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|  <p>SEND 0-25 years</p> | <p>The SEND Local Offer has lots of resources including: ADD-vance Understanding ADHD Webinar ADD-vance Understanding Autism Webinar ADHD Foundation – a Teenager’s guide to living with ADHD SEND documents and resources (hertfordshire.gov.uk)</p> | <p>Watch at a time to suit you webinars – Autism and ADHD</p>  <p>Local Activities</p> |
| <p>JustTalk</p> | <p>Avoiding School or College Due to Anxiety (EBSA) (justtalkherts.org) Some children and young people struggle to attend school, or avoid attending due to emotional factors like anxiety. The Children’s Wellbeing Practitioner (CWP) Service, part of Public Health School Nursing, Hertfordshire Community NHS Trust (HCT) has recorded a two-part webinar focused on helping to support children and young people who are currently struggling with attending school due to anxiety:</p> <ol style="list-style-type: none"> 1. Theory and Psychoeducation (just under 18 minutes long) School Based Avoidance - Part 1 (youtube.com) 2. Strategies and Tips (just over 30 minutes long) School Based Avoidance - Part 2 (youtube.com) This webinar is for parents, carers and professionals working with children and young people. <p>See link for more Emotional Wellbeing workshops, Courses for parents and EBSA Guidance</p> | <p>Avoiding School – two part webinar focused on helping to support child/young person</p> |
| <p>Preparing for a Healthy Adulthood</p> | <p>All children need to be health aware as they transition through puberty into adulthood. This tool is aimed at helping carers and parents of children with any additional education needs to navigate this and help a child be as health aware and health intervention tolerant as possible as they progress through childhood and adolescence. It is packed with useful tools and videos to watch and to help you prepare a child you support or parent for a healthy adulthood. Preparing for a Healthy Adulthood (hertfordshire.gov.uk)</p> | <p>Useful tools and videos help prepare a child for a healthy adulthood</p> |

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| <p>Voices of Hertfordshire</p>  | <p>Voices of Hertfordshire is our collective name for children and young people in Hertfordshire who are involved in shaping services for those with special educational needs and disabilities. The groups include:</p> <ul style="list-style-type: none"> • 4 Experts by Experience who feed back children and young people's opinions to the highest level of service leaders. • HCC Services for Young People - 1 youth councils for those with SEND and Youth Projects (1 of each per district) • HCC Multi-Schools partnership in specialist Primary and all-through schools • Any young person with SEND involved in the Voices of the East • Any young person with SEND accessing services <p>Learn more in our latest news blog: Placing the power to change in children and young people’s hands SOURCE: SEND News – subscribe for updates</p> |
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Delivering Special
Provision Locally

Parents, Carers and Young People
Additional Signposting – see provider
websites for current updates
28/08/2024

DSPL 1
(North Herts)

dspl1admin@wransom.herts.sch.uk

(please email if you need the flyers or further information)

[Updates and Resources \(nhdspl.org.uk\)](https://www.nhdspl.org.uk)

Find us on Facebook and Twitter



We are pleased to announce the launch of our new 'Voices of Hertfordshire' [YouTube](#) and [Instagram](#) accounts. This is a chance for young people to share their opinions and ideas on SEND services in Hertfordshire and directly influence improvement work. Give us a follow, and if you'd like to know more or know any young people who'd like to get involved, please contact our participation lead: sarah.stevens2@hertfordshire.gov.uk (Please note: You Tube - children aged 13-17 require adult consent. Instagram - for ages 13+) **SOURCE: [SEND News](#) – subscribe for updates**



Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.

- Chathealth 0-5
- Chathealth 11-19
- Children's Crisis Assessment and Treatment Team
- Children's Wellbeing Practitioners
- CHUMS Bereavement Support
- Educational Psychologists
- Families First
- First Steps ED
- Health for Kids
- Health for Teens
- Herts Haven Cafés
- Just Talk
- Just Talk Ambassador Scheme
- Lumi Nova
- Mental Health Support Teams in Schools (MHSTs)
- NESSie Parenting
- NHS Talking Therapies
- PALMS
- Raphael House Counselling
- Safe Space
- School Nurses and Duty Line
- Services for Young People
- Signpost
- Single Point Access (SPA)
- Specialist CAMHS
- Spectrum Family and Young People's Service
- Step 2
- The Sandbox
- The Toolbox (Neurodiverse)
- Togetherall
- WithYOUTH
- YCT Counselling
- Youth Talk Counselling
- Young Minds Parent Helpline



- Telephone service
- Online/virtual service
- Face to face service
- Referral required
- Includes support for early years

- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
- Mental health problems which are:
 - Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
- Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.

If you have any suggested changes to the directory, please email shelley.woods@hertfordshire.gov.uk

DSPL1

Delivering Special Provision Locally

Parents, Carers and Young People
Additional Signposting – see provider websites for current updates
28/08/2024

DSPL 1
(North Herts)

dspl1admin@wransom.herts.sch.uk

(please email if you need the flyers or further information)

[Updates and Resources \(nhdsp1.org.uk\)](http://Updates and Resources (nhdsp1.org.uk))

Find us on Facebook and Twitter

Neurodiversity Support Hub

For Parents, Carers and Professionals in Hertfordshire

We can offer support, signposting and guidance about a whole range of things including but not limited to:

- Understanding ADHD/Autism
- Distressed Behaviours
- Anxiety
- School

No Diagnosis Required

The phones are answered by our team of parents and carers of neurodivergent children and young people

Are you a Parent, Carer or Professional?

