

Dear Parent/Carers,

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

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

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

Kind Regards,

DSPL 8 Team – Ruth Mason, Faye Lyness

| <u>Courses & Support</u> | <u>Booking Link/Website</u> |
|---|---|
| DSPL Admin Job | Teacher Recruitment, Hertfordshire UK - DSPL8 Administrator (teachinherts.com) |
| Hertfordshire SEND Newsletter | SEND news - 28 June 2024 (hertfordshire.gov.uk) |
| Activities for summer | HAPpy Camps (sportinherts.org.uk) SEND Local Offer Hertfordshire County Council |
| Children's Well being Workshops during summer for parents/carers | https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787 |
| Autumn Term Courses already booking from Families in Focus and Supporting Links | Familiesinfocus.co.uk Supportinglinks.co.uk |
| | |



DSPL8 Administrator Role

DSPL is recruiting a new administrator. This role is based in a Hemel Hempstead school but supports schools across the whole of the area, working in school hours across Tuesday, Wednesday and Thursday, term time only.

The role involves organising and minuting meetings, supporting the administration of conferences, courses and managing a database of contacts. Marketing the services available to support children and young people with SEND needs through social media and newsletters is an important aspect of the role.

This is an ideal role for someone who has an attention to detail, enjoys varied tasks and can work independently and confidently using various Microsoft programmes, social media, and financial tracking.

Closing Date: Monday 2nd September 2024 at 9am

[Teacher Recruitment, Hertfordshire UK - DSPL8 Administrator](#)
teachinherts.com



Hertfordshire SEND News

Follow this link to subscribe to weekly SEND newsletter regarding SEND matters in Hertfordshire

[SEND news - 28 June 2024 \(hertfordshire.gov.uk\)](#)



The banner features a white circle on the left containing a stylized icon of three people (two adults and one child) in purple. To the right of the icon, the text reads "SEND 0-25 years Hertfordshire's Local Offer". The background of the banner is purple with a white curved shape on the left. The main text "SEND News" is in large, bold, white letters. Below it, the text "Keeping you up-to-date with Hertfordshire's SEND information (including HAND)" is written in white. A purple handprint icon is located at the bottom right of the text. At the bottom of the banner, there are three links: "Front page", "Who's Who in SEND services", and "SEND Local Offer".

SEND
0-25 years
Hertfordshire's Local Offer

SEND News

Keeping you up-to-date with
Hertfordshire's SEND information
(including HAND)

[Front page](#) [Who's Who in SEND services](#) [SEND Local Offer](#)



[Early Years Childcare Inclusion Officer](#)
[Support to find early years child care for children with SEND](#)
[Introducing Abi DeMornay-Davis](#)

The Early Years Service have recruited me to the new role of Childcare Inclusion Officer. I will be working hard to help assist parents who may be struggling to find a setting for any reason. This will include families with children with SEND, or families where the parents may have additional needs themselves (such as EAL, SEND, etc). Or it may just be a family that is struggling to find places due to a setting presenting difficulties.

My role is to act as a broker between the parents and the settings, liaising with both to reach the desired outcomes. If a setting is not being inclusive, this is something that can then also be brought to my attention, as I can work with other professionals to implement training and boost staff knowledge. I will also be working with settings to ensure that they feel confident supporting children with additional needs and know where to access help and support if needed.

If you would like any further information, do not hesitate to contact me on 01992 588596 or email abi.demornay-davies@hertfordshire.gov.uk




Dacorum Adventure Playgrounds Open for Summer

[Adventure Playgrounds \(dacorum.gov.uk\)](http://dacorum.gov.uk)

Open Monday to Friday in School Holidays 9.30am to 5.30pm

Our adventure playgrounds



We have four adventure playgrounds.

Adeyfield

Grovehill and Woodhall Farm

Chaulden

Bennetts End

Our Adventure Playgrounds offer a secure and enriching environment for children. They are specifically designed to meet children's play needs, allowing them to challenge themselves, manage acceptable levels of risk and develop socially, creatively and emotionally.

The Adventure Playgrounds operate as an open-access facility, which means your children are not restricted and can come and go as they please (all children attending one of our playgrounds must register before they can attend - use the registration link below). The playgrounds are managed and supervised by a team of qualified staff who provide a secure and stimulating environment for all children, including those with special needs and disabilities.

Please be aware that priority regarding activities will be given to children of playground age (8 to 16) - children under 8 are welcome when accompanied by an adult.



Happy Camps / Holiday Activity Programme

[HAPpy Activity Camps \(sportinherts.org.uk\)](https://sportinherts.org.uk)

Book HAPpy Camps

Search and book a HAPpy Activity Camp

Available for children / teens who get benefits-related free school meals.

