

Dear Parent/Carers,

Welcome back to the Autumn Term, we hope you all had a good summer break.

With children returning to school this term and the new rules from government regarding social gatherings, DSPL8 are offering the Raise Resilience course to help you support your children during this time. Please see the flyer below for more information and how to book your place. There is also lots of support on offer from Local providers listed in this communication.

If you require any support or information from DSPL8, please do not hesitate to contact us.

Be safe and take care,

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


Website - www.dacorumspl.org.uk

Email – dspl@kls.herts.sch.uk

Facebook - www.facebook.com/dspldacorum

Instagram – [dspl_dacorum](https://www.instagram.com/dspl_dacorum)

COURSES, WORKSHOPS & SUPPORT GROUPS



bounce forward
Thrive in life.
Start with resilience.

Fully Funded by
Hertfordshire DSPL 8

RAISE RESILIENCE

Helping Children Thrive Into The New Normal

A six-session course with worksheets

The coronavirus forced millions of children and families to stay at home. Now as we move beyond lockdown, you want to support your children back into the world. You, and your children may be anxious for a whole host of reasons - leaving you and them feeling stressed, overwhelmed, or exhausted.

There is an immediate need to preserve childrens' wellbeing and build resilience at this point in history, where it is genuinely needed. To support this need, Bounce Forward has scheduled a series of sessions to help parents, help their children cope with uncertainty to thrive.

The sessions provide reflective and practical approaches in resilience to support positive changes in cognition and behaviour. Parents will learn how to build skills to help their children be more resilient during this uncertain time.

“ A wealth of information, shared in a realistic and practical way. These sessions have been my oxygen mask!

Every Wednesday at 10:30am
Starting 16th Sept through to 21st Oct

LEARN MORE & SIGN-UP >

Book your place via - <https://bounceforward.com/raise-resilience-dacorum-parents/>



ADD-vance
The ADHD and Autism Trust


Website: www.add-vance.org
Email: herts@add-vance.org
Phone: 01727 833963

NEWSLETTER
Autumn 2020

At ADD-vance we are passionate about supporting families!

This is because all our Specialist Trainers and Coaches have first-hand experience of living with ADHD, Autism and related conditions. In our opinion, nobody understands living with additional needs more than parents and carers who 'walk the walk' every day! But sometimes we all need a helping hand, whether that's a simple chat or something a bit more structured. We want to help you develop plans and strategies that work for your family. Get in touch to find out more about our range of services in Hertfordshire.


Need someone to talk to about ADHD or Autism?



Please call the ADD-vance Telephone Helpline 01727 833963

For parents and professionals
Lines are open from 9am-1pm Monday to Friday
Alternatively you can email herts@add-vance.org

Need information or support right now?



Please post your query on the **ADD-vance Private Facebook Page** and get ideas from over 4500 parent and professional members of ADD-vance!

To join the group click: <http://www.add-vance.org/parents/> and follow the Facebook link. You will be asked 3 simple questions to verify your identity.

The group is moderated by Specialist Family Coaches and Trainers from ADD-vance.
Please note, this is not an emergency service.

Want to understand your child better?



Please sign up for one of our **FREE ONLINE Six-Week Courses** funded by Herts County Council.

Ten courses will be running from w/c 14 September 2020 including one specifically for dads one for parents of girls and two for parents of teens.

Courses will be delivered via Zoom with a maximum of 12 participants per group.

Find out more and book your place at: <http://add-vance.eventbrite.com/>
Bookings will open at 1pm on Wed 2 September

Worried about your child going back to school in September?




Please join us for our **FREE Online Support Groups** funded by Herts Community Foundation.

Monday 7 September 19:30 – 20:30
Tuesday 8 September 19:30 – 20:00
Thursday 17 September 19:30 – 20:30

Maximum 10 participants per group.
Find out more and book your place at: <http://add-vance.eventbrite.com/>

Wondering if you or your child has ADHD?



Please book in for a **QbCheck at ADD-vance.**

This online test measures the three core symptoms of ADHD. It provides objective data which can help parents & professionals evaluate and manage ADHD.

Visit www.add-vance.org/adhd_service/qbcheck/ for more information or to arrange a booking.

Feeling stuck as a family?



Please enquire about the ADD-vance **Family Coaching Service** currently being delivered online via Zoom.