01727 833963

supporthub@add-vance.org

Opening Hours
9AM - 1PM - Monday, Wednesday & Friday
9AM - 3PM - Tuesday & Thursday
7PM - 9PM - Wednesday (By Appt)

Here to support, reach out for a listening ear

Extended Hours

Mental Health Support for adults in Hertfordshire

Get Advice
Get Support
Self-Referral
Get Help

Advice
leso
www.lesohealth.com
Hertfordshire and Mid-Essex Talking Therapies
Call: 0800 6444 101
www.hptf-apt.nhs.uk
Samaritans
Call: 116 123
www.samaritans.org
Shout
Text: SHOUT to 85258
www.giveusashout.org
Mind Online Community
Website: sidesystem.mind.org.uk
Herts Mind Network
Call: 0203 7275600
www.hertsmindnetwork.org
MindLine Trans+
Call: 0300 330 5468
Mind in Mid Herts
www.mindinmidherts.org.uk
CALM
Call: 0800 585858
Webchat: www.thecalmzone.net
SilverCloud
Website: uk.silvercloudhealth.com
SANE
Call: 0300 304 7000
www.sane.org.uk
If non emergency, please consider contacting your local Community Pharmacist.

Self-Referral
BSL Talking Therapies
www.signhealth.org.uk
BSL Crisis Text Service
Text: DEAF to 85258
BSL Psychological Therapy
Text: 07984 439473 | Call: 01494 687606
Herts Mind Network, Nightlight
Crisis House Overnight Beds: Call: 01923 256391
HertsHelp
Call: 0300 123 4044 | www.hertshelp.net
Mind in Mid Herts
Call: 03303 208100
Email: admin@mindinmidherts.org.uk

Help
Herts Mind Network
Nightlight Crisis Cafes
Call: 01923 256391
Community Pharmacy:
Ask for ANI (Action Needed Immediately) codeword to enable victims of domestic abuse to access immediate help
Hertfordshire Partnership University NHS Foundation Trust
Freephone: 0800 6444 101
www.hptf-apt.nhs.uk
NHS 111, option 2 for mental health services
You can contact your local hospital for further help.

Seriously ill or injured dial 999 for the emergency services

Scan here for full contact details and opening hours

Working together for a healthier future

Nutritionists supporting one to one sessions at First Steps ED

www.hertfordshire.gov.uk/youthmentalhealth

Nutritionists are now embedded into one to one support pathways at First Steps ED. This is following the latest advice and guidance in ensuring the best outcomes for children and young people with eating difficulties. First Steps to Understanding Eating Disorders (First Steps ED) is for Hertfordshire's children and young people aged 5-18, parents/care givers. The service provides digital and face to face one-to-one support sessions, as well as weekly psychoeducation and group support programmes (**Wellbeing Workshop, Avoidant Restrictive Food Intake Disorder (ARFID) Support Group, Binge Eating Workshops** etc). Parents, carers and older siblings can also gain access to First Steps ED's Parent Support Programme.

Disclaimer: DSPL 1 provides this information in good faith, it is provided for information only, it does not imply that we support/en dorse them. We aim to provide accurate and up to date information but cannot be held responsible for any damage or loss caused by any inaccuracy. We are not responsible for the privacy practices, recommended that you read the privacy policy of any site you visit, particularly if you are asked to give personal data.






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| SEND | Local Offer | Up on Downs | DS Achieve | Lending SPACE |
| | North Herts Family Centre | Abilities in Me | Down’s Syndrome Listening Service | |
| Autism, ADHD, Neurodiversity | Angels Support Group | ADD -vance | SPACE in Herts | Potential Kids |
| | Ambitious About Autism | Autism Hertfordshire Transition Service for 16-20 year olds | SPRINGBOARD | ADHD Foundation |
| | Hertfordshire - Workshops The Toolbox (mindler.co.uk) - Courses for children/young people: Understanding My Autism/ADHD | | NESSie FREE training for children and young people My <u>World & Me</u> | |
| Mental Health & Wellbeing | CYPMHS Service Directory - SW (justtalkherts.org) | NHS Herts Community Trust | Children’s Wellbeing Practitioners Courses and Resources | NHS HPFT IAPT Improving Access to Psychological Therapies – online portal for mental health services |
| | NESSie | Mind Hertfordshire Network CYP Digital Wellbeing | WithYouth (Mind Network) Herts Mind Network | First Steps ED |
| | Just Talk Herts | The Ollie Foundation | Togetherall | BeeZee Bodies |
| | Lumi Nova Herts Mind Network Children and Young People (withyouth.org) Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties | | Carers in Herts (CAMHS Support) | Young Minds Front Page – The Creative Mental Health Charity PoetsIN™ |
| | Directory Hub of Hope | Mental Health Service Directory | WELL BEING SUPPORT FOR PARENT CARERS | |
| | Help for your young person Is your young person struggling with poor mental health? | Herts Mind Network – wellbeing courses | | |
| | Courses Coming Up Hertfordshire Mind Network (hertsmindnetwork.org) | Mental health and wellbeing Hertfordshire County Council | SandBox | This May Help |