SEN specific Holiday Camps now also available through HAPpy Camps—Link directly to local camps.

Hertfordshire SEND Local Offer - courses, events and things to do

SEND Local Offer Activities pages have had an update for Summer 2024 please see them for additional activities for young people with SEND across Hertfordshire.

[SEND Local Offer | Hertfordshire County Council](#)



Happy Camps / Holiday Activity Programme



Hertfordshire County Council Services for Young People

HOLIDAY ACTIVITY PROGRAMME

Bennetts End Young People's Centre
Kimps Way Hemel Hempstead
HP3 8EN

Join us this Summer
Monday – Thursday each week
29 July to 15 August 2024
2pm-6pm each day

For young people aged 13-16

**Priority booking for those eligible for
benefits-related free school meals**

- Fun physical activities such as sports, dance and team games
- Creative activities such as cooking, arts and crafts
- Informal healthy lifestyles workshops
- Meet and socialise with other young people
- Free healthy food every day

**Use the QR code below or contact
SFYP Dacorum Team to sign up.**

Area Service Manager: Karen Haswell
Youth Work Practice Manager: Robert Brown

Tel: 01442 454060
Text: 07860 065195
sfyp.dacorum@hertfordshire.gov.uk
www.servicesforyoungpeople.org
X f i @HCCSFYP



Services for
Young People



Children well being workshops July—September 2024s

Eventbrite page: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

Children's Wellbeing Practitioner Workshops July-September 2024

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered to a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit the Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

| Workshop | Date & Time |
|--|---|
| <p>Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and things parents/carers can do to help.</p> | <p>Wednesday 17th July @ 6-8pm Wednesday 18th September @6-8pm</p> |
| <p>Supporting Adolescents with Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and what parents can do to support.</p> | <p>Tuesday 23rd July @6-8pm Monday 9th September @ 6-8pm</p> |
| <p>Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem.</p> | <p>Wednesday 28th August @ 10-12pm</p> |
| <p>Supporting with Sleep Difficulties A workshop supporting children and adolescents with managing their sleep difficulties and how parents/carers can help.</p> | <p>Tuesday 6th August @ 6-8pm</p> |
| <p>Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.</p> | <p>Thursday 4th July @ 6-8pm Monday 12th August @ 10-12pm Monday 16th September @ 6-8pm</p> |
| <p>General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and emotional regulation.</p> | <p>Tuesday 9th July @ 10-12pm Wednesday 21st August @ 6-8pm Monday 23rd September @ 10-12pm</p> |
| <p>School Transitions A workshop supporting children and adolescents with managing school transitions.</p> | <p>Thursday 25th July @ 10-12pm Tuesday 13th August @6-8pm</p> |
| <p>Exam Stress A workshop supporting children and adolescents with managing exam stress.</p> | |

To access the recorded **Emotionally Based School Avoidance Webinar** please visit: <https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>





A complete guide to parenting children with Autism & ADHD

FREE, award-winning 10 - week course is for those parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged two to 11 years.

Facilitated by founders, Lesley and Francine, our course will help parents:

- Gain a greater understanding and answer the question, 'Why does my child do that?'
- Learn a range of strategies and solutions, to better manage behaviours that challenge
- Understand sensory needs of children
- Increase understanding of children's common sleep issues
- Learn how to support siblings living with a neurodiverse sister/brother
- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

Wednesday mornings 9.30am to 11.30am
September 11th, 18th, 25th &
October 2nd, 9th, 16th, 23rd &
November 6th, 13th, 20th



Email Francine & Lesley to secure your free place: bookings@familiesinfocus.co.uk or visit our website to see all course information: www.familiesinfocus.co.uk

Wednesday evenings 6.30pm to 8.30pm
September 11th, 18th, 25th &
October 2nd, 9th, 16th, 23rd &
November 6th, 13th, 20th

[Families in Focus | Courses for Parents, Hertfordshire](http://www.familiesinfocus.co.uk)



Other dates also available in Autumn Term[Families in Focus | Courses for Parents, Hertfordshire](#)

Families In Focus CIC
LOOKING FORWARD TOGETHER



Funded by HCC
Target Parenting Fund.

Handling anger of children with Autism & ADHD

Facilitated by founders Lesley and Francine,
our effective and award-winning anger management
course is free for parents of children 4-11 and living in
Hertfordshire

This course will help you and your family to:

*"I often use the analogy
of a toolbox of
approaches, and you
have helped replenish
mine with new strategies
and skills for home life
with three neuro diverse
children."
Parent quote*

- Increase understanding of how Autism and ADHD affects emotional regulation.
- Increase awareness of a child's sensory needs
- Increase your understanding of triggers that cause children's angry outbursts.
- Learn healthy anger management strategies for children and parents to reduce angry reactions.
- Discover creative ways to support children to 'let go' of anger safely.
- Gain effective empathic communication skills to increase emotional regulation for the whole family.
- Meet and share experiences with other parents.

