

Dear Parent/Carers,

Welcome back to the Spring Term, we hope you all had a good restful break. In this DSPL8 Parent/Carers Newsletter please find the following:

| <u>DSPL8 Courses &amp; Support</u>  | <u>Booking Link/Website</u>   |
|---|---|
| <b>ADD-vance drop-in Consultations: 02.03.2023</b>                                      | <a href="https://dspl8advanceconsultationmar23.eventbrite.co.uk">https://dspl8advanceconsultationmar23.eventbrite.co.uk</a>   |
| <b>SEND Surgery Sessions: 21.03.2023</b>  | <a href="https://dspl8sendsurgerymar23.eventbrite.co.uk">https://dspl8sendsurgerymar23.eventbrite.co.uk</a>   |
| <b>Anxiety Unravelling 3-session online course by Bounce Forward: 07.03.23-21.03.23</b> | <a href="https://us06web.zoom.us/webinar/register/WN_pRfVWUL6SumVmlEaxVfWnw">https://us06web.zoom.us/webinar/register/WN_pRfVWUL6SumVmlEaxVfWnw</a>   |
| <b>EBSA Coffee Morning: 07.02.2023</b>  | <a href="https://dspl8ebsacoffeemorning.eventbrite.co.uk">https://dspl8ebsacoffeemorning.eventbrite.co.uk</a>   |
| <b>EBSA Webinars &amp; resources</b>  | <a href="https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/">https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/</a> |
| <b>Home to school transport consultation</b>  | <a href="http://www.hertfordshire.gov.uk/transportconsultation">www.hertfordshire.gov.uk/transportconsultation</a>  |
| <b>DSPL8 Parent/Carer Support: Spring 2023</b>  | <a href="https://dspl8.eventbrite.co.uk/">https://dspl8.eventbrite.co.uk/</a>   |

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/2023/02/Dacorum-ParentCarers-Courses-and-Support-Spring-Term-01.02.2023.pdf>

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

<http://www.dacorumdspl.org.uk/online-resources-for-parents-and-carers-2/>

| <u>Dacorum Parent/Carers Courses &amp; Support</u>                             | <u>Booking Link/Website</u>   |
|--|---|
| <b>Cloud9 Leisure Exclusive SEN Sessions</b>                                   | <a href="https://cloud9.booknow.software/kiosk/s/?site=a018d00000MAMJEAW">https://cloud9.booknow.software/kiosk/s/?site=a018d00000MAMJEAW</a>   |
| <b>SENdsational Mornings at Tring Natural History museum</b>                   | <a href="https://www.nhm.ac.uk/events/sendsational-mornings-tring.html">https://www.nhm.ac.uk/events/sendsational-mornings-tring.html</a>   |
| <b>Supporting Links Courses &amp; Workshops</b>                                | <a href="https://www.eventbrite.co.uk/o/supporting-links-15053924960">https://www.eventbrite.co.uk/o/supporting-links-15053924960</a>   |
| <b>Families in Focus February Courses</b>                                      | <a href="mailto:Bookings@familiesinfocus.co.uk">Bookings@familiesinfocus.co.uk</a>  |
| <b>Family Lives Time to Talk Pre Teens / Teens 6 weeks course</b>              | <a href="https://forms.office.com/pages/responsepage.aspx?id=1v8xmMHAKWkdxzUTU-XK840q_kSeSxIkVCyL2Nx05IUMUxBSIY5ODJCqjczVzRCNVE2VURDWVJLRS4u">https://forms.office.com/pages/responsepage.aspx?id=1v8xmMHAKWkdxzUTU-XK840q_kSeSxIkVCyL2Nx05IUMUxBSIY5ODJCqjczVzRCNVE2VURDWVJLRS4u</a> |
| <b>ADD-vance NEW FREE 6-Week Courses and Support Groups for Parents/Carers</b> | <a href="https://www.eventbrite.co.uk/o/add-vance-14054405963">https://www.eventbrite.co.uk/o/add-vance-14054405963</a>   |
| <b>Baby Fairs with Hertfordshire Family Centre Service</b>                     | <a href="https://qrco.de/fcsbabyfair">https://qrco.de/fcsbabyfair</a>   |
| <b>CAD Community Learning Courses</b>  | <a href="mailto:learning@communityactiondacorum.org.uk">learning@communityactiondacorum.org.uk</a>  |
| <b>Parent Support Group at Woodfield Coffee Shop</b>                           | No booking required   |

