



Dear Parent/Carers,

In this DSPL8 Parent/Carers Newsletter please find the following: Dacorum Parent/Carers Courses and Support newsletter

Kind Regards,

DSPL 8 Team – Ruth Mason, Faye Lyness & Jennifer McCarthy

<u>TOPIC</u>	<u>BOOKING/INFORMATION LINK</u>
Potential Kids Christmas party @ Hatfield Galleria	Friday 20th December 6pm - 7.30pm for children 12+ Click the link to book: <a href="https://potentialkids.org.uk/events/">https://potentialkids.org.uk/events/</a>
Accessible panto performance at Berkhamstead theatre	Saturday 28th December the 10am performance To book tickets visit the website: <a href="https://berkopanto.co.uk/tickets">https://berkopanto.co.uk/tickets</a>
'Introduction to the SEND Local Offer website' – webinar	A friendly face from the Local Offer team will take you through what's on the website and how you can use it to find the right services and support. Follow this link to: <a href="#">Register to join this webinar</a>
Anxiety Unravelling by Bounce Forward	'Supporting my child with Anxiety' - three 60-minute sessions to explore anxiety, providing a space for parents to think of their own responses and provide practical tips and advice that they can use at home. The dates are: 29/01, 5/02 & 12/02 <a href="#">Click here to register</a>
BeeZee Families	Helping families make healthy choices - for professionals to refer a family, use this QR code 
Family Lives: Parenting SEN children when separated online programme	For more information, to self refer or to make a referral, scan the QR code Email: <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> Call 0204 522 8700 or 0204 522 8699 
Trauma-Informed Groups	6 sessions online or in person focused group programme for parents living in Hertfordshire whose children have experienced sexual violence/trauma with the option of joining a peer support group To book a place: <a href="#">Click this link</a>
SPACE Workshops from January to March 2025	Courses are starting at the beginning of January 2025 To book on to any of the workshops click this link: <a href="#">SPACE Eventbrite</a>
The Bridge	Support group for young people (school years 7,8 & 9) who are finding attending school challenging and are not attending at all, or are on a very reduced timetable Starts Wednesday 15th January 1pm-2.30pm @ Hatfield Hyde Cricket Club For more information email: <a href="mailto:alison.cowie@hertfordshire.gov.uk">alison.cowie@hertfordshire.gov.uk</a> <a href="mailto:ruth.coleman@hertfordshire.gov.uk">ruth.coleman@hertfordshire.gov.uk</a>



Potential Kids Christmas party @ Hatfield Galleria



FOR NEURODIVERGENT YOUNG PEOPLE & SIBLINGS

# CHRISTMAS PARTY

DEC | 20TH | 4-11YRS @4.15-5.45  
12+ YRS @ 6.00-7.30

*Potential Kids Hub*

GINGER BREAD DECORATING, CRAFTS, SCAVENGER  
HUNT, GAMES AND A GIFT FOR EACH CHID!

£6 PER CHILD



POTENTIALKIDS.ORG/EVENTS  
THE GALLERIA  
HATFIELD AL10 0XR



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/)

Accessible Panto performance @ Berkhamsted Theatre

SMASH ARTS THEATRE COMPANY & BERKHAMSTED ENTERPRISES

VENTRILOQUIST & FAMILY FAVOURITE  
**CHRIS GARSIDE**  
**'KRISGAR'**  
AS "BUTTONS" & "TRICKY TEDDY"

INTRODUCING  
**PHOEBE FERRIRA**  
AS "CINDERELLA"

RUPAUL'S DRAG RACE STAR  
**VERONICA GREEN**  
AS "THE WICKED BARONESS"

# CINDERELLA

THE FAIRY GODMOTHER OF ALL PANTOMIMES

THUR 19 - TUES 31  
DECEMBER 2024

**JESSICA SHAW & CHARLOTTE NEALE**  
AS "WICKED STEPSISTERS - FLO & TINA"

**MATTHEW GROVE**  
AS "DANDINI"

**MATTHEW FERRY**  
AS "PRINCE CHARMING"

WEST END STAR  
**LUCY PENROSE**  
AS "THE FAIRY GODMOTHER"