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| Parenting & Young People | Services for Young People | Family Lives | The Hertfordshire Local Offer | Carewaves and Newsletters - Carers In Herts |
| | Families in Focus | Families First (hertfordshire.gov.uk) | Capa First Response You are not alone - Capa First Response We support families and professionals impacted by child or adolescent on parent abuse. Child/adolescent on parent abuse support | |
| | Supporting Links | Families Feeling Safe | Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs. | |
| | Step2Skills Hertfordshire County Council Tech Safe (incl Gaming) FREE Online Safety resources | Avoiding School/College: Anxiety Avoiding School or College Due to Anxiety (EBSA) (justtalkherts.org) | Emotionally Based School Avoidance (hertfordshire.gov.uk) | |
| | Relationship support Relationship support for parents Hertfordshire County Council | | Parent Signposting NHPSS Parent Guide 23-24.pdf | |
| Transition & Exams | | | <ul style="list-style-type: none"> Supporting Transition to Secondary School | |
| | Exam and Revision Stress Exam and Revision Stress (justtalkherts.org) | | Early Years; Supporting Smooth Transitions; Activity cards 2022 (hflducation.org) <ul style="list-style-type: none"> | |
| Further Signposting | <ul style="list-style-type: none"> Contact a SEND service (hertfordshire.gov.uk) ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk) Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk) Herts Parent Carer Involvement (hertsparentcarers.org.uk) Webinars Herts Parent Carer Involvement (hertsparentcarers.org.uk) Home (hertssendiass.org.uk) Step2Skills Hertfordshire County Council | | <ul style="list-style-type: none"> Preparing for adulthood (hertfordshire.gov.uk) Help for children who aren't attending school regularly (hertfordshire.gov.uk) Caring for your health into adulthood (hertfordshire.gov.uk) Deaf and Hearing Support Service (hertfordshire.gov.uk) SEND documents and resources (hertfordshire.gov.uk) The Dyslexia-SpLD Trust - Parents | |
| | Making SEND Everyone's Business - investing in our workforce (hertfordshire.gov.uk) | | | |



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| <p>Tech Safe</p> <p>FREE resources for parent, carer, teachers, any role that cares for children’s safety online. Safety resources are also designed for families with Special Educational Needs and Disabilities including Autism and ADHD.</p> | <p>Info Hub - TechSafe</p> <p>Includes a useful video clip on Is this game suitable for my child (TechSafe Gaming)</p> | |
| <p>FOLLOW Help develop Speech, Language & Communication Skills at home ADDED WEEKLY 95</p> | <p>FOLLOW Linktree</p> <p>Introducing the FOLLOW campaign! A very simple and easy to use set of strategies that parents and carers can use with their little ones to help develop speech, language and communication skills at home. For more information, please use the link below. https://linktr.ee/EYFOLLOW</p> <div style="display: flex; justify-content: space-around; align-items: center;">      </div> | |
| <p>Autism Voice Hertfordshire</p> | <p>See details</p> | |
| <p>Big Listen – Ofsted</p> | <p>Ofsted have launched their “Big Listen” today. This is an opportunity for everyone involved with children and education to share their views – including around children with SEND. Ofsted Big Listen - GOV.UK (www.gov.uk)</p> | |
| <p>Hertfordshire Community NHS Trust</p> | <p>Children & Young People’s Therapies referral forms are now Online! What is changing?</p> <p>Starting on the 4th March, HCT will launch the updated digital referral forms. These changes have been made to help improve patient experience by providing easier access to services and streamlining the overall process.</p> <p>CYPT services includes Children’s Occupational Therapy, Physiotherapy & Speech, and Language Therapy. The digital referral form route is accessible by an online link for use by appropriate referrers including Schools, Parents/Carers, Self-referrals, GP’s and Health Care Professionals.</p> | <p>You can make a referral to these services by following the below links or visiting our website www.hct.nhs.uk</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div> |
| <p>SEND Local Offer Website</p> | <p><u>‘Introduction to the SEND Local Offer website’ – webinar</u></p> <p><i>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. A friendly face from the Local Offer team will take you through what’s on the website and how you can use it to find the right services and support. www.hertfordshire.gov.uk/localoffer</i></p> <p><i>A quick note: The Local Offer website is different to Short Breaks (SBLO). We won’t be going into detail about SBLO.</i></p> | |



