DSPL8 Delivering Special Provision Locally

DSPL8 Parents/Carers Newsletter Autumn 2026

Dear Parents/Carers,

Below you will find a quick description of each page with some contact information and some booking links, but for all the important information head to each page.

TOPIC	BOOKING/INFORMATION
SEND Parent & Carer Information Fayre	FREE information fayre for Parens and carers of Dacorum with children with SEND. Thursday 13th October from 9.30am @ Grovehill Adventure playground, check out the Eventbrite page here: SEND Info Fayre
ADD-Vance	FREE Autism and ADHD support groups and workshops to parents/carers and young people. Pages 4 has information what they have on offer. Please visit their website for more details: ADD-Vance
Beezee	FREE interactive workshops and courses for families to build healthier habits. Email: *hellohertfordshire@maximus.co.uk* Phone: *01707 248648*
Bounce Forward: Raise Resilience	FREE 6 week course for parents and carers livign in Dacourm; course aims to help better support your child through life's up and downs and everything in between. Click the link to register: Raise Resilience
Families in Focus	FREE online courses for parents and carers of school aged children, page 8 has the current courses that are running but for more information please contact: bookings@familiesinfocus.co.uk
Hertfordshire SEND Community Directory & SEND Local Offer	Online help, guidance and parents/carers workshops from Hertfordshire County Council. SEND Community Directory SEND Local offer
Monthly EBSNA Coffee Mornings	FREE coffee mornings for Dacorum Families to talk all things EBSNA. There are professional-led sessions and parent-led sessions they take place at the Bennetts End Community centre, dates can be found on page 10.
Coram Family Lives Groups and Workshops	FREE course and workshops for familoes to buikd better lives together. For more information please contact: Phone: 0204 522 8700/8701 email: services@coramfamilylives.org.uk

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TOPIC	BOOKING/INFORMATION
Sustainable Streets Workshops	FREEworkshop sessions for Dacorum residents! Join free local sessions in Hemel and discover ways to save energy, reduce waste and connect with people in your community. Page 11 has all the information
Mind Hertfordshire Network	Spot the Signs & Emotional Wellbeing: A fully-funded programme offering training and workshops to children and young people. To book a workshop, please email: cyp@hertsmindnetwork.org
Mimram Gender Based Abuse Advocacy Service	The Mimram Service welcomes all survivors regardless of background, identity, or gender. We provide specialist support to adults, children and young people across Hertfordshire. Page 13 has all the important information on how to make contact.
Early Years Service: Rucksack	This course is designed specifically for parents/carers of autistic children or children (aged 0-5) on the autism pathway. It aims to provide you with the essential knowledge, practical strategies and valuable resources to support both you and your child in navigating everyday life. All information can be found on page 14, to self register fill in the registration form: https://forms.office.com/e/YHcCTbkg60?origin=lprLink
Angels: Autism and ADHD Support	Angels offer Autism and ADHD support groups and workshops to parents/carers and young people. Pages 5 has information what they have on offer coming up this term.Please visit their website for more details: www.angelssupportgroup.org.uk
Children's Wellbeing Practitioner Workshops	Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. More information and how to book can be found here: CWP Eventbrite

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DSPL8 SEND Parent & Carer Information Fayre

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DSPL8 SEND
Parent & Carers Information Fayre

