

Dear Parent/Carers,

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

<u>DSPL8 Courses & Support</u>	<u>Booking Link/Website</u>
Update on Leadership structure and changes to Delivering Special Provision Local (DSPL8)	Please read update on page 2
New Re-designed Dacorum DSPL8 Website	https://dacorumdspl.org.uk
DSPL8 Dacorum Families SEND Information Fayre: 07.12.2023	https://dspl8sendinfofayre071223.eventbrite.co.uk
Medication Shortage Alert	Important update: supply of ADHD medication Our latest updates NHFT https://dacorumdspl.org.uk/wp-content/uploads/2023/10/NatPSA_2023_011_DHSC.pdf
DSPL7 & DSPL8 Emotional Based School Avoidance coffee mornings. For parents and carers with children (Year 7 - 11)	No booking required—see flyer for various dates
SEND Surgery: 21.11.2023	https://sendsurgerynov23.eventbrite.co.uk
DSPL8 EBSA Coffee Morning: 23.11.2023	https://ebsacoffeeamnov23.eventbrite.co.uk
Autumn Term DSPL8 Parent/Carer Support	https://dacorumdspl.org.uk/wp-content/uploads/2023/07/DSPL8-Parent-Carer-Support-2023-24.pdf https://dspl8.eventbrite.co.uk/

Please also view the most recent Dacorum Parent/Carers Courses and Support PDF for the following local updates, via: <https://dacorumdspl.org.uk/wp-content/uploads/2023/10/Dacorum-ParentCarers-Courses-and-Support-Autumn-Term-18.10.2023.pdf>

<u>Dacorum Parent/Carers Courses & Support</u>	<u>Booking Link/Website</u>
Potential Kids: October & Half Term Activities	www.potentialkids.org.uk/activities
Showcase of Autism in Schools Programme	www.hertfordshire.gov.uk/hsasp23
Community Action Dacorum Courses	Training and Development (communityactiondacorum.org)
Families in Focus Courses & Workshops	bookings@familiesinfocus.co.uk
Supported Internships online information morning (16+)	Sign up for the online information morning on eventbrite.
Applying for mainstream secondary and upper schools (for children in years 6 and 8 without an EHCP)	visit the Hertfordshire admissions page
SEND Drop-in sessions	See flyers on pages 10-11
Parenting Courses and Support in Dacorum Autumn Term 2023	https://dacorumdspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf

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 – Carole Hassell, Ruth Mason & Ashley Fabray



Update on Leadership structure and changes to Delivering Special Provision Locally (DSPL8)

Dear Parent/Carers

We would like to update you on the Leadership structure and changes to Delivering Special Provision Locally (DSPL8). After her significant contribution to the service, Carole Hassell is leaving her role as DSPL8 Manager, we thank her for her work on our local offer with both Professionals and Parents and her investment into the local area, which means we have a strong foundation to now build on into the future.

We are delighted to confirm, following a successful interview process, Ruth Mason has been appointed the new DSPL8 Manager and will give DSPL8 the security and stability with her wealth and knowledge of the local area and offer, to allow us to move to the next step in the local area.

Ruth's role as SEND Lead will be advertised, and we will provide a further update in due course.

Carole is taking a new opportunity as Practice Manager in the Hertfordshire Specialist Adolescent Service, and we wish her the best of luck.

Kind Regards,

David Fisher, Chair and Lead School for DSPL8 & Headteacher, Kings Langley School

New Re-designed Dacorum DSPL8 Website

Please take a look at our new re-designed Dacorum DSPL8 website:

<https://dacorumdspl.org.uk>



DSPL8 Dacorum Families SEND Information Fayre: 07.12.2023

We are pleased to announce the bookings are now open for our forth DSPL8 Dacorum Families SEND Information Fayre, please note the new location: Bennetts End Community Centre.

Please join us on what we hope to be another successful event, by registering your attendance on

Eventbrite: <https://dspl8sendinfayre071223.eventbrite.co.uk>

The poster features a central blue box with the following text:

Dacorum Families SEND Information Fayre
 DSPL8 are pleased to announce our forth Dacorum Families SEND Information Fayre!

Thursday 7th December 2023
10am-12pm
at Bennetts End Community Centre
Gatecroft, Hemel Hempstead, HP3 9LZ

The Information Fayre will include local provider information stands, activities for children & refreshments!
 Please register your attendance via the booking link below and you are welcome to drop in any time between 10am—12pm.

Booking link: <https://dspl8sendinfayre071223.eventbrite.co.uk>
 (Registration closes on 29th November 2023)

The poster is surrounded by numerous logos of partner organizations, including: Services for Young People, Herts Parent Carer Involvement, Gade Schools Family Support, DSPL8, Delivering Special Provision Locally, DACORUM FAMILY SERVICES, ISL, SEND 0-25 years, Woodfield School, My SENDIASS, Supporting Links, herts sports, Carers in Hertfordshire, Hertfordshire Family Centre Service, SPACE, watford mencap, Herts Haven Cafe, with Youth, PLAY SKILL, MHST, Herts Disability Sports Foundation, Unlocking Children's Potential, CAP, LITR, HERTS COUNTY COUNCIL, DSA CHIEVE, mind, Hertfordshire Network, Berkhamsted Raiders CFC, Waterways Experiences, NHS, Hertfordshire Community, Outstanding service, Gold, POTENTIAL KIDS, and others.