For tailored one-to-one support to move your family forward email coaching@add-vance.org to discuss the options and costs.


Need help with your EHCP application or annual review?



Get in touch to arrange a consultation with **Bridget Lively – EHCP Specialist Advisor.**

Email coaching@add-vance.org for more information and costs.

Does your organisation need to learn more about neurodiversity?



We offer a range of workshops as well as **Bespoke Training and Consultancy** based on the latest research and best practice.

Whether you're looking for a brief seminar or a full-day of interactive learning email us at training@add-vance.org to discuss your needs.

Did you know that ADD-vance does not receive any regular statutory funding to cover our services and costs?

We rely on the passion and goodwill of private donors and fundraising activities to help us reach more families in Herts!

You can support us by...

- Making a direct donation via www.uk.virginmoneygiving.com/donation-web/charity?charityid=1009721.
- Setting up a direct debit from your account to ours (please email herts@add-vance.org to find out more).
- Asking your employer if they have a workplace 'give as you earn' scheme (this means donations come to us pre-tax with no need for Gift Aid. Sometimes employers will match or part-match personal contributions!).
- Engaging your community by organising a fundraising activity or event.
- Raising funds while you shop online at:
 - www.smile.amazon.co.uk
 - www.easyfundraising.org.uk/causes/addvance/
 - www.giveasyoulive.com/join/add-vance

97% of all donations go directly to supporting local families

Donations are vital to our work and we very much appreciate all contributions, no matter how small. If you have any questions or ideas please call 01727 833963 or email herts@add-vance.org to speak to a member of the team.

Thank you!

TALKING FAMILIES



Promoting Strong Family Relationships



Because parents don't get training for the toughest job on earth!

WEDNESDAYS
4th, 11th, 18th, 25th November and 2nd, 9th December 2020
10.00 - 11.15am



Our FREE 6 week online course for parents and carers of children aged 0-12 will help you to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children

AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM



Full details on how to access and use this will be offered.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential
To check eligibility and book a place, contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk
www.supportinglinks.co.uk
QUOTING REFERENCE SL391

This course is provided free to parents by Hertfordshire County Council



'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

TALKING FAMILIES



Promoting Strong Family Relationships



Because parents don't get training for the toughest job on earth!

TUESDAYS
3rd, 10th, 17th, 24th November and 1st, 8th December 2020
10.00 - 11.15am



Our FREE 6 week online course for parents and carers of children aged 0-12 will help you to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children

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To check eligibility and book a place, contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk
www.supportinglinks.co.uk
QUOTING REFERENCE SL392

This course is provided free to parents by Hertfordshire County Council



'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

TALKING TEENS



MONDAYS

2nd, 9th, 16th, 23rd, 30th November and 7th December 2020
8.00 - 9.15pm



Our **FREE 6 week online course** for parents and carers of children aged 12-19 will cover :

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use this will be given.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on: **07512 709556**

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL393



This course is provided free to parents by Hertfordshire County Council

TALKING TEENS



THURSDAYS

5th, 12th, 19th, 26th November and 3rd, 10th December 2020
8.00 - 9.15pm



Our **FREE 6 week online course** for parents and carers of children aged 12-19 will cover :

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use this will be given.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential

To check eligibility and book a place, please contact Supporting Links on: **07512 709556**

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL395



This course is provided free to parents by Hertfordshire County Council



TALKING DADS

Dads, Step-Dads, Stay at home Dads, Working Dads...

TUESDAYS

3rd, 10th, 17th, 24th November and 1st, 8th December 2020
8.00pm - 9.15pm



Dads play an important role in a child's life. This FREE ONLINE COURSE will help you be the Dad you want to be!

Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use this will be offered.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential

To check eligibility and book a place, contact Supporting Links on: **07512 709556**

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

QUOTING REFERENCE SL397



This course is provided free to parents by Hertfordshire County Council

UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



MONDAYS

2nd, 9th, 16th, 23rd, 30th November and 7th December 2020
8.00 - 9.15pm



A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict : why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.

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

AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use this will be offered.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

Pre-booking essential

Contact Supporting Links **QUOTING REFERENCE SL387 on: 07512 709556**

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

This course is provided free to parents by Hertfordshire County Council



Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20+ years personal and professional experience.

