

Dear Parent/Carers,

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

<u>DSPL8 Courses &amp; Support</u>	<u>Booking Link/Website</u>
Local Schools Partnership Summer Term Newsletters & Activities	<a href="https://dacorumspl.org.uk/wp-content/uploads/2023/07/DFS-North-East-Newsletter-2023.pdf">https://dacorumspl.org.uk/wp-content/uploads/2023/07/DFS-North-East-Newsletter-2023.pdf</a>  <a href="https://dacorumspl.org.uk/wp-content/uploads/2023/07/Kings-Langley-Gade-Schools-Partnership-Summer-Holiday-Activities-2023.pdf">https://dacorumspl.org.uk/wp-content/uploads/2023/07/Kings-Langley-Gade-Schools-Partnership-Summer-Holiday-Activities-2023.pdf</a>
Parenting Courses & Support in Dacorum Autumn Term 2023	<a href="https://dacorumspl.org.uk/wp-content/uploads/2023/07/Dacorum-Parenting-Course-Brochure-Autumn-2023.pdf">https://dacorumspl.org.uk/wp-content/uploads/2023/07/Dacorum-Parenting-Course-Brochure-Autumn-2023.pdf</a>
DSPL8 Parent/Carer Support: Autumn Term 2023	<a href="https://dspl8.eventbrite.co.uk/">https://dspl8.eventbrite.co.uk/</a>  <a href="https://dacorumspl.org.uk/wp-content/uploads/2023/07/DSPL8-Parent-Carer-Support-2023-24.pdf">https://dacorumspl.org.uk/wp-content/uploads/2023/07/DSPL8-Parent-Carer-Support-2023-24.pdf</a>
ADD-vance Mini Consultations for Parent/Carer of children with Autism/ADHD: 13.09.2023	<a href="https://dspl8addvanceconsultationsep23.eventbrite.co.uk">https://dspl8addvanceconsultationsep23.eventbrite.co.uk</a>
Emotional Based School Avoidance (EBSA) Coffee Morning: 26.09.2023	<a href="https://dspl8ebsasept23.eventbrite.co.uk">https://dspl8ebsasept23.eventbrite.co.uk</a>

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/2023/07/Dacorum-ParentCarers-Courses-and-Support-Summer-Term-19.07.2023.pdf>

<u>Dacorum Parent/Carers Courses &amp; Support</u>	<u>Booking Link/Website</u>
Places Where Kids Each Free (or for £1)	See Page 1
Free Summer Smiles	<a href="http://www.absolutely-together.org">www.absolutely-together.org</a>
Potential Kids Summer Holiday Activities	<a href="http://potentialkids.org.uk/activities">potentialkids.org.uk/activities</a>
SPACE Hertfordshire August Activities	<a href="https://www.eventbrite.co.uk/o/29155520957">https://www.eventbrite.co.uk/o/29155520957</a>
Dacorum Family Centre Service: What's on Summer 2023	<a href="https://www.hertsfamilycentres.org/events/whats-on-at-family-centres-in-hertfordshire.aspx">https://www.hertsfamilycentres.org/events/whats-on-at-family-centres-in-hertfordshire.aspx</a>
SEND Drop-in sessions	See flyers on page 6
Parenting Courses and Support in Dacorum Summer Term & Autumn Term 2023	<a href="https://dacorumspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf">https://dacorumspl.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.dacorumspl.org.uk/online-resources-for-parents-and-carers-2/>

As this is the last newsletter for the summer term, we wish you all a good Summer break.

Kind Regards,

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



## Local Schools Partnership Summer Term Newsletters & Activities

To read the Local Schools Partnership newsletters in full, click on the link below:



### Summer Newsletter

Covering Hemel Hempstead, Berkhamsted & Tring Family Services Areas

Issue 9  
July 2023

**In this issue:**

*Routine & Boundaries for the summer break p1*  
*Free & Cheap things to do in the holidays p2-4*  
*Support for Teens p4*

**Welcome to the Summer Newsletter for the Dacorum Family Services North & East team.** We hope that the articles included in this issue will be of interest to you and your families. We have also included some suggestions to keep your children/teens busy over the summer period.

