

Dear Parent/Carers,


This is the latest Dacorum Parent/Carers Courses and Support newsletter, we hope you find it useful.

Kind Regards,

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

<u>TOPIC</u>	<u>BOOKING/INFORMATION LINK</u>
<b>Angels: Autism &amp; ADHD Support</b>	Angels has a variety of online workshops for parents/carers Being an angels member is free of charge as is the support, parents/carers need to complete this form and then they are added to our email list: <a href="https://angelssupportgroup.org.uk/join-us/membership-application-form/">https://angelssupportgroup.org.uk/join-us/membership-application-form/</a>
<b>DS Achieve: Empowering Parents-Carers course</b>	Supporting parent wellbeing: Exploring Stresses (For parents/carers of children with Down Syndrome) <i>Date: Thursday 27 March @ 10-11:30am to book please fill out the <a href="#">Booking Form</a></i>
<b>Potential Kids</b>	March timetable of events and Easter Events For more information about Potential Kids please email: <a href="mailto:info@potentialkids.org">info@potentialkids.org</a>
<b>Step2Skills</b>	Learning in the community for Hertfordshire residents aged 19+, 10week online courses with qualifications to help towards working in different sectors of the community To book you place, follow this link: <a href="http://step2skills.org.uk/courses">step2skills.org.uk/courses</a>
<b>Supporting Links</b>	Free courses for parents & carers covering a variety of topics, to book a course please quote the ID code for the selected course & call: <b>07512 709556</b> or email: <a href="mailto:bookings@supportinglinks.co.uk">bookings@supportinglinks.co.uk</a>
<b>Beezee Families</b>	Free healthy lifestyle programmes commissioned by HCC, to book a place or for more information contact: Phone:01707 248648 Email: <a href="mailto:BZBinfo@maximusuk.co.uk">BZBinfo@maximusuk.co.uk</a> <a href="http://hrt.maximusuk.co.uk">hrt.maximusuk.co.uk</a>
<b>Families in Focus: courses for aents/carers of children with Autism &amp; ADHD</b>	For parents to gain greater understanding and learn tips that can reduce angry reactions and increase emotional regulation. Funded by Hertfordshire CC for Hertfordshire Parents, for more information email: <a href="mailto:bookings@familiesfocus.co.uk">bookings@familiesfocus.co.uk</a>
<b>NESSIE- courses for parents and professionals</b>	Nessie Autism/LD specialists aim to support your child/young person to have an opportunity to meet other young people of similar age and experiences. <a href="#">Click this link for Understanding Autism / ADHD My World &amp; Me'</a> – A confidence building programme for autistic children and young people and those with ADHD <a href="#">Link for Hertfordshire parents</a>



<u>TOPIC</u>	<u>BOOKING/INFORMATION LINK</u>
<b>Free Park Tennis</b>	Every Saturday 10am-11am For more details contact: <a href="mailto:ALISON.ADAMS@APEX360.CO.UK">ALISON.ADAMS@APEX360.CO.UK</a> Paid Activator Needed: ideal for 16yrs+, someone with a passion for tennis and training is provided. If interested email: <a href="mailto:lily.jones@apex360.co.uk">lily.jones@apex360.co.uk</a>
<b>Ollie foundation</b>	<i>'Stay informed and confident about your medication'</i> Scan the QR Code to see The Ollie Foundation's and download a Prescription Safe Plan (it's available in 16 languages). 
<b>Healthwatch Hertfordshire</b>	Smiles of the Future: Parents and Carers' Perspectives on Children's Oral Health - They want to hear from parents and carers about their views and experiences of taking their child to the dentist <a href="#">Click this link</a>



## Angels: Autism & ADHD Support

### Executive Function Dysfunction



Executive functioning skills help you get things done! These skills are controlled by an area of the brain called the frontal lobe. It's common for neurodivergent people to struggle with this.

**Executive function helps you:**  
Manage Time, Pay Attention, Switch Focus  
Organise, Remember Details, Avoid Saying or Doing the Wrong Thing, Multitask

**Executive Function Dysfunction can affect your ability to:** Work or go to School, Do things Independently & Maintain Relationships

Come to our informative and helpful workshop to learn about strategies to help with this.

**Angels**  
AUTISM & ADHD SUPPORT



**25th March 10am-11am  
Online Workshop**

**11am-12pm - we will open  
for discussions/support on  
any subject/concern**

## DS Achieve: Empowering Parents-Carers

### Empowering parent-carers Supporting parent wellbeing

**Topic: Exploring Stresses**

When: Thursday 27th March 10-11:30am

Location: The Kentish Room, St Stephens Church Hall, AL1 2PT

Led by Rachel Angus, qualified Counsellor and parent of a child with Down Syndrome this first trial session will focus on parents and carers of school age children.