The following Local Services will be in attendance with an Information Stand:

- | | |
|---|--|
| Beezee Bodies | Integrated Services for Learning/ Graduated Response/ Ask Sali |
| Berkhamsted Raiders Football Club | Mental Health Support Team (MHST) Dacorum |
| Carers in Hertfordshire | Playskill |
| Christians Against Poverty (CAP) | Potential Kids |
| Children & Young People (CYP) Therapies | Public Health Nursing Service 0 - 5 years: Hertfordshire |
| Dacorum Family Services North & East | Community NHS Trust SEND team |
| DS Achieve | SEND SAS Speech Language, Communication and |
| DSPL8 (Delivering Special Provision Locally) | Autism Advisory Team |
| Gade/ Kings Langley Schools Family Support | Services for Young People |
| Hertfordshire Mind Network (Mental | SPACE Hertfordshire |
| Health Charity) and NHS Talking Therapies | Supporting Links |
| Hertfordshire SENDIASS | The ADD-vance ADHD and Autism Trust |
| Herts Disability Sports Foundation | The Hertfordshire SEND Local Offer website |
| Herts Have Cafe (Herts Mind Network) | Unlocking Children's Potential |
| Herts Parent Carer Involvement | Waterways Experiences |
| Herts Sport and Physical Activity Partnership | Watford Mencap |
| Inspireall Family Centres - Dacorum | WithYOUth (Herts Mind Network) |
| | Woodfield school |



Medication Shortage Alert

There is a national shortage which is affecting Hertfordshire of commonly prescribed ADHD medication. This medication makes a significant difference to many young people and adults.

Please read the announcement from the NHS:

[Important update: supply of ADHD medication](#) | [Our latest updates](#) | [NHFT](#)

Please also see the link below to the NHSE alert and guidance:

https://dacorumspl.org.uk/wp-content/uploads/2023/10/NatPSA_2023_011_DHSC.pdf

DSPL7 & DSPL8 Emotional Based School Avoidance coffee morning Thursday 19th October, 9:30-11:30am

No Booking Required.



Delivering Special
Provision Locally

Services for
Young People

Emotional Based School Avoidance

Suitable for parents/carers of children in year 7 - 11, in DSPL7 & 8.

This EBSA coffee morning is aimed at parents and carers who have a child in year 7 - 11 who is not attending school as a result of emotional, mental health and wellbeing issues. The children and young people can also attend. This event is being run by DSPL7 & 8 with Services for Young People.



This will be taking place at Hemel Hempstead Young People's Centre, 1st Floor, XC centre, Hemel Hempstead, from 9:30 - 11:30am on the following dates:

- 19th October
- 28th November
- 25th January
- 21st March
- 7th May

There is no need to book this event.



admin@dspl7.org.uk



01727 519229



www.dspl7.org.uk



Website: www.dacorumspl.org.uk



Email: dspl@kls.herts.sch.uk



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



Facebook: www.facebook.com/dspldacorum



Instagram: https://www.instagram.com/dspl_dacorum/

SEND Surgery: 21.11.2023Booking Link: <https://sendsurgerynov23.eventbrite.co.uk>**SEND Surgery Dates for Autumn Term 2023**Tuesday 21st Nov 2023

Dacorum Family Services North & East is 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.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

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 termly on Eventbrite.

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed.

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:

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 School, Yewtree



DSPL8 EBSA Coffee Morning: 23.11.2023Booking Link: <https://ebsacoffeemov23.eventbrite.co.uk>**Emotional Based School Avoidance (EBSA)
Coffee Morning for Mums, Dads & Carers****Thursday 23rd November 2023****10.30am- 12pm**Location; Myatt Room, Hobbs Hill Wood Primary School,
Peascroft Road, HP3 8ER

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

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

Booking Link: www.dspl8.eventbrite.com

Fully funded by DSPL8 for Dacorum families

Delivering Special
Provision Locally

Autumn Term DSPL8 Parent/Carer Support

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

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

DSPL8 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.....



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

DSPL8

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

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

Autumn 2023 Term

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

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

Website: www.dacorumdspl.org.uk
Facebook: www.facebook.com/dspldacorum

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

Website: www.dacorumdspl.org.ukEmail: dspl@kls.herts.sch.ukEventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: www.facebook.com/dspldacorumInstagram: https://www.instagram.com/dspl_dacorum/

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

Educational psychology advice line

Unfortunately we are not able to continue with our Contact Line in the Summer term 2023 due to staff shortages. We hope to be able to start running this again from September 2023.

Specific Learning Difficulties (SpLD)

01442 453 920 (term time only) Thurs, 9.30am - 12pm

Speech, Language, Communication and autism Needs (SLCA)

01442 453 920 (term time only) Tues and Weds, 1.30pm - 4pm

Early years (0 - 5)

01442 453 920 (term time only) Weds 9am - 12pm and Thurs 1.30pm - 4pm

Physical and neurological impairment team (PNI)

01442 453 920 (term time only) Mondays, 1.30pm - 4pm

West team Attendance Duty

01442 454 778 Monday –Friday 9:30am-4pm

Education Support for Medical Absence (ESMA)

<https://www.hertfordshire.gov.uk/microsites/local-offer/education-support/get-help-to-access-learning/education-support-for-medical-absence.aspx>

Children and young people's therapy services

(Advice from occupational therapists, physiotherapists and speech and language therapists) 01923 470680 – select Option 3 for the therapy service. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2). Or email hct.cyptherapies1@nhs.net



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**