**DAVID HEAL**  
**EVE LEONI SMITH** **LIZZIE ROWLANDS**  
**HARRISON SPARKS**  
"PRINCIPLE ENSEMBLE"

**CEN TINARY**  
THEATRE • BERKHAMSTED  
KINGS ROAD, HP4 3BG



For group bookings or any other enquiries please contact [boxoffice@berkhamsted.com](mailto:boxoffice@berkhamsted.com)

[www.berkopanto.co.uk](http://www.berkopanto.co.uk)



# CINDERELLA

THE  
FAIRY GODMOTHER  
OF ALL PANTOMIMES

19th - 31st DECEMBER 2024

THE CLOCK IS TICKING, SO BOOK YOUR TICKETS NOW!

DECEMBER			
THU	19		5PM
FRI	20		5PM
SAT	21	1PM	6PM
SUN	22	12PM	5PM
MON	23		5PM
TUE	24	1PM	6PM
WED	25	-	-
THU	26	12PM	5PM
FRI	27		6PM
SAT	28	10AM	3PM
SUN	29	12PM	5PM
MON	30		5PM
TUE	31	1PM	6PM

PRICES
PEAK
OFF PEAK
ACCESSIBLE

CONCESSIONS	
£23.50	£20.50
£19	£17
RELAXED AND SIGNED PERFORMANCE	

#### CONCESSIONS:

Children under 10, senior citizens and disabled.

For group bookings or any other enquiries  
please contact [boxoffice@berkhamsted.com](mailto:boxoffice@berkhamsted.com).

## CINDERELLA

The most famous pantomime of them all! Everyone's favourite classic tale told by an incredible cast for Berkhamsted's first ever Professional Pantomime!

Join Cinders as she transforms from rags to riches, in this epic tale of bravery, courage and determination. With the help of her Fairy Godmother, hilarious friend Buttons and of course some Pantomime magic make sure join us and help Cinders outwit evil and make it to the Ball!



**CEN  
TEN ARY**  
THEATRE BERKHAMSTED



## 'Introduction to the SEND Local Offer website' – webinar



The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.

A friendly face from the Local Offer team will take you through what's on the website and how you can use it to find the right services and support.

[www.hertfordshire.gov.uk/localoffer](http://www.hertfordshire.gov.uk/localoffer)

*(for professionals AND parent carers)* Tuesday 14 January 8pm - 9pm

[Register to join this webinar](#)



## Anxiety Unravelled by Bounce Forward



# Anxiety Unravelled

Supporting my child with Anxiety

January 29th, February 5th & 12th 2025 at 6.30-7.30PM

### Highlights

- ✓ Three, 1hr sessions
- ✓ Live or on-demand
- ✓ Lifetime access

## A three-session online course for parents

The world around us can generate plenty of uncertainty and affect the way we go about our daily lives.

You may be more worried than usual or perhaps you are in the midst of a growing cycle of worry and concern that you'd like to unravel. **You are not on your own.**



"Learning about the strategies to help us deal with anxiety was particularly useful and I am using these to help manage my own anxiety as well as my son's."

Join us for a series of three 60-minute sessions to explore anxiety. The sessions will provide a space to think about your own responses and provide practical tips and advice that you can use at home to help your children develop their resilience to anxiety.

[Click here to register](#)

Find out more →



**BeeZee Families**

You don't need a new year to start new habits

Start small, start now!

Sign up to one of our free healthy lifestyle services today to kickstart your health goals for 2025 and beyond.

**Beezee FAMILIES**

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families
- One-to-one support also available!

**Beezee YOUTH**

- 13-17 year olds can talk about topics that matter to them
- Learn about physical, mental and social wellbeing
- Get free health resources
- Join a safe space.