Kind Regards,

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



## **ADD-vance Mini drop-in Consultations: March 2023**

Book a 30-minute session via: <https://dspl8advanceconsultationmar23.eventbrite.co.uk>

**Free mini consultations for  
parent/carers in Dacorum**

**Facilitated by ADHD/Autism  
Specialist Coaches  
from ADD-vance**



## **Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD**

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.

You need to book a 30 minute session at Eventbrite—[www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) for one of the following date and times:

**Thursday 02.03.2023 19:00-20:30**

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.



## SEND Surgery: March 2023

The 21st March SEND surgery session are now open for booking via:  
<https://dspl8sendsurgerymar23.eventbrite.co.uk>



### SEND Surgery Dates for 2022-23

Tuesday 24<sup>th</sup> January 2023  
Tuesday 21<sup>st</sup> March 2023  
Tuesday 16<sup>th</sup> May 2023  
Tuesday 4<sup>th</sup> July 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](http://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



## [Anxiety Unravelled 3-session online course by Bounce Forward](#)

For more information and to book your place, please visit:

[https://us06web.zoom.us/webinar/register/WN\\_pRfVWUL6SumVmlEaxVfWnw](https://us06web.zoom.us/webinar/register/WN_pRfVWUL6SumVmlEaxVfWnw)



### **ANXIETY UNRAVELLED**

#### **Supporting My Child With Anxiety**

#### **A three-session on-line course for parents**

**7th, 14th & 21st March 2023 - All 20:00-21:00**

Fully funded by DSPL & Dacorum



Children and young people will feel anxious and worried from time to time. Anxiety is a normal or usual response to uncertainty. The way we respond as parents, and deal with our own anxiety plays a significant part in building our children's capacity to develop resilience.

The world around us can often generate lots of uncertainty and affect the way we go about our everyday lives. You may be more worried than usual or perhaps you are in the midst of a growing cycle of worry and concern that you'd like to unravel. You are not on your own.

It is possible to use this experience to learn how best to help children not only understand why human beings experience anxiety, but also to help them, and you, develop strategies that will really help in a practical way.

Join Bounce Forward for a series of **three 60-minute webinars** to explore anxiety. The sessions will provide a space to think about your own responses and provide some practical tips and advice that you can use at home to help your children develop their resilience to anxiety.

**BOOK NOW**

**LEARN MORE**



## Emotional Based School Avoidance (EBSA) Coffee Morning: 7th February 2023

Last chance to register as the bookings close at midday on Thursday 2nd Feb

Register your place via: <https://dspl8ebsacoffeemorning.eventbrite.co.uk>



### Emotional Based School Avoidance (EBSA) Coffee Morning for Mums, Dads & Carers

**Tuesday 7<sup>th</sup> February 2023**

**10.30am- 12pm**

Location- Hobbs Hill Wood Primary School

Peascroft Road, Hemel Hempstead

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



Booking Link - <https://dspl8ebsacoffeemorning.eventbrite.co.uk>

Fully funded by DSPL8 for Dacorum families

## Emotional School Based Avoidance (ESBA) Webinars & Resources

It has been noted that a significant number of children and young people are struggling to attend school or avoiding attending school due to emotional factors like anxiety. The Children's Wellbeing Practitioners have recorded a webinar focused on school based anxiety which includes: anxiety psychoeducation and strategies and tips to support children who are currently struggling with attending school due to anxiety.