Tuesday 13th October 2026

9.30am until 12.30pm

At the the Grove Hill

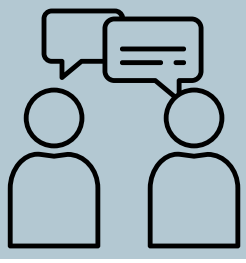
Adventure Playground

Redbourn Road, HP2 7BA

BOOK YOUR SPOT

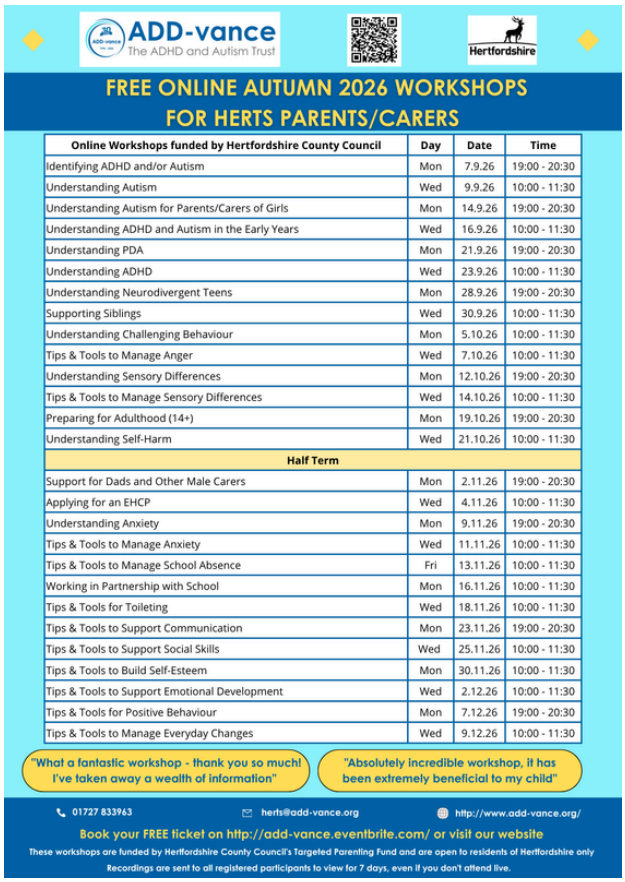
*This **FREE** event is for Parents and Carers of Children with SEN or Disabilities; we will have local services/providers information stands, activities for children & refreshments!*