- Free support for families with children aged 0-5 years
- Explore parenting and healthy lifestyle tips
- Chance to make new friends
- Free toolkit provided.



Start making  
healthy habits TODAY

@ BZBInfo@maximusuk.co.uk

01707 248 648



24-3-2027

**Beezee FAMILIES**

**FREE Healthy Lifestyle support for families in Hertfordshire**

**Our FREE 12 week in-person and online programmes start on week commencing 20th January 2025**



Monday	Tuesday	Wednesday	Thursday
<p>BOREHAMWOOD</p> <p>Aberford Park Community Centre, WD6 1PN</p> <p>4:30 - 6:30pm</p>	<p>HEMEL HEMPSTEAD</p> <p>Hobletts Manor Junior School HP2 5JS</p> <p>5:30 - 7:30pm</p>	<p>STEVENAGE</p> <p>Oval Community Centre SG1 5RD</p> <p>5:00 - 7:00pm</p>	<p>HATFIELD</p> <p>Birchwood Avenue Primary School, AL10 0PS</p> <p>5:00 - 7:00pm</p>
<p>CHESHUNT</p> <p>Andrews Lane Primary School, EN7 6LB</p> <p>4:30 - 6:30pm</p>	<p><b>** NO SESSION **</b></p>	<p>WATFORD</p> <p>Leavesden Green Community Hub, WD25 0BW</p> <p>5:30 - 7:30pm</p>	<p><b>** NO SESSION **</b></p>



Sign up today!

@ BZBinfo@maximusuk.co.uk

01707 248 648



Our programmes are for children above their local weight. See our website for more information.

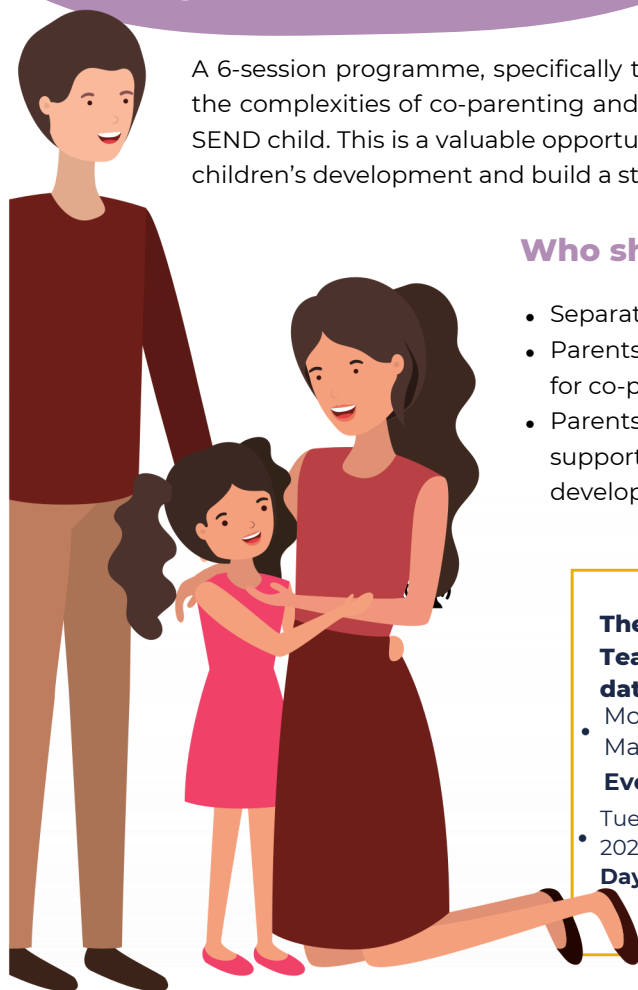
24-05-21





Family Lives: Parenting SEN children when separated

## Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

### Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



#### These courses will be delivered by MS Teams over 6 sessions, on the following dates:

- Monday 24 February & 3, 10, 17, 24, 31 March 2025

**Evening:** 7.00pm - 9.00pm

- Tuesday 25 February & 4, 11, 18, 25 March & 1 April 2025

**Daytime:** 9.30am - 11.30am

For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

SCAN ME



## We build better family lives together

[www.familylives.org.uk](http://www.familylives.org.uk)

 @FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: The Annex, York House, Salisbury Square, Hatfield, AL9 5AD.