For parents of  
children with  
Down Syndrome



Sessions will provide a supportive, confidential space where participants can be heard and reflect on their experiences as a parent-carer for a child with Down Syndrome.

**In return for your participation and feedback,  
these trial sessions are offered FREE OF CHARGE.**

**DSACHIEVE**  
EMPOWERING PARENTS. ENRICHING LIVES.



**BOOK NOW**



## Potential Kids

### MARCH 2025 ACTIVITIES

Sessions for Neurodivergent children/young people and Siblings  
 BOOKINGS [potentialkids.org.uk/events](http://potentialkids.org.uk/events)

Date	Sessions	Time
1st Sat	<b>FREE Family Football - Drop In</b>	16.00-17.00
6th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
7th Fri	Welcome Space Community Drop-In	10.00-12.30
7th Fri	Therapeutic Gardening Home Ed Group 8+ yrs	12.30-14.00
8th Sat	Soft Archery 7+	16.00-17.00
13th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
13th Thu	Trampolining 5+	17.20-18.30
14th Fri	Welcome Space Community Drop-In	10.00-12.30
14th Fri	Therapeutic Gardening Home Ed Group 8+ yrs	12.30-14.00
14th Fri	Youth Group 16+	18.30-20.30
15th Sat	Basketball 7+ yrs	16.00-17.00
18th Tue	Roller Skating 8+ yrs	18.00 - 19.30
20th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
21st Fri	Welcome Space Community Drop-In	10.00-12.30
21st Fri	Therapeutic Gardening Home Ed Group 8+ yrs	12.30-14.00
21st Fri	Youth Group Games and Crafts 10-14yrs	18.00-19.30
22nd Sat	<b>FREE Family Football - Drop In</b>	16.00-17.00
27th Thu	Bushcraft/Stem Home Ed 4+	10.30-12.00
27th Thu	Trampolining 5+ yrs	17.20-18.30
28th Fri	Welcome Space Community Drop-In	10.00-12.30
28th Fri	Therapeutic Gardening Home Ed Group 8+ yrs	12.30-14.00
29th sat	<b>FREE Family Football - Drop In</b>	16.00-17.00

## POTENTIAL KIDS



PK Hub & Garden



TUTORING



Danecroft Stables



Pony Days

Visit us here



For further information on any of our Activities or Educational Services please email us at [info@potentialkids.org](mailto:info@potentialkids.org)



## EASTER FUN

**TUE 8 APRIL: EASTER EGG HUNT, COOKING & CRAFTS AT COMMUNITY & LEARNING GARDEN (AGES 4+) - £6**  
 TIME: 10.00-11.00AM & 11.30-12:30PM

**THU 10 APRIL: GO WILD FOREST SESSION AT HUDNELL PARK (AGES 10-14) - £10**  
 TIME: 13:00-15.00PM

**FRI 10 APRIL: TRAMPOLINING AT GOSLING (AGES 5+) - £6**  
 TIME: 18:30-19:30PM

**MON 14 APRIL: PONY DAY AT DANECROFT STABLES (AGES 6-11) - £25**  
 TIME: 10:00-12:00PM & 13:00-15:00PM

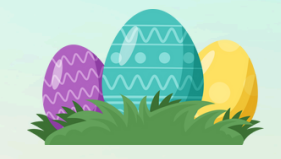
**TUE 8 & 15 APRIL: DONUTS AT GOSLING (AGES 8+ OR 6 IF ACCOMPANIED ON SLOPES) - £6**  
 TIME: 14:00-15:00PM

**WED 16 APRIL: NINJA WARRIOR WATFORD (AGES 8+) - £13.50** TIME: 19:00-20:00

**THU 17 APRIL: INFLATABLE ZONE AT HATFIELD LEISURE CENTRE (AGES 8+) - £8.95**  
 TIME: 17:00-18:00PM

## POTENTIAL KIDS

BOOKINGS:  
[potentialkids.org.uk/events](http://potentialkids.org.uk/events)  
 Further event details can be found on our website



Promoting social inclusion, new friendships, physical activity, life skills, learning and social skills

the gallery **EMBRACING NEURODIVERSITY**  
 Autism-ADHD-Dyslexia-Dyspraxia-Tourettes  
[www.potentialkids.org.uk](http://www.potentialkids.org.uk)