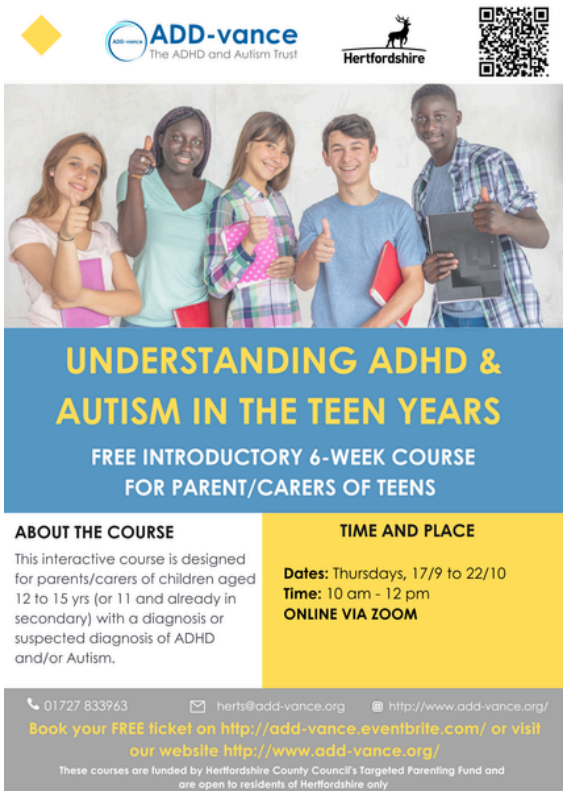


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ADD-Vance



Online Workshops funded by Hertfordshire County Council	Day	Date	Time
Identifying ADHD and/or Autism	Mon	7.9.26	19:00 - 20:30
Understanding Autism	Wed	9.9.26	10:00 - 11:30
Understanding Autism for Parents/Carers of Girls	Mon	14.9.26	19:00 - 20:30
Understanding ADHD and Autism in the Early Years	Wed	16.9.26	10:00 - 11:30
Understanding PDA	Mon	21.9.26	19:00 - 20:30
Understanding ADHD	Wed	23.9.26	10:00 - 11:30
Understanding Neurodivergent Teens	Mon	28.9.26	19:00 - 20:30
Supporting Siblings	Wed	30.9.26	10:00 - 11:30
Understanding Challenging Behaviour	Mon	5.10.26	10:00 - 11:30
Tips & Tools to Manage Anger	Wed	7.10.26	10:00 - 11:30
Understanding Sensory Differences	Mon	12.10.26	19:00 - 20:30
Tips & Tools to Manage Sensory Differences	Wed	14.10.26	10:00 - 11:30
Preparing for Adulthood (14+)	Mon	19.10.26	19:00 - 20:30
Understanding Self-Harm	Wed	21.10.26	10:00 - 11:30
Half Term			
Support for Dads and Other Male Carers	Mon	2.11.26	19:00 - 20:30
Applying for an EHCP	Wed	4.11.26	10:00 - 11:30
Understanding Anxiety	Mon	9.11.26	19:00 - 20:30
Tips & Tools to Manage Anxiety	Wed	11.11.26	10:00 - 11:30
Tips & Tools to Manage School Absence	Fri	13.11.26	10:00 - 11:30
Working in Partnership with School	Mon	16.11.26	10:00 - 11:30
Tips & Tools for Toileting	Wed	18.11.26	10:00 - 11:30
Tips & Tools to Support Communication	Mon	23.11.26	19:00 - 20:30
Tips & Tools to Support Social Skills	Wed	25.11.26	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Mon	30.11.26	10:00 - 11:30
Tips & Tools to Support Emotional Development	Wed	2.12.26	10:00 - 11:30
Tips & Tools for Positive Behaviour	Mon	7.12.26	19:00 - 20:30
Tips & Tools to Manage Everyday Changes	Wed	9.12.26	10:00 - 11:30





Website: www.dacorumdspl.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/

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Beezee







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Bounce Forward: Raise Resilience



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Families in Focus

Handling Anger of Children with Autism & ADHD

(inclusive of those on assessment pathways)

FREE Online Course for Hertfordshire Parents of children aged 4 to 11 years

Join Francine & Lesley on this course to:

Understand more about Autism, ADHD, and sensory differences
Learn what's happening in your child's brain during anger
Explore evidence based strategies leading to de-escalation of BIG emotions
Gain practical tools too build emotional regulation
Develop calming routines and reduce daily stress
Connect with other parents in a supportive space

6 x Wednesdays: 9.30am to 11.30am or 6.30pm to 8.30pm

September 9, 16, 23, 30 & October 7, 14

Email Francine & Lesley:
bookings@familiesinfocus.co.uk

Funded by Hertfordshire County Council | Hertfordshire

Families in Focus
Looking forward together

A Complete Guide to Parenting Children with Autism & ADHD

(Including children on assessment pathways)

FREE Online Course for Hertfordshire Parents of Children Aged 2–11

Support, Understanding & Practical Strategies for Family Life Living with Neurodivergent Children

This evidence-based course helps:
Increase understanding of Autism, ADHD, and sensory differences
Make sense of your child's behaviourial responses
Learn tried-and-tested strategies for calmer days
Support siblings with understanding and connection
Navigate EHCPs, and local services and much more...

Tuesday mornings 9.30-11.30 ***or***
Tuesday evenings from 6.30pm to 8.30pm
September 8, 15, 22, 29 &
October 6, 13 &
November 3, 10, 17

Funded by Hertfordshire County Council | Hertfordshire

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Hertfordshire SEND Community Directory & SEND Local Offer



The SEND community activities directory promotes a wide range of local activities and support groups. Some activities will also include discounts for families registered with a Herts Card (SEND).

We will be adding additional activities on a regular basis.

Find fun, inclusive activities your child will love – all in one place!