Your School Family Workers work term-time only and so will be unavailable during the summer holidays, returning to work on **Monday 4th September 2023**.

If you need urgent family support during this time, please see the helplines at the bottom of this page.

Wishing you all a happy summer holiday!

**We have Facebook and Instagram!**

**Facebook**  
Dacorum Family Services North & East

**Instagram**  
#dfsnorthandeast

**Routines & Boundaries for the summer break**

**Weekly/Daily Timetables**

Planning for such a long break from school is key. Work out what you are doing in advance, so you aren't stuck on the day thinking of things to do.

Meal and snack planning for the week – Tuck shop idea, each child gets snacks for the day, once they are gone, they are gone.

**Bedtime Routine**

It's important to keep a bedtime routine even in the holidays, so the children get enough sleep, and you get some time for you!

Be consistent.

About an hour before bed, encourage your child to start their bedtime routine - pjs, brushing teeth, dimming the lights, and reading a bedtime story. Older children and adolescents might not want a bedtime story, but they can read in bed or do gentle stretches to relax.

Make sure they are not able to be on devices during this time – smartphones, tablets, and TVs all emit what is called 'blue light' which is detrimental to being able to fall asleep.

[https://  
dacorumdspl.org.uk/wp-  
content/  
uploads/2023/07/DFS-  
North-East-Newsletter-  
2023.pdf](https://dacorumdspl.org.uk/wp-content/uploads/2023/07/DFS-North-East-Newsletter-2023.pdf)



### SUMMER HOLIDAY ACTIVITIES / THINGS TO DO 2023

**Adventure Playgrounds** - <https://www.dacorum.gov.uk/home/leisure-culture/parks-play-and-open-spaces/adventure-playgrounds>

They have four adventure playgrounds across the borough, which are free to use and cater for 8 to 16 year olds (children under 8 are welcome when accompanied by an adult). They are a safe environment for children to meet, play and learn.

They are managed and supervised by a team of qualified staff and provide a secure and stimulating environment for all children, including those with special needs and disabilities. Please remember that the playgrounds are run as open access facilities, which means that children are not restricted and can come and go as they wish (all children attending one of our playgrounds must register beforehand).

Please visit the website to find a full list of facilities & activities available at each Adventure Playground during the summer.

**Times:** 9.30am - 5.30pm (Monday – Friday)

**Costs:** Free

**Venues:** Adeyfield, Grovehill & Woodhall Farm, Chaulden & Bennetts End

**Active Dacorum** - <https://www.dacorum.gov.uk/home/community-living/community-partnerships/active-dacorum>

Active Dacorum is run by the Community Partnerships team. The areas they cover are sports and physical activity, wellbeing and arts and culture. They provide opportunities for residents through events, sessions, activities and much more!

Please visit their website for further information.

[https://  
dacorumdspl.org.uk/wp-  
content/  
uploads/2023/07/Kings-  
Langley-Gade-Schools-  
Partnership-Summer-  
Holiday-Activities-  
2023.pdf](https://dacorumdspl.org.uk/wp-content/uploads/2023/07/Kings-Langley-Gade-Schools-Partnership-Summer-Holiday-Activities-2023.pdf)