Step2Skills Spring Events



Funded by UK Government



Learn something new in March & April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Supporting Children with Maths 2.5 hours   FREE Online   3rd Mar. 10am-12.30pm</p> <p>Developing Numeracy Skills 2.5 hours   FREE Online   3rd Mar. 10am-12.30pm</p> <p>CV Writing &amp; Cover Letters 2 hours   £5   Online 31st Mar. 10am-12pm</p> <p>Gateway Level 1 in Garment Construction 10 weeks   £25 Bishop's Stortford Starts 28th Apr. 10am-1pm</p> <p>CV Writing &amp; Cover Letters 2 hours   £5   Online 28th Apr. 1pm-3pm</p>	<p>Developing Numeracy Skills 2.5 hours   FREE Hatfield   4th Mar. 10am-12.30pm</p> <p>Supporting Children with Maths 2.5 hours   FREE Sawbridgeworth 4th Mar. 9.30am-12pm</p> <p>Key Face to Face Online Accredited</p>	<p>Revision Strategies &amp; Exam Techniques 2.5 hours   FREE Online   5th Mar. 9.30am-12pm</p> <p>Supporting Children with Maths 2.5 hours   FREE Bishop's Stortford 5th Mar. 10am-12.30pm</p> <p>Numeracy Skills for ESOL Learners 2.5 hours   FREE Online   5th Mar. 1pm-3.30pm</p> <p>Developing Numeracy Skills 2.5 hours   FREE Online   12th Mar. 10am-12.30pm</p> <p>Smart Living with AI 4.5 hours   £10 Online   16th Apr. 10am-2.30pm</p> <p>Introduction to Mental Health &amp; Wellbeing 5 weeks   £25   Online Starts 23rd Apr. 9.45am-11.45am</p> <p>NCFE Level 2 Certificate in Information, Advice or Guidance 15 weeks   £25   Online Starts 2nd Apr. 9.30am-12.30pm</p>	<p>How to Fund your Business 2 hours   £5   Online 3rd Apr.   9.45-11.45am</p> <p>CV Writing &amp; Cover Letters 2 hours   £5   Online 3rd Apr.   12.45-2.45pm</p> <p>Family Crystal Challenge 2 hours   £5 Stevenage   10th Apr. 10am-12pm</p> <p>Spring Explorers 2 hours   £5 Stevenage   10th Apr. 1.30-3.30pm</p> <p>Introduction to Microsoft Excel 4.5 hours   £10 Online   24th Apr. 10am-2.30pm</p> <p>Job Search in an Online World 5 weeks   £25 Waltham Cross Starts 24th Apr. 12.45-2.45pm</p> <p>Exploring Work in Schools 2 hours   £5   Online 24th Apr.   10am-12pm</p>	<p>Staying Safe Online 2 hours   £5   Online 4th Apr.   10am-12pm</p> <p>Sewing for Beginners 5 weeks   £25   Online Starts 25th Apr. 10am-12pm</p>
<p>If you are struggling financially, please call us on 01992 556194 to discuss how we may be able to support you with the fees.</p> <p><b>Gain a recognised qualification</b> We offer accredited English and maths courses at various times on various days and locations across the county or online. Visit our website to find out more</p>				
<p>SCAN ME to sign up to our monthly newsletter.</p>				
<p>Step2Skills Inclusive Job Fair Watford 12th March   10am-3pm</p> <p>SCAN monthly newsletter</p>				



Book your place at: [step2skills.org.uk/courses](http://step2skills.org.uk/courses) | 01992 556194

Social media: @step2skills

SCAN QR code

Facebook, Instagram, LinkedIn, YouTube icons



## Supporting Links: FREE workshops for Parents &amp; Carers

## TALKING ASD & ADHD WORKSHOP: RESPONDING to ANGER

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday**  
**2nd April 2025**  
**9.30-11.15am**

### We will help you to learn about:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

### Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-714-for-parents-carers-in-herts-registration-1065126535139>



Or contact Supporting Links  
QUOTING REFERENCE SL714  
01442 300185

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



Funded by Hertfordshire County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

## Parent & Carer Support Summer Term 2025



FREE to parents and carers living in Hertfordshire

All courses are 6 weeks with a break for half term 26<sup>th</sup>-30<sup>th</sup> May

### TALKING TEENS

6, weekly sessions for parents and carers of children aged 12-19, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Wednesdays**  
7.45 - 9.15pm  
7<sup>th</sup> May to 18<sup>th</sup> Jun  
Online Course: ID 759