SEND community directory



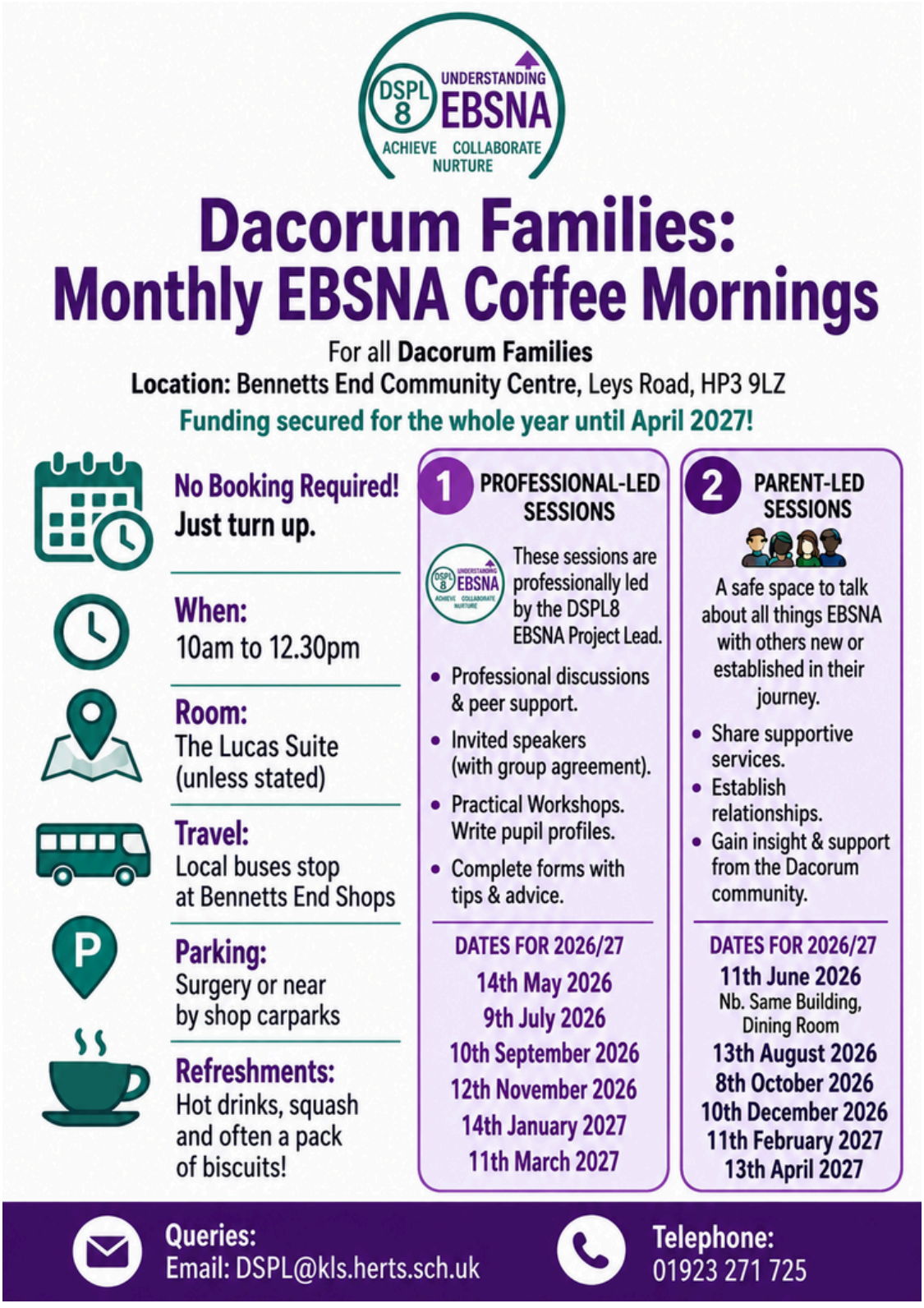
The Local Offer website lets parents, young people and professionals know what special educational needs and disabilities services are available in Hertfordshire, and who can access them. There is so much more than that, too.