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



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



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



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

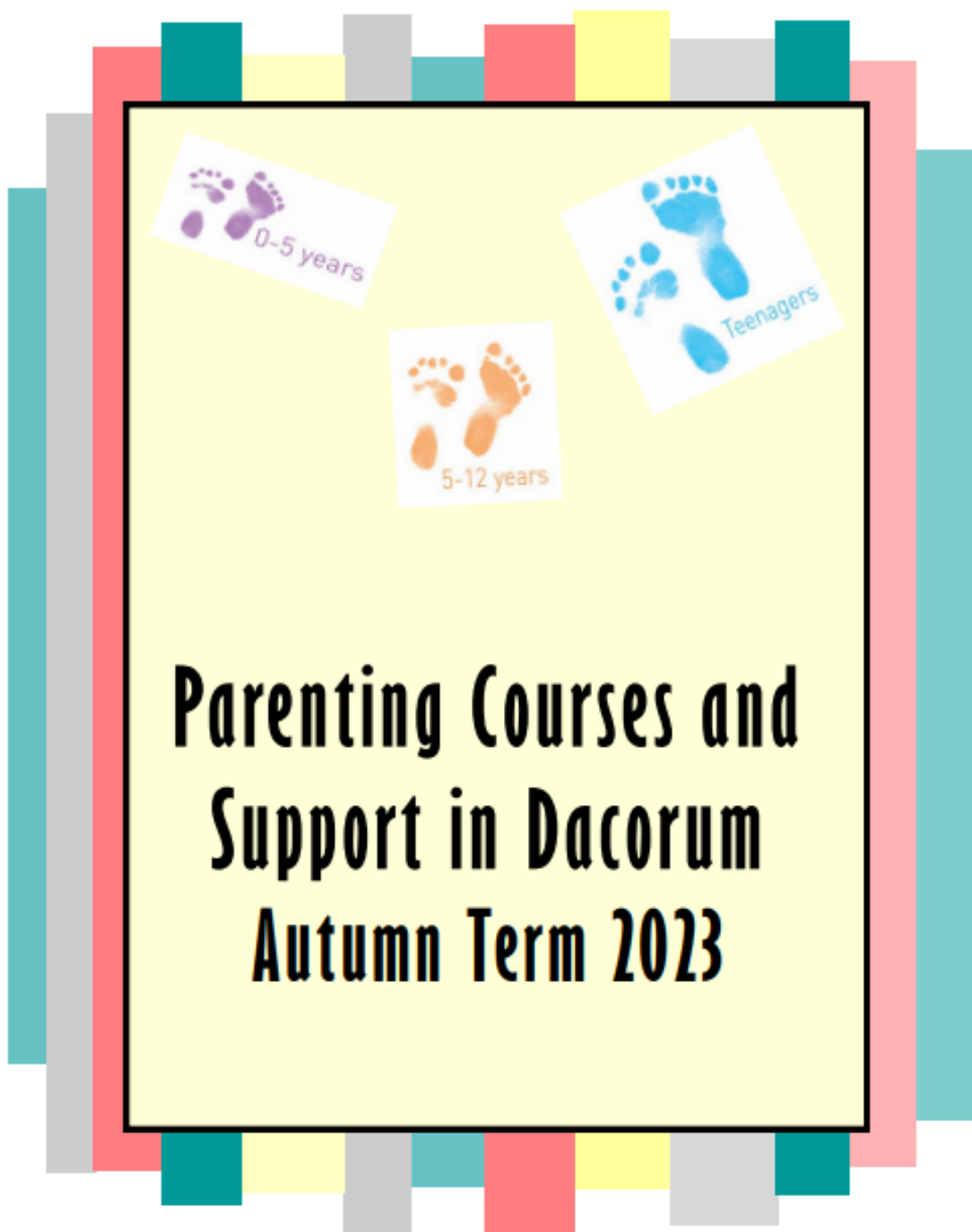


Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

## Parenting Courses & Support in Dacorum Autumn Term 2023

The Autumn Term Parenting courses & support in Dacorum brochure is now available to download via:

<https://dacorumspl.org.uk/wp-content/uploads/2023/07/Dacorum-Parenting-Course-Brochure-Autumn-2023.pdf>



**FREE** courses open to parents in Dacorum



## Autumn Term DSPL8 Parent/Carer Support

Please find below the Autumn Term parent/carers support; bookings will open monthly on Eventbrite, via: <https://dspl8.eventbrite.co.uk/>

To view the full Parent/Carer Support for 2023-24, via:  
<https://dacorumspl.org.uk/wp-content/uploads/2023/07/DSPL8-Parent-Carer-Support-2023-24.pdf>

DSPL8

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## DSPL8 Parent/Carer Support 2023-24

Please find below the support available to parent/carers of a child with SEND, who attends a school or resides in Dacorum.  
Dates for the Autumn, Spring & Summer Terms are available overleaf.