**Tuesdays**  
7.45 - 9.15pm  
3<sup>rd</sup> Jun to 8<sup>th</sup> Jul  
Online Course: ID 760

### TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need aged 2-19. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict and increase co-operation.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Tuesdays**  
9.30 - 11.30am  
3<sup>rd</sup> Jun to 8<sup>th</sup> Jul  
Face to Face: ID 755  
Gade Community Room  
Oakleaf Primary School,  
Hemel Hempstead

**Tuesdays**  
8.00 - 9.30pm  
6<sup>th</sup> May to 17<sup>th</sup> Jun  
Online Course ID 756

## Summer Term 2025

### TALKING FAMILIES

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



**Thursdays**  
9.45 - 11.15am  
8<sup>th</sup> May to 19<sup>th</sup> Jun  
Online Course ID 757

**Tuesdays**  
8.00 - 9.30pm  
6<sup>th</sup> May to 17<sup>th</sup> Jun  
Online Course ID 758

### TALKING DADS

6, weekly sessions for dads & male carers of children 0-19 sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Wednesdays**  
7.45 - 9.15pm  
4<sup>th</sup> Jun to 9<sup>th</sup> Jul  
Online Course: ID 761

All courses are 6 weeks with a break for half term 26<sup>th</sup>-30<sup>th</sup> May

**Booking essential. Please Quote the Course ID**  
To check eligibility and book a place, please contact Supporting Links on: **07512 709556** or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund. Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



## Beezee Families

**Beezee**  
FAMILIES



We're here to help your family  
make healthy habits fun

Join our **FREE**, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

**Date:** Tuesday 29 April 2025    **Time:** 17:30 - 19:30

**Venue:** Hobletts Manor Junior School, Hemel Hempstead, HP2 5JT

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your  
**FREE PLACE** today

@ BZBinfo@maximusuk.co.uk

01707 248 648

Hertfordshire

Our programmes are for children above their ideal weight, see our website for more information. 24-0814

Ready to help families feel  
healthier and happier?

**Beezee**  
by maximus

**Refer to Beezee today!**

We run **free** healthy lifestyle programmes, commissioned by Hertfordshire County Council. We help families and young people develop healthy habits that last for life.

**We offer:**

**Beezee FAMILIES**

- Free 12-week group programme - available in-person or online
- Cooking lessons and physical activity sessions
- Learn at their own pace on the Academy
- Tailored support for 5-15 year olds.

**Henry**

- Free programme in person or online
- Explores 5 themes across 8 weeks
- Help parents provide a healthy start for their child
- For families with under 5 year olds.

**Beezee YOUTH**

- Free 8-week online group programme or learn at their own pace on the Academy
- Explores how to look after physical, social and mental wellbeing
- Tailored support for 13-17 year olds.

We also offer 1:2:1 appointments with our Wellbeing Coordinator and Nutritionists - available all year round.

**Please contact us on:**



- ☎ 01707 248648
- @ BZBinfo@maximusuk.co.uk
- 🌐 hrt.maximusuk.co.uk



Eligibility criteria apply, please see our website for more details

24-2084

## Families in Focus



Families In Focus CIC  
LOOKING FORWARD TOGETHER

### Handling anger of children with Autism & ADHD

(and those on assessment pathways)

Our award winning online, interactive course  
for parents of children aged 4 to 11 will:

help parents to increase  
understanding of children's  
behaviours and provide tried & tested  
strategies for a calmer and  
happier family life or all.

**Tuesday 'lunch& learn' 12.30pm to 2pm**  
**April 22, 29 & May 6,13,20**

**Email Francine and Lesley today:**  
**bookings@familiesinfocus.co.uk**



Funded by Hertfordshire CC with limited free  
places available for Hertfordshire parents



Families In Focus CIC  
LOOKING FORWARD TOGETHER

### Handling anger of children with Autism & ADHD

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**Tuesday mornings 9.30am to 11.30am**  
**April 22, 29 & May 6,13,20**

**Email Francine and Lesley today:**  
**bookings@familiesinfocus.co.uk**



Funded by Hertfordshire CC with limited free  
places available for Hertfordshire parents



Families In Focus CIC  
LOOKING FORWARD TOGETHER

### A complete guide to parenting children with Autism & ADHD

(inclusive of those on assessment pathways)

**Our award winning, online, interactive courses for  
parents of children aged 2 to 11 years will:**

**Increase understanding of Autism, ADHD, Sensory  
Processing and children's behaviours.**

**Also included, how to understand and support  
siblings, understanding EHCP's, and up to date  
information on local service's and how to access  
them.**

**We provide tried and tested strategies to increase  
understanding for a calmer and happier family life for  
all.**

**Wednesdays**

**April 23,30 & May 7,14,21 & June 4,11,18,25**  
**from 9.30am to 11.30am**

**or**

**From 6.30pm to 8.30pm**

**Email Francine & Lesley:**  
**bookings@familiesinfocus.co.uk**



Funded by Hertfordshire CC and free places  
for Hertfordshire parents





**NESSIE**



**HERTFORDSHIRE FUNDED PARENT AND CARER SUPPORT**

Nessie is funded to support families of children and young people with emotional and mental health needs.