Please find below links to the two webinars; split into Part 1 (Theory and Psychoeducation) and Part 2 (Strategies and Tips):

<https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursing-service-hertfordshire-33494371787>

<https://www.eventbrite.co.uk/o/childrens-wellbeing-practitioners-school-nursing-service-hertfordshire-33494371787>

The webpage below has useful EBSA handouts, towards the bottom of the webpage:

<https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-wellbeing-practitioners-service/>

## Home to school transport consultation

Hertfordshire County Council is consulting on its home-school transport policies. We are seeking feedback from schools, parents and other stakeholders.

The proposals include:

- A policy to clarify the role of passenger assistants on contracted transport
- An amended policy for transport for 19-25 year olds
- Amending the charging structure for 16-18 year olds
- Removing the 16+ railcard

We are also seeking views on:

- Personal Travel Budgets
- Transport for those on Part-Time Timetables
- Spare seats on vehicles to special schools in Hertfordshire

Full details and an online response form are available at :

[www.hertfordshire.gov.uk/transportconsultation](http://www.hertfordshire.gov.uk/transportconsultation)

The consultation will run between 24 January and 26 March 2023.



## DSPL8 Parent/Carer Support Spring 2023 Term

Booking Link: <https://dspl8.eventbrite.co.uk/>

## DSPL8 Parent/Carer Support 2022-23

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

### Spring 2023 Term

|   |  |  |  |
|---|--|--|--|
| <b>ADD-vance<br/>Mini Consultation</b>                         | 11.01.2023<br>07.02.2023<br>02.03.2023<br>29.03.2023 | 10.00:11:30<br>10.00:11:30<br>19:00-20:30<br>10.00:11:30 | Online<br>(see more information and<br>booking link below)<br><br>You will receive an online<br>meeting link directly from<br>ADD-vance  |
| <b>SEND Surgeries</b>   | 24.01.2023<br>21.03.2023                             | 09:30-12:30  | Online<br>(see more information and<br>booking link below)   |
| <b>Anxiety Unravelling<br/>3 session on-line<br/>course</b>  | 07.03.2023<br>to<br>21.03.2023                       | 20:00-21:00  | More information and<br>booking link:<br><a href="https://us06web.zoom.us/webinar/register/WN_pRfVWUL6SumVmlEaxVfWnw">https://us06web.zoom.us/<br/>webinar/register/<br/>WN_pRfVWUL6SumVmlEaxVfWnw</a> |

#### 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 termly on Eventbrite. Book a 30 minute session at Eventbrite: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)**

#### SEND Surgeries

**Dacorum Family Services North & East:** 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](http://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.**

**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.

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

Email - [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

Instagram - [https://www.instagram.com/dspl\\_dacorum/](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](http://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 01442 278793.**

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](http://www.gadeschoolsfamilysupport.co.uk)

Partnership Office: 01442 278793



## 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, \*Brockwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobeletts Manor Infant, Hobeletts 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](http://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](http://www.facebook.com/carersinherts)

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

[www.linkedin.com/company/carers-in-hertfordshire](http://www.linkedin.com/company/carers-in-hertfordshire) and our Carers in Hertfordshire YouTube Channel



## **To contact Carers in Hertfordshire**

**Write to:** Carers in Hertfordshire, The Red House,  
119 Fore Street, Hertford, Herts, SG14 1AX.

**Call:** 01992 58 69 69

**Email:** [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

**Visit:** [www.carersinherts.org.uk](http://www.carersinherts.org.uk)



## ISL SEND Duty Lines & SEND advice lines 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](mailto:STADAC.ISLTEAM@hertfordshire.gov.uk)

### Specialist advice lines

Educational psychology advice line

01992 588 574 Wednesdays 2pm - 4.30pm

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](mailto: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](mailto:herts@add-vance.org) Website - [www.add-vance.org](http://www.add-vance.org) Facebook – [www.add-vance.org/parents/](http://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](mailto: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](mailto: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](mailto:hand@hertfordshire.gov.uk)



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

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



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