This course will enable you and your family to:



- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand more about Autism and ADHD
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"I now understand that the way I reacted didn't help my children's anger! I now have the right techniques for me and my children and the whole house has calmed down."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where: Online via Zoom

When: Tuesdays 12:30-2:30pm
November 3rd, 10th, 17th, 24th
December 1st, 8th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

www.familiesinfocus.co.uk Copyright © 2019 Families In Focus CIC info@familiesinfocus.co.uk



Handling Anger in Your Child with SEND

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years personal and professional experience.

This course will enable you and your family to:



- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
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"I now understand that the way I reacted didn't help my children's anger! I now have the right techniques for me and my children and the whole house has calmed down."



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

Where: Online via Zoom

When: Tuesdays 9.30 - 11.30am
November 3rd, 10th, 17th, 24th
December 1st, 8th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

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Lockdown September 2020 Zoom Parent Network

Hemel Hempstead with Francine and Lesley	Monday September 7th 9.30 - 11.30am	Transition back to primary schools
Watford with Francine and Lesley	Monday September 7th 7pm - 9pm	Helping your child have a voice in schools with Helena Marks-Dwyer, Independent SEND Advisor
Stevenage with Francine and Lesley	Thursday September 10th 9.30 - 11.30am	Effective school meetings with Helena Marks-Dwyer, Independent SEND Advisor
Harpenden with Francine and Lesley	Thursday September 10th 7pm - 9pm	EHCP first steps with Helena Marks-Dwyer, Independent SEND Advisor
Hatfield with Siobhann	Thursday September 10th 7pm - 9pm	Strategies to support children with PDA
Hemel Hempstead ASD/ADHD/PDA with Siobhann and Maria	Monday September 14th 9.30 - 11.30am	EHCP First Steps

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email bookings@familiesinfocus.co.uk. Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[@familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FIFHerts](https://www.tiktok.com/@FIFHerts) www.familiesinfocus.co.uk



Lockdown October 2020 Zoom Parent Network

Harpenden with Francine and Lesley	Thursday October 1st 7pm - 9pm	Understanding more about children's sensory world with Bev Hamilton, SEN Consultant at Ask Bev Consultancy
Hemel Hempstead with Francine and Lesley	Monday October 5th 9.30 - 11.30am	Choosing the right school that fits your child with Helena Marks-Dwyer, Independent SEND Advisor
Watford with Francine and Lesley	Monday October 5th 7pm - 9pm	Choosing the right school that fits your child with Helena Marks-Dwyer, Independent SEND Advisor
Stevenage with Francine and Lesley	Thursday October 8th 9.30 - 11.30am	Sensory issues
Hatfield with Siobhann and Francine	Thursday October 8th 7pm - 9pm	How SEN support works in schools
Hemel Hempstead ASD/ADHD/PDA with Siobhann and Maria	Monday October 12th 9.30 - 11.30am	Tips for keeping children with SEND safe online with YC Herts

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email bookings@familiesinfocus.co.uk. Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

[@familiesinfocus.co.uk](https://www.facebook.com/familiesinfocus.co.uk) [@familiesinfocus](https://www.instagram.com/familiesinfocus) [@FIFHerts](https://www.tiktok.com/@FIFHerts) www.familiesinfocus.co.uk



Time to Talk is a project designed to support young people with SEND by getting them back on their feet following the Coronavirus pandemic.

Request support and start planning your future today: <https://bit.ly/3i2zDGo>

If you're a young person with SEND, aged 16 - 25 and unsure of what your life looks like after lockdown, or would find it helpful to talk to someone about your future, Time to Talk could provide you with the support and answers you're looking for: <https://bit.ly/3i2zDGo>

Hertfordshire Mind | Hertfordshire Network
Services Timetable 2020

Tel: 02837 273688
Email: info@hertfordshiremind.org
Web: www.hertfordshiremind.org

Our service provision

We are currently delivering our services remotely to minimise the risks associated with potential transmission of the Coronavirus. We have closed our Wellbeing Centres and all groups (including self-supported groups) and Meeting Places are cancelled until further notice. Our staff teams are working remotely and are continuing to provide support through phone, Skype and online provision. Please see below, for details of our services and information about the online groups, activities and courses that we are providing at this time.