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| Avoiding School / College due to Anxiety | Avoiding School or College Due to Anxiety (EBSA) (justtalkherts.org) | |
| Watch “Improving the way we manage our EHCP duties in Hertfordshire” | <p>“For those of you who couldn't make it to the webinar on Thursday 23 May, the recording is now on our YouTube, with subtitles and BSL. In the recording, Hero Slinn, our Director of Inclusion and Skills takes you through how we are investing in our EHCP workforce to ensure we are delivering more EHCPs on time and to a better quality. It's quite a long video, so we have added chapters for you to get to the parts you are most interested in. Some key points from the webinar include:</p> <p>We have recruited 112 new staff so far to manage EHCPs. Most are EHC Coordinators, some have joined our quality assurance or resolution and reconciliation team.</p> <p>70 of the new staff have completed their 3 month induction training and are joining their teams, with 12 in the training programme now. By September all new staff will have joined and completed their training, meaning there will be many new colleagues managing EHCPs. Change will take time - we hope positive impacts will be felt later in the year.”</p> <p>Watch "Improving the way we manage our EHCP duties in Hertfordshire" on YouTube.</p> | |
| The Toolbox | <p>Understanding my autism and/or ADHD (ages 7-16)</p> <p>Webinars, courses and workshops to support children and young people aged 7-16 with Autism, ADHD or both. These are available both online and in-person and are designed to help young people understand their Autism and/or ADHD in a fun and engaging way. They are led by experienced professionals and will provide tailored strategies and an opportunity to connect with other neurodivergent young people.</p> | Hertfordshire The Toolbox (mindler.co.uk) |
| SEND 0-25 Hertfordshire’s Local Offer | GUEST BLOG: Coping with school when you are autistic | Guest blog: Coping with school when you're autistic (hertfordshire.gov.uk) |
| Ambitious about Autism | <p>Quality of life at home toolkit Ambitious about Autism</p> <p>Quality of life at home toolkit – series of five animated films provides advice and guidance on managing the emotional needs of autistic children and young people.</p> | Animated films – advice/guidance on managing emotional needs |
| Autism Central | <p>Autism Central for Parents and Carers Autism Central</p> <p>The Autism Central Peer Education Programme is for parents, carers and Personal Assistants of autistic people. Support is provided by parents and carers of autistic people who are happy to share their knowledge and experience with others. Listen, offer guidance and tell you about services that are available in your local area. Navigate you to services that can make a difference and empower you. Increase your knowledge, understanding and provide you with skills to last. Essex County Council Autism Central</p> | Peer Education Programme - support |



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| Hertfordshire Autism | <p>Level 1 Autism Training eLearning This online training will take about 30 minutes to complete. It aims to develop an understanding of: Some basic principles of autism, challenging some myths and stereotypes The strengths and areas of difference Simple reasonable adjustments and strategies for practitioners to consider. To complete the training please follow the link, you will be prompted to complete a short form and be re-directed to the training: Autism elearning form (contensis.com) Autism elearning form (contensis.com)</p> | Level 1 Autism Training e-learning |
| Autism Hertfordshire Transition Service for 16-20 year olds | Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org Parents & Cares of autistic young adults (16-25) | Upcoming Events » Autism Bedfordshire Support Groups » Autism Bedfordshire |
| Autism UK | Social stories and comic strip conversations (autism.org.uk) | Social Stories and Comic Strip Conversations |
| ADHD Foundation | Resources Archive - ADHD Foundation : ADHD Foundation | Resources |
| The Add-Vantage | Coffee & Connection - ADHD Womens Wellbeing Community Hub Tickets, Multiple Dates Eventbrite | For Women with ADHD – Coffee & Connection |
| | Recharge Retreat Day - ADHD Womens Wellbeing Community Hub Tickets Eventbrite | For Women with ADHD – Recharge Retreat Day |
| ADHD UK | Right to Choose - ADHD UK Right to Choose (NHS England) If you are based in England under the NHS you now have a legal right to choose your mental healthcare provider and your choice of mental healthcare team. This important right means that, for instance, should you decide the waiting time for your ADHD assessment is too long, then you can choose alternative providers. The provider must supply the service to the NHS somewhere in England. See website for full details. | |
| Up on Downs | A parent run organisation that supports families of children with Down’s Syndrome. | Local Down’s Syndrome Support |
| Down’s Syndrome Association | Down’s Syndrome Listening Service Listening Service - Downs Syndrome Association (downs-syndrome.org.uk) | Down’s Syndrome Listening Service |
| Phoenix Group for Deaf Children | Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children | Local Group for Deaf Children |



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| National Deaf Children’s Society | Learn British Sign Language Online National Deaf Children's Society (ndcs.org.uk) | FREE signing Courses for Families |
| Herts Dyslexia Charity | Herts Dyslexia Charity EVENTS FREE Webinar – Five frequently asked questions to the BDA Helpline – This presentation will outline the five most frequently asked questions from parents who want to support their children at home. The webinar will provide ideas and guidance as to how to support learners at home with their studies. Different types of technology and software. | Dyslexia webinar – ideas and guidance – support learners at home |
| SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties | 6:30pm to 8:30pm FREE Bowes Lyon Young People’s Centre, Stevenage Join in, have some fun and make new friends. Runs on Tuesday evenings. Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport & Games, Arts & Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health. | Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk |
| EHCP – Notice for Parents | <p>The Hertfordshire SEND partnership are committed to improving the quality of EHCP’s for children and young people in Hertfordshire; ensuring plans are of high quality and meaningfully capture children and young people’s: views, experiences, needs and outcomes, and specify provision.</p> <p>To support with achieving this aim, there will be regular multi-agency audits of EHCP’s. These multi-agency audits involve professionals from education (school representatives, specialist advisory teachers, educational psychologists and members of the statutory SEND service), health, social care, SENDIASS and the Herts Parent Carer Involvement coming together to audit the quality of a random selection of EHCP’s. Professionals then work together to identify areas of good practice and areas where learning is required. These events are crucial for supporting improvements in practice across the system.</p> <p>This may therefore mean that your child’s plan could be selected for audit and shared with the above professionals for auditing purposes.</p> <p>All professionals involved in multi-agency audits of EHCPs are required to comply with Data Protection legislation and confidentiality duties, which restrict the sharing of information pertaining to your child's EHCP outside of the auditing activity.</p> <p>If you wish to opt out and do not wish for your child's EHCP to be included in our quality assurance audits, please email the Quality Assurance Service at: policyandpractice@hertfordshire.gov.uk</p> | |


Get advice from **ChatHealth** Health Visiting free text messaging service. It's confidential and available Mon-Fri 9am-5pm.
07480 635164

Supporting your Child's Development in the Early Years

If you have any concerns around your child's health or development, you can contact the Family Centre Service (Health Visiting and Family Support) on **0300 123 7572**


3 - 4 YEARS

The term after your child's 3rd birthday you are entitled to 15 hours a week free early education. Your childcare provider will support you with any concerns around your child's development.