Check it out here:

SEND Local Offer

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Monthly EBSNA Coffee Mornings



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Coram Family Lives Groups and Workshops

Groups and workshops

coram family lives

Autumn 2026

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group

Monday 5th October to 16th November, 7pm to 9pm OR
Friday 6th November to 11th December, 9.30am to 11.30am

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

Less Shouting, More Cooperation (6 weeks) Online group

Tuesday 6th October to 17th November, 9.30am to 11.30am

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group

Wednesday 4th November to 9th December, 7pm to 9pm

Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Anxiety around ADHD Online Workshop
Wednesday 21 October 9.30am to 11.30am

Sibling Rivalry Online Workshop
Monday 9 November 9.30am to 11.30am

Reducing Conflict Online Workshop
Wednesday 25 November 7pm to 9pm

It's a Dad's Life Online Workshop
Thursday 26 November 7pm to 9pm

Navigating the Storm (Teens) Online Workshop
Wednesday 2 December 9.30am to 11.30am

All our programmes provide support, information and resources to parents, carers and adult family members in Hertfordshire so they can help their children reach their full potential.

For more info, please contact **Louise** on **0204 522 8700/8701** or email **services@coramfamilylives.org.uk** or scan the QR code for our online form.

SCAN ME

We build better family lives together

www.coramfamilylives.org.uk @coramfamilyliveshertsandbeds

Funded by Hertfordshire County Council

Hertfordshire

Coram Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: Coram Family Lives, Coram Campus, 41 Brunswick Square, London, WC1N 1AZ



Come along to our six-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

The programme includes:

- Understanding SEN and its impact on children and family dynamics
- Effective communication skills
- Managing emotions and stress
- Collaborative problem solving
- Building a supportive network
- Creating a unified parenting approach

Dates and times

Date: Tuesday 13th and 20th October, 3rd, 10th, 17th and 24th November 2026
Time: 9.30am to 11.30am

Date: Wednesday 14th and 21st October, 4th, 11th, 18th and 25th November 2026
Time: 7.00pm to 9.00pm

This will be delivered online via MS TEAMS

SCAN ME

For more information or to make a referral, scan the QR code, email **services@coramfamilylives.org.uk** or call **0204 522 8700** or **0204 522 8701**

We build better family lives together

www.coramfamilylives.org.uk

@coramfamilyliveshertsandbeds

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Sustainable Streets Workshops





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Mind Hertfordshire Network

mind Hertfordshire Network
Charity no. 1112487

Spot the Signs & Emotional Wellbeing

A fully-funded programme offering training and workshops to children and young people

Feelings and Emotions

KS1

A two-part, interactive experience designed to help young children understand and express their emotions in a positive way. Please scan this QR code to find out more about the workshop.

5 Ways to Wellbeing

KS2

An interactive session introducing five basic strategies grounded in research that children and young people can use to maintain and improve their wellbeing. Please scan this QR code to find out more about the workshop.

Emotional Wellbeing and Coping Strategies

KS2

A session focusing on how to maintain positive mental and emotional health. It gives a brief overview of the psycho-social emotional climate in children and young people and introduces 3 key steps in how to identify emotions without judgement and choose a response. We can deliver this workshop to a full year group - just let us know! Please scan this QR code to find out more about the workshop.



To book a workshop, please email us at cyp@hertsmindnetwork.org

"Thank you so much for taking the time to join us on our amazing *'Feeling Good Week'*. We really enjoyed your workshops and had super feedback from lots of the classes"

- Primary School

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Mimram Gender Based Abuse Advocacy Service

Mimram GENDER BASED ABUSE SERVICE

Refuge · AWRC Changing Women's Lives · Safer Places · SAHWR Specialist Domestic Abuse Services

The Mimram Service is a partnership between Refuge, Asian Women's Resource Centre, Safer Places and St Albans and Hertsmere Women's Refuge.



