bodies Courses	<a href="http://beezeebodies.com">beezeebodies.com</a>
SEND Drop-in sessions	See flyers on page 8
Parenting Courses and Support in Dacorum Summer Term 2023	<a href="https://dacorumdspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf">https://dacorumdspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf</a>

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

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

Kind Regards,

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



Mental Health Awareness Week: 15th-21st May 2023

15 to 21 May 2023



# Mental Health Awareness Week



#ToHelpMyAnxiety

Anxiety is the theme of Mental Health Awareness Week 2023

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. But anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

Read more about why anxiety is this year's theme : <https://www.mentalhealth.org.uk/explore-mental-health/blogs/why-anxiety-theme-mental-health-awareness-week-2023>



**Dacorum Families SEND Information Fayre: 22.06.2023, 10am-1pm**

DSPL8 are pleased to announce Eventbrite bookings are now open for our Third Dacorum Families SEND Information Fayre on 22nd June, 10am -1pm.

Please register your attendance via the link below and you are welcome to drop-in at any time between 10am—1pm

Booking Link: <https://SENDinfofayre220623.eventbrite.co.uk>  
(Bookings will close on 14.06.2023)



**Dacorum Families SEND Information Fayre**

Our Third Dacorum Families SEND Information Fayre will be focusing on:

*Health and education advice and support*

**Thursday 22nd June, 10am-1pm**  
**Grovehill and Woodhall Farm Adventure Playground**  
**Redbourn Road, Hemel Hempstead HP2 7BA**

Please register your attendance via the link below and you are welcome to drop-in at any time between 10am—1pm

Booking Link: <https://SENDinfofayre220623.eventbrite.co.uk>  
(Bookings will close on 14.06.2023)



The SEND Information Fayre is open to Dacorum SEND Families and will include local provider information stands, DSPL8 Parent Representatives, activities for children, refreshments & food.



### Navigating Transition

Fully funded by DSPL8; four-session course for parent/carers in Dacorum at 8pm from 13th June - 4th July 2023. For more information and to register your place, please click the link below:

<https://bounceforward.com/our-courses/navigating-transitions-dacorum/>



## Navigating Transitions

### A four-session online course for parents

Fully funded by DSPL8 for parents in Dacorum

Children and young people will face many transitions throughout their lives. Change and uncertainty is something we can help children learn to navigate.

**How do we support children to deal well with times of change?**

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.

Join Bounce Forward for a series of four 60-minute sessions to explore how to support children and young people to face transitions with mental resilience and receive downloadable activities to use at home to encourage a growth mindset.

Starting 13th June at 8PM

Find out more →

Knowing how best to manage your own emotions, worries and actions is vital for supporting children in the best way possible.





## 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

### Summer 2023 Term

ADD-vance Mini Consultation 	26.04.2023	10.00:11:30	Online (see more information and booking link below)  You will receive an online meeting link directly from ADD-vance
	16.05.2023	10.00:11:30	
	08.06.2023	19:00-20:30	
	05.07.2023	10.00:11:30	
SEND Surgeries 	16.05.2023 04.07.2023	09:30-12:30	Online (see more information and booking link below)
Navigating Transitions 	13.06.2023 to 04.07.2023	20:00-21:00	<a href="https://bounceforward.com/our-courses/navigating-transitions-dacorum/">https://bounceforward.com/our-courses/navigating-transitions-dacorum/</a>

#### 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](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 2022-23

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, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk 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

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

**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

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



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](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 07538 232069 .**

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: 07538 232069





**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, Belswains, \*Brookwood, 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, 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





## Carers in Hertfordshire

### *Making Carers Count*

#### About Us

Carers in Hertfordshire is the leading countywide charity for unpaid carers looking after a partner, relative, friend or neighbour due to illness, frailty, mental health needs, disability or substance misuse.

We support all carers - children and adults - living, working or caring in Hertfordshire, and bereaved carers for three years after the death of the person they cared for.

Carers do not have to live with the person they are looking after to receive help and advice.

For more information about our services or how you can support our work, see the contact details below.

#### Join the online conversation!

Find us on Facebook [www.facebook.com/carersinherts](https://www.facebook.com/carersinherts)

Twitter @CarersinHerts and LinkedIn

[www.linkedin.com/company/carers-in-hertfordshire](https://www.linkedin.com/company/carers-in-hertfordshire) and our Carers in Hertfordshire YouTube Channel



#### To contact Carers in Hertfordshire

**Write to:** Carers in Hertfordshire, The Red House,  
119 Fore Street, Hertford, Herts, SG14 1AX.

**Call:** 01992 58 69 69

**Email:** [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

**Visit:** [www.carersinherts.org.uk](http://www.carersinherts.org.uk)



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

<https://www.hertfordshire.gov.uk/microsites/local-offer/contact-a-send-service.aspx>

ISL St Albans and Dacorum Monday – Friday: 9am – 5pm [STADAC.ISLTEAM@hertfordshire.gov.uk](mailto:STADAC.ISLTEAM@hertfordshire.gov.uk)

#### Specialist advice lines

Educational psychology advice line

*Unfortunately we are not able to continue with our Contact Line in the Summer term 2023 due to staff shortages. We hope to be able to start running this again from September 2023.*

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)

<https://www.hertfordshire.gov.uk/microsites/local-offer/education-support/get-help-to-access-learning/education-support-for-medical-absence.aspx>

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



**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/](https://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)



**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/>



**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/>

**With YOUTH** - Our digital service provides support to children and young people who are experiencing mental health needs or would like support with their emotional wellbeing. Open **Monday –**



**Friday from 2pm – 10pm.** Find more information via: <https://www.withyouth.org/> or call us on **0208 189 8400**