Free Webinars and events



Peer Support Groups



1-1 Solution Focused Therapy



Parent Support Line



Call or Text  
07932 651319



For More Information:  
[Parent Page](#)



**Understanding My Autism / ADHD**

This group is run by two Nessie Autism/LD specialists and aims to support your child/young person to have an opportunity to meet other young people of similar age and experiences. Focusing on celebrating your child's strengths, this group aims to be fun whilst supporting confidence, independence and resilience.

Pre-Diagnosis - All Primary  
Wednesday's  
30th April - 9th July  
[BOOK HERE](#)

Pre-Diagnosis - All Secondary  
Thursday's  
1st May - 10th July  
[BOOK HERE](#)

Primary (Ages 7-9)  
Wednesday's  
30th April - 9th July  
[BOOK HERE](#)

Secondary (Ages 14-16)  
Tuesday's  
29th April - 8th July  
[BOOK HERE](#)

Primary (Ages 9-11)  
Tuesday's  
29th April - 8th July  
[BOOK HERE](#)

Secondary (Ages 12-14)  
Monday's  
28th April - 14th July  
[BOOK HERE](#)

[For more information visit our website here!](#)



**APEX Free Park Tennis**

Every Saturday  
10AM - 11AM

**FREE PARK TENNIS**

CONTACT US  
T: 01442 800 242  
E: ALISON.ADAMS@APEX360.CO.UK

THEACTIVEDACORUMHUB

LTA TENNIS FOR BRITAIN | herts COUNTY COUNCIL | Apex Local

LTA TENNIS FOR BRITAIN | herts COUNTY COUNCIL | APEX IN THE COMMUNITY

**PAID ACTIVATOR NEEDED**  
**FREE PARK TENNIS**

Take part in helping people in your community play tennis for free!

SATURDAY AND/OR SUNDAY 10AM-11AM	16 yrs + Tennis Passion Desirable Training Provided
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Coronation Fields Tennis Courts (Saturdays)- HP3 9LY  
Cupid Green Tennis Courts (Sundays) - HP2 7BA

THEACTIVEDACORUMHUB | If interested please email - lily.jones@apex360.co.uk



The Ollie Foundation

# Stay informed and confident about your medication

## IMPORTANT MESSAGE

Your health and well-being are our top priority. We want to ensure you feel confident about your medications while staying aware of how they may affect your mental health.

While medications are designed to help manage your health, they can have side-effects. Some may even impact your mental well-being. If you notice that your mental health is deteriorating, here's what you can do:

- ✓ Scan this QR code and download a **Prescription Safe Plan** (it's available in 16 languages).
- ✓ Monitor how you're feeling and keep track of any changes in your mood, thoughts, or feelings.
- ✓ If you're concerned, don't hesitate to talk to your healthcare provider. They may adjust your dose or explore other treatment options.
- ✓ Never stop medication on your own. Always consult your prescriber before making any changes to your medication plan.



Remember, if you have questions or concerns, speak with your pharmacist, doctor, or healthcare provider today. Your well-being matters and they will work with you to find the best solution for your health.



Hertfordshire

Befriending Discharge Service  
[www.mindinmidherts.org.uk/  
befriending-discharge-service/](http://www.mindinmidherts.org.uk/befriending-discharge-service/)



Find more information at [theolliefoundation.org](http://theolliefoundation.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/)

## Healthwatch Hertfordshire

**healthwatch**  
Hertfordshire

### **Smiles of the future**

*Parents and carers' perspectives on children's oral health*

We're looking to hear from parents and carers about their experiences with children's dental care. Whether you take your child regularly to the dentist or struggle to get an appointment, we want to understand what's working and what's not.

Your feedback will help improve services and make dental care more accessible for families!

<https://www.smartsurvey.co.uk/s/HwHOraIHealth/>

research@healthwatchhertfordshire.co.uk | 01707 275978 | @HWHertfordshire



## 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.cypttherapies1@nhs.net](mailto:hct.cypttherapies1@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)