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](http://www.facebook.com/dspldacorum)



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

## Trauma-Informed Parent Groups



# Trauma-Informed Groups PARENTS GROUP

### Whats on offer?

Butterflies Lived Experience Community, with support from the National Lottery offer a 6 session focused group programme for parents living in Hertfordshire whose children have experienced sexual violence/trauma with the option of joining a peer support group

### Questions people often ask us

#### Who can attend?

One of the child or young person's main carers

#### How do the groups run?

You have 2 options - online or in person for both the focused programme and the peer groups

#### Do I have to attend both?

**Short answer:** NO

#### Longer answer:

To access the peer support groups, you must have attended the focused programme, but you can only attend the focused programme if you choose to.

#### Do I have to attend every session?

We ask that you commit to attending the full 6 session programme.

Following the programme you will be invited to attend the peer support groups, there are 2 per month - 1 online and 1 in person. There is no obligation to attend the peer groups, you will be asked to confirm your attendance in advance for each session and warmly welcomed

#### What's included in the sessions?

See the programme plan on the next page

### When and where?

#### Online

Fridays 9.30am-11am

#### In Person

Wednesdays 10.30am-12pm  
Welwyn Garden City

### Next Steps



Ask for more  
information  
HERE

OR

[CLICK HERE  
TO BOOK YOUR  
PLACE](#)

**TRAUMA  
RECOVERY CIC**

SEXUAL,  
DOMESTIC &  
RELATIONAL  
TRAUMA



hello@trcic.co.uk



www.trcic.org



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

# PROGRAMME PLAN



## WEEK 1



### Beginnings

Introductions and getting to know each other and the facilitators - breaking down the barriers, taboos and setting the boundaries

## WEEK 2



### Understanding Trauma

How what happened to your child impacts their thoughts, feelings and behaviours

## WEEK 3



### Understanding Trauma

Supporting your child - sharing ideas, learning new ideas and understanding

## WEEK 4



### Understanding Trauma

The impact of what happened on you, siblings and family relationships

## WEEK 5



### Looking after yourself

Exploring your own support system and resources and discussion about why this is key

## WEEK 6



### Endings

Reflection on the programme, and thinking about next steps

## NEXT STEPS



### Peer Support

2 peer support groups per month:  
2nd Wednesday of the month - in person (Welwyn)  
4th Friday of the month - online