Our Services

We are continuing to deliver all of our 1:1 services across the county, and we are open to new referrals:

- Peer Support Service • Peer Mentoring • Community Support • Counselling
- Carers Support • Domestic Abuse Service • Young People's Services • Dementia Support

For more information about our 1:1 services, including details of our referral process, please visit our website at www.hertfordshiremind.org. You can download a referral form from our website www.hertfordshiremind.org/accessing-our-services or give us a call on **02037 273688**.

Hertfordshire Crisis Helpline

If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Our helpline provides emotional support, advice and information if you are feeling distressed and are in crisis. You can also call us if your mental health is impacted by the current Coronavirus outbreak.

Crisis Helpline Number: 01923 256391
Helpline opening hours: Mon - Tue 8am - 10pm; Tue 6pm - 1am; Wed 6pm - 1am; Thu 6pm - 1am; Fri 6pm - Sat 8am; Sat 3pm - Sun 8am; Sun 3pm - Mon 8am.

Young People's Helpline

If you are 10-17 years old and experiencing a dip in your mental health and wellbeing, and would like someone to talk to, you can call our **Young People's Helpline**. Our helpline will provide you with emotional support, advice and information and/or a listening ear if you are worried about Coronavirus and how the current measures impact you.

Young People's Helpline Number: 01923 256391
Helpline opening hours: Mon, Wed, Fri - 13:00 - 16:30; Tues & Thurs - 17:00 - 19:30; Sat - 10:00 - 13:00

Online Meeting Places

Day	Group	Time	Dates
Monday	Meeting Place	13:30-15:00	Ongoing
Tuesday	Meeting Place	18:30-20:00	Ongoing
Wednesday	Meeting Place	18:30-20:00	Ongoing
Thursday	Meeting Place	13:30-15:00	Ongoing
Friday	Meeting Place	18:30-20:00	Ongoing
Saturday	Meeting Place	15:00-16:30	Ongoing

To book your place on one of our Meeting Places, please email meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Young People's Online Hangout

Day	Group	Time	Dates
Thursday	Young People's Hangout (Online Group)	11:00-13:00	Ongoing

For information and to book your place on this, please visit our website: www.hertfordshiremind.org/young-people's-online-group or call 02837 273688

Online LGBTQ+ Group

Day	Group	Time	Dates
Thursday	Online LGBTQ+ Group	19:00-20:30	Ongoing

To book your place, email us at meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Care Leavers Meeting Place

Day	Group	Time	Dates
Wednesday	Care Leavers Meeting Place	13:00-15:30	Ongoing

To book your place, please email cpl@hertfordshiremind.org or call us on 02837 273688. Once your place is booked, you will receive an email with a link and joining instructions.

Online Groups and Activities

Day	Group	Time	Dates
Wednesday	Online Music Group	19:00-21:00	Ongoing
Saturday	Online Music Group	11:00-13:00	Ongoing

To book your place, email us at meetingplaces@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Online Young People's Wellbeing Through Learning Courses

Details of new courses coming out soon.

For information and on how to book your place on one of our courses, please visit our website: www.hertfordshiremind.org/wellbeing-through-learning-children-and-young-people or call us on 02837 273688. Once your place is booked, you will receive an email with a link and joining instructions.

Spot the Signs & Emotional Wellbeing Webinars

Webinar	Who for	Date	Time
Introduction to Mental Health	Professionals	11/09/2020	10:30-11:30
Five Ways to Wellbeing	Professionals	14/09/2020	10:00-10:45
Emotional Wellbeing & Coping Strategies	Parents & Carers	14/09/2020	14:00-15:30
Spot the Signs Suicide Prevention Training	Youth Professionals	15/09/2020	09:30-13:00
Adolescent Development	Teens & Families ¹	17/09/2020	10:00-11:30
Introduction to Mental Health	Professionals	17/09/2020	12:30-13:30
Introduction to Mental Health	Families ¹	23/09/2020	11:00-12:00
Five Ways to Wellbeing	Families ¹	23/09/2020	15:00-17:00
Emotional Wellbeing & Coping Strategies	Professionals	24/09/2020	12:00-13:30
Adolescent Development	Professionals	25/09/2020	13:30-15:00
Emotional Wellbeing & Coping Strategies	Parents & Carers	28/09/2020	10:00-11:30
Introduction to Mental Health	Professionals	28/09/2020	13:00-14:00
Adolescent Development	Teens & Families ¹	30/09/2020	10:30-12:00
Five Ways to Wellbeing	Professionals	30/09/2020	13:30-14:15

¹ Families: A person can join on their own, or with other members of the family. Only one registration is needed if sharing one device.