**Tuesday mornings
9.30am to 11.30am**

**September
10th, 17th, 24th
&
October
1st, 8th, 15th**

Places are limited and booking essential.

To book your free places, email Francine & Lesley



bookings@familiesinfocus.co.uk

or

visit our website for more course information

www.familiesinfocus.co.uk



TALKING ADDITIONAL NEEDS



Mondays 8.00-9.30pm Online Course: ID 675

16th September - 21st October 2024

Our online support sessions are delivered weekly via Zoom.

Wednesdays 9.30-11.30am ST ALBANS Course: ID 676

6th November - 11th December 2024

Venue: St Albans (to be confirmed)

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict, anger and arguments.
- Improve Emotional Regulation
- Explore sensory needs.
- Motivate, encourage and support your child.
- Increase your child's resilience.
- Manage the different needs within your family.



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact
Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

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.



TALKING ANXIETY in FAMILIES



Tuesdays 9.45-11.15am Online Course: ID 677

5th November - 10th December 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of 12-19 year olds, supporting you to:

- **Understand why young people and adults get anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'This course has helped us all to cope day to day.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents 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.



Summer Term DSPL8 Parent/Carer Support

Please find below the Summer 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 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**



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**



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 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
Facebook: www.facebook.com/dspldacorum

Email: dspl@kls.herts.sch.uk
Instagram: https://www.instagram.com/dspl_dacorum/

Continue overleaf.....



Local School Partnership's

Student and Family Support Services

Gade Schools Family Support and Kings Langley Partnership



As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.

Parent Support Services—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support.

Pupil Support Services—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.

SEND Support—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.

Parent Courses and Workshops – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behaviour, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.

Parent Surgeries – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site www.gadeschoolsfamilysupport.co.uk

Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 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

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

DFS North & East Partnership Schools

St Albert the Great, *Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, *Brockswood, 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

**Free,
Confidential
Advice and
Support
Service for Local
Families**

School Family Worker

A personal and confidential service that addresses any needs or concerns raised by the family or school

**SEND School Family Worker**

Specialist support for higher need SEND families

**Pupil Support Worker**

Specialist support for pupils to address an identified concern highlighted by the school or family. 1-2-1 and group work specific programmes



Dacorum Family Services North & East
Office: 01442 401222 Ext 5
www.dacorumfamilyservices.org.uk
Term Time only



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

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

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

Visit: 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

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



SUPPORT



ADD-vance Helpdesk is open from 9am to 1pm every weekday via 01727 833963 or email to herts@add-vance.org Website - www.add-vance.org Facebook – www.add-vance.org/parents/



Hertfordshire Local Offer The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them. <https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



Herts Help a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life. Call us on **0300 123 4044** or email info@hertshelp.net



Hertfordshire SENDIASS is an impartial **Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)**. Contact SENDIASS on: sendiass@hertfordshire.gov.uk or 01992 555 847



Hertfordshire Additional Needs Database (HAND) voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond). Contact via: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx> or email hand@hertfordshire.gov.uk



Families First Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.

<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>



Benefit entitlement - If you care for a child or young person with a disability or if you have a disability yourself, you may be able to claim a range of benefits including Disability Living Allowance and Carers Allowance. For more information on available benefits and entitlement go to:

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



Carers in Hertfordshire provides advice, information and support to unpaid carers. Website - www.carersinherts.org.uk Telephone – 01992 586969 (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



Hertfordshire Mind - If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Available to provide emotional support 24 hours a day, every day of the week. To contact the helpline please call us on **01923 256391**.





Hertfordshire Wellbeing Service offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress. <http://talkwellbeing.co.uk/>



Healthy Young Minds in Herts - Wellbeing advice and tools for young people, parents and carers. <https://www.healthyyoungmindsinherts.org.uk/>



Just Talk Herts – Mental Health support and advice for young people. www.justtalkherts.org



Family Lives – Parenting and Family support Helpline 0808 800 2222



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



Domestic Abuse Help - www.gov.uk/guidance/domestic-abuse-how-to-get-help



Hertfordshire County Council Children's Services - 0300 123 4043



Samaritans - 116 123



ChildLine - 0800 1111



Herts Parent Carer Involvement HPCI – Independent parent carer led organisation which aims to improve services for children and young people who have SEND – 07840 360 245
<https://www.hertsparentcarers.org.uk/>

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**