2 - 2 ½ YEARS

By 2 ½ years, you will be invited to attend a Health and Development review with the Health Visiting Team. Remember there is lots of support available at your local Family Centre.



1 YEAR


By 10 months you will be invited to attend a Health and Development review with the Health Visiting Team.



0-11 MONTHS

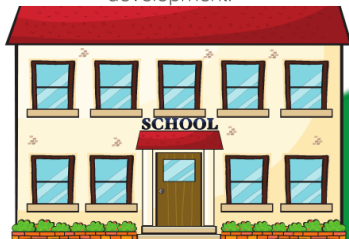
Your baby's Health and Development is important and the Health Visiting Team supports the health, development and wellbeing of your baby. Scan the QR code below to book to weigh your baby.

The Family Support Service will also be in touch to welcome you.



4 - 5 YEARS

Your child can start school the term after their 4th birthday. Your school will support you with any concerns around your child's development.




FAMILY CENTRE SERVICE


Can offer support with:


- introducing Solid Food
- Toileting
- Sleep, routines and boundaries.

Scan the QR code below to find out more and to book.



Scan the QR code for more information on services available and to book sessions at a Family Centre.







| MENTAL HEALTH AND WELLBEING | | | |
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| <p>CYPMHS Children & Young People’s Mental Health Services</p> | <p>7pm to 9pm [online over Zoom on first Tuesday of each month] new parents and carers welcome. Is your young person struggling with poor mental health? Would you like to speak to people who understand? Would you like to learn more about strategies to help your child towards recovery? Would you like support for yourself?</p> | <p>BOOKING: Children Young People’s Mental Health Services (CYPMHS) - Carers In Herts</p> | |
| <p>Lumi Nova</p> | <p>Introducing Lumi Nova: A therapeutic mobile game for children’s worries and anxiety (youtube.com) Key points:</p> <ul style="list-style-type: none"> • What are fears and worries? • How can Lumi Nova help? • Who is Lumi Nova for? • Is Lumi Nova clinically approved? • How does it work? • What are the benefits? • How can parents/practitioners support Lumi Nova use? | | |
| <p>Hub of Hope</p> | <p>Mental Health Support Network provided by Chasing the Stigma Hub of hope</p> | | |
| <p>The Sandbox Online Mental Health Digital Advice and Guidance Services for 10-25s I</p> | <p>The Sandbox: online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023 The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p> | <p>This new free NHS funded service offer a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person’s needs</p> | <ul style="list-style-type: none"> • Website: 24/7 • Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays • Live Chat: 10am-8pm Mondays-Fridays <p>Signing up is easy and doesn’t require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)</p> |
| <p>NESSie</p> | <p>Parent/Carer Chat and Connect Session – online via MS Teams</p> <ul style="list-style-type: none"> • This monthly Parent/Carer Chat, regular online drop in offers an informal space to share and connect with other parent/carers who have similar experiences supporting the child’s mental health. These sessions are facilitated by Specialist Family Support Workers who can offer advice and support. Different topic each month. <p>Nessie Public Booking Platform V2.0 (procfu.com) NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.</p> | | |



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| | <p>FREE online and face-to-face workshops on a range of mental health issues that affect children and young people.</p> <p>Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment)</p> <p>Private moderated Facebook support groups. support advice sessions</p> <p>Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio</p> |
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| MENTAL HEALTH AND WELLBEING | | |
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| Young Minds | <p>Help Your Child With ADHD Parents Guide to Support YoungMinds Autism & Mental Health Signs & Symptoms of Autism YoungMinds Transitions, Change & Mental Health Parents Guide YoungMinds</p> | <p>Guide: Help your child with ADHD Guide: Autism and Mental Health Guide: Transitions and Change</p> |
| Challenging Behaviour Foundation | <p>Video challenging behaviour - Challenging Behaviour Foundation Positive Behaviour Support - Challenging Behaviour Foundation</p> | <p>Resource – Challenging Behaviour</p> |
| Recovery College online | <p>Your mental health - Recovery College Online</p> | <p>Mental Health Recovery</p> |
| Give Us a Shout | <p>Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)</p> | <p>Free 24/7 mental health text support</p> |
| Herts Mind Network | <p>Meeting Places Hertfordshire Mind Network (hertsmindnetwork.org) Get in touch Our Meeting Places are open access, meaning there is no need to have an initial appointment. You can also attend while waiting for one of our other services or after exiting one of our one-to-one services. If you would like to attend this group, please email us at: meetingplaces@hertsmindnetwork.org We will provide you with a session link and joining details for the online groups. You will need a link for each session that you attend. Please note, we will only be able to send joining instructions and links to you during office hours. If you are not currently a client all you need to do is complete a short Online Referral form. You can also use the Download Referral button to download a copy of the Referral Form to complete and email to us at meetingplaces@hertsmindnetwork.org</p> | <p>Our Meeting Places are a safe and welcoming social drop-in where you can feel supported. Attending these groups is a good way to share experiences, build social networks and meet people in a non-judgemental setting.</p> |
| Hertfordshire Community NHS Trust | <p>Children and young people's sensory service Hertfordshire Community NHS Trust (hct.nhs.uk) Due to additional investment into Hertfordshire's Children and Young People's Integrated Therapy Service (CYPT), we have an exciting new three - tiered sensory service to support neurodivergent children and young people (CYP).</p> | <p>Children and Young People's Sensory Service</p> |