For more information and to book on a webinar please visit our Eventbrite: bit.ly/2QZqK4f

If you would like to book an in-house session for your class or team email corus.norman@hertfordshiremind.org to arrange a private webinar session that they can all access from home and/or in the classroom.

Online Carers Groups

Day	Group	Time	Dates
Tuesday	Carers Online Relaxation Group	14:00-14:30	Ongoing
Friday	Carers Online Group	10:00-11:00	Ongoing

To book your place, email us at carers@hertfordshiremind.org. Once your place is booked, you will receive an email with a link and joining instructions.

Online HAFLS Wellbeing Through Learning Courses

Day	Course	Time	Dates
Monday	Learning to Accept Change and Uncertainty	14:00-16:30	14 Sep 20 - 5 Oct 20
Tuesday	Overcoming Anxiety and Fear for Mums [*]	10:00-12:00	15 Sep 20 - 3 Nov 20
Wednesday	Mindfulness and Relaxation	13:00-15:00	15 Sep 20 - 14 Oct 20
Thursday	Building Resilience	15:00-19:00	17 Sep 20 - 15 Oct 20

^{*}The session will run 10:00 - 11:00 on 28th October 2020

For more information and details about how to book your place on one of our courses, please visit our website: www.hertfordshiremind.org/wellbeing-through-learning or call us on 02837 273688

Herts Mind Network is a registered charity No. 1102467 and a company limited by guarantee No. 5532977

Spot the Signs & Emotional Wellbeing Webinars

The Spot the Signs & Emotional Wellbeing Project continues to run free of charge webinars on a range of wellbeing content for young people, parents/carers and youth professionals.

To book yourself on, visit Eventbrite (<https://bit.ly/2QZqK4f>) or contact cyp@hertfordshiremind.org to arrange a webinar for a group of individuals.

The Spot the Signs & Emotional Wellbeing Project continues to run free of charge webinars on a range of wellbeing content.

For further details and to book a place, please visit: <https://www.hertsmindnetwork.org/spot-the-signs-and-emotional-wellbeing>

INFORMATION



Can You Help?

We are looking for a parent to join our Mental Health Sub Group. This group looks at how the DSPL can support schools and families with their well-being and mental health. It meets on a Tuesday morning 6 times in a school year, currently these meetings are being held online.

We would love a parent who has a child/ren who has needed well-being or mental health support. But would also be interested to hear from any parent who is interested in mental health services for children.

Training and ongoing support is provided.

Please contact Ruth Mason if you are interested - masonr@kls.herts.sch.uk



COVID—19 Back to school



Herts SENDIASS service has produced this booklet in collaboration with HPCI to help families return to school and college.

Its key themes are: Managing Anxiety and Wellbeing, Transition Support, Social Distancing and PPE, Changes to Provision and Catching up on education.

The SENDIASS phone line is open to take your calls Monday to Friday 9.30am to 3pm. They cover education, health and social care services.

<https://www.hertsparentcarers.org.uk/getting-help/getting-help-with-education/>

SUPPORT



Speech, Language, Communication and Autism - stadac.islteam@hertfordshire.gov.uk



Educational Psychologists - Use our advice line to speak to an educational psychologist or an advisory teacher if you need support. **Monday - Friday, 10am - 4.30pm 01992 588 574**



Autism Helpline 10am – 3pm, Monday to Friday - **0808 800 4104** or via online contact form
<https://www.autism.org.uk/enquiry>



ADD-vance Helpdesk is open from 9am to 1pm every weekday via [07716 744 662](tel:07716744662) 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



Kids Hub support and information to families with children and young people with SEND. We are still open and offer support and advice to families over the phone and emails and our SEN Toy and Equipment is still available to parents. If you would like to get in contact with us please call on 01992 504013/ 01923 676549 or email us at hub.herts@kids.org.uk



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/>



Health Coronavirus - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Self-Isolating Guidance - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

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