

Dear Parent/Carers,

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

Kind Regards,

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

<u>Courses & Support</u>	<u>Booking Link/Website</u>
Girls Empowerment Session	Danny.taber@dacorum.gov.uk
Everyone Active Loves to Move	01442 507 100
ADD Vance Support Groups	Add-vance.eventbrite.com
DSPL Parent Carer Support Groups	Dspl8.eventbrite.co.uk
Hemel Hempstead Understand my Autism face to face group (starting after Oct Half term)	Applications are by completing the form on our website: https://www.add-vance.org/children-young-people/understanding-my-autism/
Potential Kids	To book on to an event go to: www.potentialkids.org.uk/events
Voices of Hertfordshire: The voice of young people with SEND in Hertfordshire	www.hertfordshire.gov.uk/SENDdirectory
Angels: Autism & ADHD Support	Autism and Anxiety online workshop, click THIS to book tickets
SEND teams @ Hertfordshire County council	Webinar: The right education, in the right place, at the right time: enhancing inclusive mainstream schools & increasing specialist provision in Hertfordshire To join the Webinar on the 27th November click this link: Webinar link For more information email: sendstrategy@hertfordshire.gov.uk
We are Hertfordshire County Council	There's lots of support, advice and services in Hertfordshire to help you manage the cost of living. Call HertsHelp on 0300 123 4044 or visit: www.hertfordshire.gov.uk/costofliving
withYOUth Groups	Young people's Digital Wellbeing services For more information call 0208 189 8400 Email: withyouth@hertsmindnetwork.org
Step2Skills	Opportunities for residents of Hertfordshire to learn new skills and offer 1 to 1 support to enter employment. For more information call 01992 556 194 www.step2skills.org.uk





Dacorum Families SEND Information Fayre

SAVE THE DATE

DSPL8 are pleased to announce we will be hosting another
Dacorum Families SEND Information Fayre!

Tuesday 3rd December 2024

9.30am-12pm

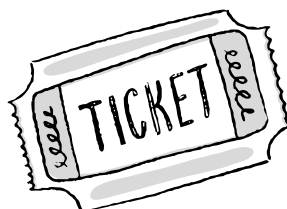
At the Chaulden Community Centre,
Long Chaulden, Hemel Hempstead
HP1 2HX

The Information Fayres will include local provider information stands, activities for children & refreshments!

Please save the date and we will provide more information and booking details soon.

If you would like to be added to our mailing list, to be notified directly when bookings open, please email dspl@kls.herts.sch.uk

To book your ticket to this event please click here:



Girls Empowerment Sessions
@ The Adventure Playgrounds

8 - 15 yr olds

Workshops covering:

- Body image
- How fitness affects mental health
- Effects of social media
- What is bullying
- Wellbeing strategies
- Sports & Activities

girl power

To book your free place: danny.taber@dacorum.gov.uk

ADEYFIELD 28 OCT 17 FEB 6:30PM - 8:30PM	CHAULDEN 7 & 21 OCT 4 & 18 NOV 2 DEC 6:30PM - 8:30PM	BENNETTS END 9 & 23 OCT 6 & 20 NOV 4 DEC 6:30PM - 8:30PM
---	---	---

EVERYONE
with learning disabilities
LOVES TO MOVE

Do you have a special power?

If you love to move, like music and have fun?

This session is for You!

Come along! Meet new friends and have great time while improving your coordination, balance and cognitive functions.

Monday 17.45 – 18.45

You don't need to be a member!!!

Cost from £6 per session

Book online, via App
or call 01442 507 100





ADD-vance

The ADHD and Autism Trust



SUPPORT GROUPS

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodivergence.

TIME AND PLACE

Sleep Support Group
Fri 8/11 - 1.30-2.30 pm

PDA Support Group
Tue 12/11 - 1.30-2.30 pm

Parents/Carers of 16 to 24 yrs Support Group
Tue 19/11 - 7.30-8.30 pm

General Primary Aged Children Support Group
Tue 26/11 - 1.30-2.30 pm

General Secondary Aged Children Support Group
Tue 3/12 - 1.30-2.30 pm

PDA Support Group
Tue 10/12 - 1.30-2.30 pm

ALL ONLINE VIA ZOOM

📞 01727 833963

✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>**

These groups are open to residents of Hertfordshire only

Click here to book your ticket:



Website: www.dacorumsdpl.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/

NOVEMBER 2024 ACTIVITIES

BOOKINGS:
www.potentialkids.org.uk/events

POTENTIAL
KIDS



Date		Sessions	Time
7th	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
7th	Thu	Trampolining 5 + yrs	17.20-18.30
8th	Fri	Welcome Space Community Drop-In	10.00-12.30
8th	Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
8th	Fri	Youth Group 16+	18.30-20.30
9th	Sat	FREE Family Football - Drop In	16.00-17.00
10th	Sun	1:1 Therapeutic Riding	See website
14th	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
15th	Fri	Welcome Space Community Drop-In	10.00-12.30
15th	Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
16th	Sat	**NEW** Basketball 7 + yrs	16.00-17.00
17th	Sun	1:1 Therapeutic Riding	See Website
19th	Tue	**NEW** Roller Skating 8+ yrs	18.00 - 19.30
21st	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
21st	Thu	Trampolining 5 + yrs	17.20-18.30
22nd	Fri	*NEW* Youth Group 11-15 yrs	18.00-20.00
22nd	Fri	Welcome Space Community Drop-In	10.00-12.30
22nd	Fri	**NEW** Therapeutic Gardening Home Ed Group 8 + yrs	12.30-14.00
28th	Thu	Bushcraft/STEM Home Ed Groups for 4-10 yrs 11+ yrs	10.00 - 11.30 11.45 - 13.15
30th	Sat	Soft Arrows Archery 7 + Yrs	16.00-17.00



PK Hub & Garden



TUTORING

Neurodivergent
PK TECH TEAM



Danecroft Stables

1:1 Horse Riding
Groundworks/Care
Equine Therapy
Sessions

Communication,
Learning & Social
Support for everyone
through our inclusive
programmes



Therapeutic
Gardening 1:1 & Group
Sessions.
Volunteers Needed



Contact us for details
of our PK offer:

Tutoring
Teaching
Mentoring
Therapies
1:1 & Group Work
Alternative provision
EOTAS
DoE

For further information on any of our Activities or Educational Services please email us at info@potentialkids.org



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/



Are you a family with children and young people aged 0-25 with Special Educational Needs and/or Disabilities looking for local activities?

The SEND community activities directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered on our Hertfordshire Additional Needs Database (HAND).



www.hertfordshire.gov.uk/SENDdirectory





Angels
AUTISM & ADHD SUPPORT

Autism and **ANXIETY**

Autistic people are more likely to experience anxiety.

Anxiety for those on the autism spectrum can be more intense than for those who are not. Join us to look at anxiety in more detail and discuss ways to help support children and young people.

This online workshop is suitable for professionals and parents/carers.



**Thu 28th November
7pm - 9pm on Zoom**

£15 per person FREE for our members

Scan QR code to book.



www.angelssupportgroup.org.uk



Webinar: The right education, in the right place, at the right time

Enhancing inclusive mainstream schools and increasing specialist provision in Hertfordshire

Wednesday 27 November 2024

7.30pm - 8.30pm

Online (MS Teams)



Hertfordshire



We are your helping hand

There's lots of support, advice and services in Hertfordshire to help you manage the cost of living.



To find out more, scan the QR code, call HertsHelp on 0300 123 4044 or visit:
www.hertfordshire.gov.uk/costofliving

We are
Hertfordshire County Council





withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

Groups

7 - 12 year olds Group (Tuesdays at 6pm)
13+ Group (Wednesdays at 7pm)

Topics

- Understanding emotions
- Friendships & Relationships
- Coping strategies
- Self-harm & 5 Ways to Wellbeing
- Abuse & exploitation
- Changes
- Bullying
- How to cope at school
- Homelife
- Identity
- Building confidence & self-esteem

The groups will be running on an 8 week block basis with a capacity of 10/15 young people.

For more information, please email withyouth@hertsmindnetwork.org or call us on **0208 189 8400**

Funded by UK Government

STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS



- ▶ Get back into learning
- ▶ Gain skills and qualifications to help you get into and progress at work
- ▶ Find employment or education through our Employment Support projects

We provide opportunities for Hertfordshire residents to learn new skills and offer one-to-one support to enter employment. We work with people who face barriers and challenges to learning and employment such as low skills, disabilities, neurodiversity and mental health conditions.

SCAN 

www.step2skills.org.uk

01992 556 194

@step2skills



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

**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



DFS North & East Partnership Schools

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

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 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

<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](tel:01727833963)

or email: 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](tel:03001234044)

Email: 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



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 \(SENDIASS\).](http://www.hertfordshire.gov.uk/microsites/SENDIASS)

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

Email: sendiass@hertfordshire.gov.uk or 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

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



Family Lives: Parenting and Family support Helpline [0808 800 2222](tel:0808800222)



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