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| <p>JUST TALK</p> <p>Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)</p> | <p>FIVE WAYS TO WELLBEING Research from around the world tells us there are 5 things we should do more to boost our wellbeing and mood</p> <p>If you are in Primary School: Herts CC - Five Ways to Wellbeing for Children (Web version) (justtalkherts.org)</p> <p>If you are in Secondary School: Herts CC - Five Ways to Wellbeing for Young People (Web version) (justtalkherts.org)</p> <p>Interactive Five Ways to wellbeing Journal : FIVE WAYS TO WELLBEING JOURNAL FOR CHILDREN & YOUNG PEOPLE (justtalkherts.org)</p> <p>JustTalk Journal : My Just Talk Journal (justtalkherts.org)</p> | <p>How to sleep well for teenagers : How to sleep well for teenagers Evelina London Includes: Body Image, Exam Stress, Diabetes, Immunisation Health For Teens Everything you wanted to know about health</p> <p>Thrive and Survive guide for young people starting university: Thrive and Survive Guide September 2023 (justtalkherts.org)</p> |
| <p><u>Anti-Bullying Resources</u></p> | <ul style="list-style-type: none"> • Our JustTalk partners are also supporting this work, SandBox have a whole resource section on bullying to support young people, this is a great place to look at resources and signpost young people to. The Resource Zone (mindler.co.uk) • WithYouth are also supporting young people through their live chat with friendship issues/conflict resolution and bullying concerns from 2-10pm everyday Instant messaging - WithYouth • All of this information and more resources can be found on our JustTalk page Anti-Bullying Information (justtalkherts.org) Helping Children Deal with Bullying & Cyberbullying NSPCC | |
| <p>Children’s Wellbeing Practitioners</p> | <p>HCT Children's Wellbeing Practitioners Events Eventbrite</p> <p>Upcoming courses: Emotional Wellbeing and Regulation, Emotional Wellbeing Workshop, Sleep Workshop, Developing Your Child’s Emotional Literacy</p> | <p>Check for available courses, please note they book up quickly</p> |
| | <p>Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.</p> | <p>School Avoidance</p> |
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| Bereavement: Living with Grief and Loss HPFT IAPT Services (hpft-iapt.nhs.uk) | | Bereavement and Grief |
| Care for Carers HPFT IAPT Services (hpft-iapt.nhs.uk) | | Care for Carers |
| Carers: Managing Difficult Emotions and Building Resilience HPFT IAPT Services (hpft-iapt.nhs.uk) | | Carers: Managing Difficult Emotions/Building Resilience |
| Dealing with Depression HPFT IAPT Services (hpft-iapt.nhs.uk) | | Dealing with Depression |
| How to sleep better HPFT IAPT Services (hpft-iapt.nhs.uk) | | How to sleep better |
| Managing Worry HPFT IAPT Services (hpft-iapt.nhs.uk) | | Managing worry |
| Understanding Low Self-esteem HPFT IAPT Services (hpft-iapt.nhs.uk) | | Understanding low self esteem |
| Becoming a parent or caregiver and emotional wellbeing HPFT IAPT Services (hpft-iapt.nhs.uk) | | Becoming a parent or caregiver |
| Mind Hertfordshire Network CYP | Spark – A Creative Space for Young People’s Wellbeing Informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along email cyp@hertsmindnetwork.org This will be starting soon on Monday’s 6pm to 8pm Letchworth Wellbeing Centre. It is for those living in North Herts, there is an initial contact form to fill in on referral, a 1-1 can be arranged if interested but not sure what to expect. Home - WithYouth | Creative Space for Young People |
| This May Help | Home ThisMayHelp Topics include: How to support your child’s mental health. How to help someone who self harms. How to moderate your child’s video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn’t want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness. | Topics: <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience |
| Carers in Herts | CAMHS Online Monthly Support Group for Parents and Carers Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a monthly online support group hosted by Carers in Herts . The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information. The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom. <ul style="list-style-type: none"> • <i>“This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent.</i> Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen. | CAMHS Monthly Support Group via Carers in Herts Carewaves and Newsletters - Carers In Herts For more information or to book a place: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk) |