Have you experienced abuse? Do you feel threatened or at risk of violence or abuse?

The Mimram Gender-Based Abuse Support Service is here for you.

Everyone's needs are unique. At the Mimram Service, we are here to support you with a personalised safety plan and empower you with options to rebuild your life free from abuse.

Call us to speak to a specialist IGVA:

0300 790 6772

Mondays and Wednesdays: 9am to 5pm

Tuesdays, Thursdays and Fridays: 9am to 8pm

Access virtual support through our website with live chat options including a 24-hour chatbot and SMS options:

www.mimramsupport.co.uk

If you are a professional and would like to make a referral, please either call us or complete the contact form on our website to receive a referral link.

For other support visit **www.refuge.org.uk** or call the 24 Hour Freephone National Domestic Abuse Helpline:

0808 2000 247 **In an emergency call: 999**

Who is the Mimram Service for?

The Mimram Service welcomes all survivors regardless of background, identity, or gender. We provide specialist support to adults, children and young people across Hertfordshire who have experienced:

- **Domestic abuse**
- **Sexual abuse and sexual exploitation**
- **Stalking and harassment**
- **Harmful practices including:**
  - **Forced marriage**
  - **So-called 'honour'-based abuse**
  - **Female Genital Mutilation (FGM)**

How can we support you?

The Mimram Service is a partnership between four specialist organisations, led by Refuge, the UK's largest domestic abuse charity. This allows us to provide support that's tailored to you, and accessible both online and offline. We offer:

- **A dedicated Children and Young People's Team**
- **Independent Gender Violence Advocates (IGVAs) for 1:1 support**
- **Culturally-specific support for harmful practices**
- **Community one-stop-shop locations**
- **Virtual support and online contact options**
- **Support at other locations including both Lister Hospital and Watford General Hospital**

We have IGVAs with many different specialisms. Your assigned IGVA will empower you to access support based on your individual needs and the specific type of gender-based violence or abuse you have experienced.

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Early Years Service: Rucksack

Rucksack
Early Years Autism Programme for Families

Early Years Service
Hertfordshire County Council

About:

This course is designed specifically for parents/carers of autistic children or children (aged 0-5) on the autism pathway. It aims to provide you with the essential knowledge, practical strategies and valuable resources to support both you and your child in navigating everyday life.

Week 1: Understanding Autism
Week 2: Sensory
Week 3 : Communication
Week 4: Play and Social Interaction
Week5: Emotional Wellbeing and Behaviour
Week 6: Using My Rucksack

To self register an interest in the Autumn 2026 course starting Oct 2026, scan the QR code or click the link and fill in the registration form: https://forms.office.com/e/YHcCTbkg60?origin=lprLink

Parent feedback from previous Rucksack sessions



I found all elements of the session relevant and valuable. Each part contributed to a better understanding of the topic and kept me engaged throughout.

The entire session was truly amazing and packed with valuable information. Every part of it offered useful insights, and I found the discussions particularly engaging. It was a great opportunity to deepen my understanding and gain new perspectives. I appreciate the effort that went into making the session so informative and enjoyable.

Yes, I think it's a great chance to meet other parents going through similar struggles and a safe space to not feel judged or misunderstood.

Today's session gave me a better understanding of why my son experiences and reacts to things the way he does, and how he sees and perceives the world. It helped me make sense of his behaviours, and I now feel more equipped to support and care for him in ways that truly meet his needs. I feel more understanding and confident in how I can help

It was a great session, full of valuable information on communication. I really appreciated the dedication of the ladies who answered our questions and shared so many helpful examples.

Contact: EarlyYearsTraining@hertfordshire.gov.uk to find out more.