**SPACE Workshops from January to March**

SPACE HERTFORDSHIRE

**SPRING TERM 2025 FREE ONLINE WORKSHOPS**

Monday 6th January	18:30-20:30	ADHD in Girls and Women
Tuesday 7th January	18:30-20:00	Access Arrangements
Wednesday 8th January	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 9th January	10:00-12:00	Navigating the SEND World
Friday 10th January	10:00-12:00	Understanding Behaviour as Communication
Monday 13th January	18:30-20:30	Navigating the SEND World Post 16
Tuesday 14th January	18:30-20:00	Understanding and Supporting Executive Functioning
Wednesday 15th January	10:00-11:30	Understanding Dyslexia
Thursday 16th January	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 17th January	10:00-12:00	Anxiety and SEND
Monday 20th January	10:00-12:00	Therapeutic Thinking for Parent Carers
Monday 20th January	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 22nd January	10:00-12:00	EHCP: New Applications
Friday 24th January	10:00-11:00	Understanding Autism
Tuesday 28th January	10:00-12:00	Sleep Workshop
Wednesday 29th January	10:00-11:30	Autistic Girls
Friday 31st January	10:00-12:00	PDA, ODD and ADHD
Tuesday 4th February	10:00-11:30	EHCP: Annual Reviews
Wednesday 5th February	10:00-11:30	Planning For Your Child's Future
Monday 10th February	10:00-11:00	Understanding ADHD
Tuesday 11th February	10:00-12:00	Puberty and SEND
Tuesday 11th February	18:30-20:00	Understanding Tics and Tourette's
Friday 14th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
<b>HALF TERM</b>		
Monday 24th February	10:00-12:00	ADHD in Girls and Women
Monday 24th February	18:30-19:30	Understanding Autism
Wednesday 26th February	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity?
Thursday 27th February	18:30-20:30	Puberty and SEND
Monday 3rd March	18:30-19:30	Understanding ADHD
Wednesday 5th March	10:00-12:00	Navigating the SEND World Post 16
Thursday 6th March	18:30-20:00	Autistic Girls
Friday 7th March	18:30-20:00	Understanding Behaviour as Communication
Monday 10th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 13th March	10:00-11:30	Understanding Dyslexia
Friday 14th March	10:00-12:00	PDA, ODD and ADHD
Monday 17th March	18:30-20:30	Navigating the SEND World
Tuesday 18th March	10:00-12:00	Anxiety and SEND
Friday 21st March	10:00-11:30	Understanding Tics and Tourette's
Monday 24th March	19:00-21:00	Sleep Workshop
Tuesday 25th March	10:00-11:30	Understanding and Supporting Executive Functioning
Thursday 27th March	19:00-21:00	EHCP: Submission to Finalisation
Friday 28th March	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD



New dates released... book now

## UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help young people learn more about neurodiversity and their own experiences

6 week and 2 day courses starting in Jan and Feb



Scan to book

For more information or to make a referral: [services@spaceherts.org.uk](mailto:services@spaceherts.org.uk)



### Through interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

### Eligibility

- Diagnosis of Autism or ADHD, or both
- School years 3-6, 7-9 and 10-11
- Hertfordshire resident

This is part of a wider pilot project for neurodivergent children and young people being commissioned by HCC and the NHS.



## TALKING SENSORY

3 Week Online Courses



### Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

Mondays 27th January and 3rd, 10th February: 19:00-21:00  
or  
Wednesdays 12th, 19th, 26th March: 10:00-12:00



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



## PRIMARY STEPS in person in Stevenage

Free 6-week Course for Parents and Carers of Autistic Children in the Primary Years.

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

### Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

No diagnosis necessary

The Oval, Stevenage

10am-12pm, Friday Mornings January 10th, 17th, 24th, 31st and February 7th, 14th



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



## SLEEP TIGHT

3 weeks online course

Tuesdays 7th, 14th and 21st January, 10am-12pm

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



## PARENTING ADHD

3 week online course

Mondays 25th February and 3rd, 10th March, 10am-12pm

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.



## NAVIGATING THE SEND WORLD

4 weeks online course

● ● ● ● Thursdays 6th, 13th, 20th, 27th March, 10am-12pm

### Course outcomes

- Feel more empowered to seek support
- Increase your awareness of what services are available for your family
- Learn the acronyms and language you will need to be familiar with
- Understand the referral systems
- Be able to navigate the Herts SEND Local Offer and gain knowledge of services and support across health, education and social care
- Improve your understanding of the diagnosis pathway and what it means for your child
- Feel confident about what to do next and how to access the support and services you need



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



## FIRST STEPS in person in Hoddesdon

Free 5-week Courses for Parents and Carers of Autistic Children in the Early Years.

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development

### Course content

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
- Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
- Supporting and promoting independence skills

No diagnosis necessary

Hoddesdon Library

10am-12pm, Friday Mornings 28th February and 7th, 14th, 21st and 28th March



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



## Bright Beginnings

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

Scan to book



### About Bright Beginnings

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions
- Get tailored guidance on local activities, services, workshops, and educational support.
- Access optional family support and benefit from specialised advice for key transitions like starting or changing schools and so much more.