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| Herts Mind Network | Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon | Coming soon : Overcoming Social Anxiety |
| Young Minds | If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support. | CAMHS Support via Young Minds |
| JustTalkHerts | The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org) | The Real Bodies Campaign |
| | What's Next? Let's Just Talk about the Future What's Next? Let's Just Talk about the Future (justtalkherts.org) Thinking about the future can be worrying or stressful, take a look at some practical tools and useful information to help you look after your mental health: <ul style="list-style-type: none"> • Manage Your Worries (Self Help Tools) • Support with Future Plans • Volunteering and Looking for a Job • Real Hertfordshire Positive Future Stories | What's Next? Let's Just Talk about the Future. |
| Nip In the Bud | https://youtu.be/uMdDB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help? | Early Intervention |
| HCC Services for Young People | Services for Young People North Herts Wellbeing Project at Hitchin Young People's Centre If you're aged 12-15 and struggling w... Services for Young People Listings | 12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time |
| Mind Hertfordshire Network CYP Digital Wellbeing | Lumi Nova: Therapeutic Digital Intervention Gaming App 7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis With YOUTH - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October CYP aged 5 to18 will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, | Digital Wellbeing Services Digital directory Gaming App - Anxiety Help |



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| | behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. www.withyouth.org (live from 3 Oct) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people. | |
| Mind in Mid Herts | Stevenage – Mind in Mid Herts Wellbeing Support Groups: Men’s Group / LGBTQ+ Group, Drop-In, Arts & Crafts, Women’s Group | See website for full details |
| | North Herts – Mind in Mid Herts Outreach Support / Hitchin – Walk & Talk Group / Baldock – Wellbeing Group Royston – Arts & Crafts + Wellbeing Group | Learning to Relax |

PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD

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| Hertfordshire Constabulary: Pegasus Card Scheme | <p>Pegasus card scheme Hertfordshire Constabulary (herts.police.uk)</p> <p>Our Pegasus scheme is for people who find it hard to communicate with us – we keep your pre-registered information safe on our computer and we can access it quickly if you call us. You don't need to repeat all your details.</p> <p>Who can register?</p> <ul style="list-style-type: none"> • Anyone who has a disability or illness that may make it hard to communicate with the police in an emergency or difficult situation. • Anyone who lives in the local area. Please make sure that you contact your local police force. <p>Please note registration is free.</p> <p>How it works</p> <ul style="list-style-type: none"> • You’ll be issued with a card and a personal identification number (PIN) and if you need to call us, say 'Pegasus', tell us your PIN and we’ll access your details right away, which will save you time. • You can also show your card to a police officer, member of police staff or other emergency services staff if you need assistance in person and they’ll know you may need extra help and support. • You can change or update your details at any time. • If you agree, we'll share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities. | |
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| Fledglings | Fledglings is a non-profit shop that helps children with additional needs by supplying products & equipment that help with everyday challenges. You’ll find all sorts of things including sensory toys, incontinence swimwear and adaptive clothing. Adaptive Clothes Incontinence Swim Sensory SEN Fledglings | Additional needs products & equipment |
| HCC | Parenting When Separated Programme | Separation/Divorce – Parenting |







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| | A practical and positive evidence based course for parents who are preparing for or have gone through a separation or divorce. It is a six-week course, FREE to attend. Both parents can attend but it is recommended you attend separate groups. Sessions are 2.5hrs with up to 12 parents. Parenting When Separated Referral Form (hertfordshire.gov.uk) | |
| Priority Support Register (get support in the event of a power cut) | Sign up to the Priority Support Register to get support in the event of a power cut (all ages). If you have a child under 5, or someone in your household with a serious health issue or impairment, you might be eligible for free priority support from the UK Power Networks – which means, in the event of a power cut, you would get a 24 hour support telephone number and other personalised assistance, which could include support such as hot meals. If this applies to you make sure you register your details. | Sign up to Priority Services Register UK Power Networks Go online or call free on 0800 169 9970 to register your details. |
| Heads Up! Mentoring Scheme for Young People with SEND (ages 14-18) | Head Up! Is accepting mentee signups for their 2024 mentoring programme! Head Up! Is an organisation run by a group of university students who have a variety of disabilities, physical & mental health conditions, learning difficulties and neurodiversity. They want to share their advice and experiences of dealing with these in school, university & in their social lives in the hope that other young people will feel supported, encouraged and able to keep going: to overcome extra challenges and to chase big ambitions. Their free mentoring scheme supports 14-18 year-olds who self-identify as disabled (or anyone who has a physical /mental health condition, SpLD, or neurodivergence). Mentees are paired with a student or recent graduate with a similar condition or studying a particular subject. They meet online for an hour per month for at least 1 year. | Head Up! Home (head-up.org) Find out more information, access articles and resources, and sign up for the mentoring scheme <i>Safeguarding policies are available on the website; mentors have DBS checks and safeguarding training.</i> |
| BEEZEE BODIES | Helping you make healthy habits as a family – FREE healthy lifestyle courses! Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com) For Families (beezeebodies.com) | Healthy Lifestyle Courses |
| SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties | 6:30pm to 8:30pm FREE Bowes Lyon Young People’s Centre, Stevenage Join in, have some fun and make new friends. Runs on Tuesday evenings. Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport & Games, Arts & Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health. | Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk |
| Ohana | Ohana Hertfordshire County Council Ohana is a free to attend support group for young parents who are in care or who are care leavers – meet other parents, support each other, hear from guest speakers. See website for Summer Events. Ralphine and Poppy’s Play Café – Stevenage | Contact the Ohana Team ohana@hertfordshire.gov.uk Fionna 07866 224876 Bev 07749 778756 |