### 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 monthly on Eventbrite. Book a 30 minute session via Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**



### Emotional Based School Avoidance (EBSA) Coffee Mornings

**Free for parent/carers in Dacorum.** Our DSPL8 SEND School Family Workers will be hosting an informal coffee morning for you to share experiences and support each other with your child's school avoidance. **Dates are released monthly on Eventbrite. Register your attendance via Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**



### SEND Surgeries

**Dacorum Family Services North & East:** our Partnership 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 monthly 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.

### Bounce Forward Courses

**These courses are offered Free for parent/carers in Dacorum.** Bounce Forward are facilitating 3 online courses to help parent/carers support your children with the following:

- Raise Resilience
- Anxiety Unravelling
- Navigating Transition



If you are unable to attend the live session, the courses are recorded and emailed to attendees, who have pre-registered, to watch at a more convenient time.

**Booking is directly with Bounce Forward and booking links will be advertised in the previous half term.**

Website: [www.dacorumspl.org.uk](http://www.dacorumspl.org.uk)  
Facebook: [www.facebook.com/dspl8dacorum](https://www.facebook.com/dspl8dacorum)

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/)

Continue overleaf.....



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



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



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



Facebook: [www.facebook.com/dspl8dacorum](https://www.facebook.com/dspl8dacorum)



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

Autumn Term DSPL8 Parent/Carer Support continued....

DSPL8

Delivering Special  
Provision Locally**DSPL8 Parent/Carer Support 2023-24**

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

Autumn 2023 Term

<u>ADD-vance</u> <u>Mini Consultation</u> 	13/09/2023 03/10/2023 09/11/2023 06/12/2023	10.00-11:30 10.00-11:30 19:00-20:30 10.00-11:30	Online <i>(see more information and booking link on front page)</i>  You will receive an online meeting link directly from ADD-vance
<u>Emotional Based School</u> <u>Avoidance (EBSA)</u> <u>Coffee Mornings</u> 	26/09/2023 23/11/2023	10:30-12:00 10:30-12:00	Myatt Room Hobbs Hill Wood Primary School, Peascroft Road Hemel Hempstead, HP3 8ER
<u>SEND Surgeries:</u> <u>Dacorum Family Services</u> <u>North &amp; East</u> 	21/11/2023	09:30-12:30	Online <i>(see more information and booking link on front page)</i>  You will receive an online meeting link directly from the DSPL8 SEND School Family Workers
<u>Bounce Forward Course:</u> <u>Raise Resilience</u> 	02/10/2023 – 13/11/2023 (excluding Half Term)	20:00-21:00	Online Booking Link: <a href="https://bounceforward.com/raise-resilience-dacorum/">https://bounceforward.com/raise-resilience-dacorum/</a>

Dates are released monthly on Eventbrite  
(accept Bounce Forward courses, which are booked directly)  
Register your attendance via Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)

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/)

Website: [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)Eventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)



## ADD-vance Mini Consultations for Parent/Carer of children with Autism/ADHD September 2023

The September mini consultations are now open on Eventbrite for booking via:

<https://dspl8advanceconsultationsep23.eventbrite.co.uk>

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 (bookings open monthly on Eventbrite):

**Wednesday 13.09.2023 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.

## Emotional Based School Avoidance (EBSA) Coffee Morning September 2023

The September coffee morning is now open on Eventbrite for booking via:  
<https://dspl8ebsasept23.eventbrite.co.uk>



### **Emotional Based School Avoidance (EBSA) Coffee Morning for Mums, Dads & Carers**

**Tuesday 26<sup>th</sup> September 2023  
10.30am- 12pm**

Location; Myatt Room, Hobbs Hill Wood Primary School,  
Peascroft Road, HP3 8ER

- **Does your child's school avoidance affect you as a Parent/ Carer?**
- **Would you like a safe space to share your experiences with others?**

Jo, Sahira and Kayleigh our SEND School Family Workers will be hosting an informal coffee morning for you to share experiences and support each other.



**Booking Link:** [www.dspl8.eventbrite.com](https://dspl8.eventbrite.com)

Fully funded by DSPL8 for Dacorum families



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## 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/](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)



**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**