### Course dates

Weds, 29th January: 1:15 - 2:15pm
Weds, 5th February: 1:15 - 2:15pm
Weds, 12th February: 1:15 - 2:15pm
Weds, 26th February: 1:15 - 2:15pm
Weds, 5th March: 1:15 - 2:15pm
Weds, 12th March: 1:15 - 2:15pm

### Criteria for Participation:

- Children aged 0-5 years
- On the pathway or diagnosed with autism / communication difficulties

### Location:

- In person in Stanstead Abbots, Ware



## NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online course

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

### Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

Thursdays 23rd, 30th January and 6th, 13th February  
10:00am-12:00pm online



Book via Eventbrite: SPACE Hertfordshire  
This course is commissioned by Hertfordshire County Council



## The Bridge



### WHAT IS IT?

A support group for young people (school years 7,8 & 9) who are finding attending school challenging and are not attending at all, or are on a very reduced timetable

### WHAT IS IT FOR?

To create a safe and supportive group focusing on building confidence and increasing resilience.

### WHAT WILL THE SESSIONS COVER?

Topics will include:

- Worries & Anxiety
- Friends
- School & Learning
- Health & Wellbeing
- Neurodiversity

We want to hear your voice and will also tailor sessions to meet your needs.

### WHO IS RUNNING THE GROUP?

The main facilitators are Ruth and Alison from the Intensive Family Support Team. Sessions will also be supported by a range of specialist professionals providing expert insights and support.

### THE IMPORTANT STUFF:

When is it:

Starting Wednesday 15th January 1pm-2.30pm and then every Wednesday for 11 weeks (term time only)

Where is it:

Hatfield Hyde Cricket Club, Beehive Lane, WGC, AL7 4BP

I have some questions, who do I speak to:

Please speak to your family intervention worker if you have one and/or contact Alison at [alison.cowie@hertfordshire.gov.uk](mailto:alison.cowie@hertfordshire.gov.uk) OR Ruth at [ruth.coleman@hertfordshire.gov.uk](mailto:ruth.coleman@hertfordshire.gov.uk)



## 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](http://www.facebook.com/carersinherts)

Twitter [@CarersinHerts](https://twitter.com/CarersinHerts) and LinkedIn

[www.linkedin.com/company/carers-in-hertfordshire](http://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

<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

**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](tel:01727833963) or email: [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](tel:03001234044)

**Email:** [info@hertshelp.net](mailto:info@hertshelp.net)



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

**Call us on:** [01992 555 847](tel:01992555847)

**Email:** [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk)



**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).

**Website:** [Hertfordshire SENDIASS: is an impartial Special Educational Needs and Disability Information, Advice and Support Service \(SENDIASS\).](https://www.hertfordshire.gov.uk/microsites/SENDIASS/)

**Call us on:** [01992 555 847](tel:01992555847)

**Email:** [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk) or [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:

<https://www.carersuk.org/help-and-advice/financial-support>



**SUPPORT**

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

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

**Call us on:** [01992 586969](tel:01992586969) (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



Hertfordshire Network

**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](tel:01923256391)



**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.

**Website:** <http://talkwellbeing.co.uk/>



**Herts Parent Carer Involvement HPCI:** Independent parent/carer led organisation which aims to improve services for children and young people who have SEND –

**Call us on:** [07840 360 245](tel:07840360245)

**Website:** <https://www.hertsparentcarers.org.uk/>



**Healthy Young Minds in Herts:** Wellbeing advice and tools for young people, parents and carers.

**Website:** <https://www.healthyyoungmindsinherts.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](tel:02081898400)



**Just Talk Herts:** Mental Health support and advice for young people

**Website:** [www.justtalkherts.org](http://www.justtalkherts.org)



**Family Lives:** Parenting and Family support Helpline [0808 800 2222](tel:08088002222)



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



**Samaritans:** Call on [116 123](tel:116123)



**ChildLine:** Call on [0800 1111](tel:08001111)



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