Hertfordshire

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Angels: Autism & ADHD Support

Angels AUTISM & ADHD SUPPORT

Charity no: 1117059

Weekly online Workshop and Support:
Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Weekly topics are detailed on our programme.

Monthly in person support Letchworth and Stevenage:
Will be running on a Wednesday see programme for dates





Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats"on Spotify or Apple Podcasts or listen on our website:
https://angelssupportgroup.org.uk/podcasts/

Follow us on social media for updates:

www.angelssupportgroup.org.uk

Angels AUTISM & ADHD SUPPORT

Charity no: 1117059

Zoom every Tuesday 10am-12noon	Letchworth Wednesday 10am-12noon	Stevenage Wednesday 10am-12noon	Zoom Wednesday eve 7.30pm- 8.30pm
8 Sept Speaker: HPCI Lynn Turnball SEND Reform Update	9 Sept Meet Up and Chat		
15 Sept Workshop: Understanding Behaviour Policies		16 Sept Meet Up and Chat	
22 Sept Speakers: Herts and Bed's Local Offer			23 Sept Evening Parent/Carer Support Group
29 Sept Service Meet andGreet Breakaway Scheme Outside of the Box&Space			
6 Oct Speaker: CharleyCrowe Herts CC SASS Autism and Puberty	7 Oct Meet Up and Chat		
13 Oct [illegible] 19, ESMA		14 Oct Meet Up and Chat	
20 Oct Workshop: Understanding and Supporting ADHD			21 Oct Evening Parent/Carer Support Group

October Half Term- For support during this period please contact the Neurodiversuty support hub

Zoom every Tuesday 10am-12noon	Letchworth 10am-12noon	Stevenage 10am-12noon	Zoom Wednesday eve 7.30pm- 8.30pm
3 Nov Workshop: Accessing Healthcare and writing a health passport	4 Nov Meet Up and Chat		
10 Nov Workshop: Useof declerative language and emotional literacy		11 Nov Meet Up and Chat	
17 Nov Worskshop: Autism and Anxiety			18 Nov Evening Parent/Carer Support Group
24 Nov Workshop: Surviving the Christmas Season			
1 Dec Paul Chambers Thinking Hat Wellbeing Session	2 Dec Meet Up and Chat		
8 Dec Speaker: Michelle Jaques Arfid Life UK - Let's talk ARFID		9 Dec Meet Up and Chat	
15 Dec Workshop: Women and Girls			16 Dec Evening Parent/Carer Support Group

Christmas Holidays - For support during this period please contact the Neurodiversuty Support Hub

30 ADD-vance

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

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Children's Wellbeing Practitioner Workshops

NHS Hertfordshire Community NHS Trust

Children's Wellbeing Practitioner Workshops
October - December 2026

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

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

Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their own emotional wellbeing and thingsparents/carers can do to help.	Tuesday 3 November 6-8pm
Supporting Adolescents with Self-Esteem A workshop focused on adolescents improving their self-esteem and what parents can do to support.	Monday 23 November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Wednesday 14October 6-8pm Tuesday 8 December 10am – 12pm
Supporting withSleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can doto help.	Tuesday 29 October 6-8pm Monday 14 December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Wednesday 21 October 10am-12pm Tuesday 10 November 6-8pm Wednesday 16 December 10am-12pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeingand ability to emotionally regulate.	Tuesday 6 October 6-8pm Wednesday 18 November 10am-12pm Tuesday 1 December 6-8pm

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

NHS Hertfordshire Community NHS Trust

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

YouTube

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 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

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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
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
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).
Call us on: 01992 555 847
Email: sendiass@hertfordshire.gov.uk or hand@hertfordshire.gov.uk

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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

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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

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SUPPORT

Carers in Hertfordshire: provides advice, information and support to unpaid carers.
Website - www.carersinherts.org.uk
Call us on: 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.
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
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

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

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

Samaritans: Call on **116 123**

ChildLine: Call on **0800 1111**

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