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| | 10am to 12pm 27 June/10 July | |
| Phase | Phase Hitchin - Passionate about helping young people (phase-hitchin.org) | Resources for parents and young people – wellbeing and resilience |
| Hope UK | Home - Hope UK | Alcohol and drug advice for parents and young people |
| Capa First Response | Capa First Response You are not alone - Capa First Response We support families and professionals impacted by child or adolescent on parent abuse. | Child/adolescent on parent abuse support |
| Hertfordshire and West Essex Integrate Care Board | <p>YOUTH COUNCIL Opportunity for young people aged between 12-19 yrs old or up to 25 for young people with Special Education Needs or Disabilities, to join the newly established ICB Youth Council. Are you interested in:</p> <ul style="list-style-type: none"> • Representing the voices of young people within the healthcare system? • Working in partnership with health sector professionals to improve health services for young people. <p>Email: hweicbenh.cypsteam@nhs.net What is Integrated Care Board (ICB) The ICB is an NHS organisation that works together with many other organisations to improve the health of the population.</p> | |
| Step2Skills | Step2Skills Hertfordshire County Council | |



Children and Young People

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|  | <p>The Local Offer lets parents and young people know what special educational needs and disability services are available in Hertfordshire, and who can access them. Find courses and things to do (hertfordshire.gov.uk)</p> <p>Short Breaks (hertfordshire.gov.uk) Short breaks offers disabled children and young people the chance to spend time out with others socialising and doing fun activities, giving their families a break and providing them with confidence their child is well supported by a trained worker. They include holiday and Saturday clubs, and activities range from canoeing and computer skills to logo. You will need to register for Short Breaks (hertfordshire.gov.uk SBLO Application Form) See if you qualify : Short Breaks (hertfordshire.gov.uk)</p> |
|  | <p>Hertfordshire Additional Needs Database Voluntary register of disabled children and young people aged 0-25. By joining you can get discounts at places around the county (and beyond) Hertfordshire Additional Needs Database (HAND)</p> |
|  | <p>Hertfordshire Family Centre Service 1 North Herts Family Centre (hertsfamilycentres.org)</p> |
|  | <p>Services for Young People Youth projects for young people with learning difficulties and/or learning disabilities. Services for Young People runs projects across Hertfordshire specifically for young people with mild to moderate learning difficulties and/or learning disabilities. See website for current information.</p> <p>Services for Young People is running an exciting programme of free holiday activities during the Easter 2024 school holidays. The activities are for young people aged 13-16, including those with special educational needs and disabilities, who are eligible for benefits-related free school meals. The activities focus on healthy lifestyles. Young people will have the opportunity to take part in fun physical activities such as sports, dance and team games, get creative with arts and crafts, meet and socialise with other young people and get free healthy food every day. There will be informal healthy lifestyles workshops on healthy food choices and cooking, emotional wellbeing and resilience, healthy relationships and smoking, drug and alcohol awareness.</p> <p>The activities will take place during the Easter holidays, from Tuesday 2 to Friday 5 April 2024, with each session lasting four hours a day. These activities will be held in all areas of Hertfordshire.</p> <p>There are 20 spaces per district and the allocation of places is on a first come, first served basis. Booking opens on 5 March. Support for young people (servicesforyoungpeople.org)</p> |
| <p>Phoenix Group for Deaf Children</p> | <p>Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children</p> |
| <p>Up on Downs</p> | <p>Front Page - Up On Downs A range of activities for all age groups. Monthly Family and friends meetings in Hitchin for parents and children, siblings and supporters</p> |



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| Sibs | YoungSibs - Sibs For brothers and sisters of disabled children and adults Advice and support |
| Herts Sports Disability Foundation | Various Activities - Lots of locations - Small Charge Find an Activity - Herts Disability (hdsf.co.uk) |
| Inclusive United Inclusive United Inclusive Sports | Inclusive United is a not for profit UK Community Interest Company (CIC) based in Hertfordshire. Main goal is to create more inclusive sport opportunities for underrepresented communities. |
| Mixed Ability Rugby Hertford RFC Hertford RFC Mixed Ability Rugby | Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby’s sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier. For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072 |
| Junior Ability Counts Football Football – more dates coming soon – see website for details | Open to any child 7-16 years old with a disability or special education need who is able to walk. Enquires: www.northhertsarena.co.uk Our Junior Ability Counts Courses for 7-16 year olds will start back up again in September, 5-6pm on Mondays (term-time only) and will be open to booking via our website closer to the time. |
| Letchworth Garden City Eagles Football Junior Ability Counts – Inclusive Football – Every Wednesday 4.00pm to 5.00pm – Letchworth Garden City Eagles FC (letchwortheagles.org.uk) | Letchworth Garden City Eagles have teamed up with partners Herts Sports Partnership and Hertfordshire Football Association to deliver weekly sessions for players with any disabilities. The disability sessions will initially run for 12 weeks and are aimed at all differing impairments. The sessions will provide a safe fun learning environment for all players taking part. Run by a qualified coach, all sessions will take place on the Hertfordshire FA state of the art 3G pitch and offer the opportunity to participate in exciting and engaging practices. As well as developing skills within football, the program will also help improve social skills and confidence. The aim of the coaching program is to create an enjoyable and safe environment for everybody to enjoy sport. During the program, we will look to develop sporting skills, as well as social skills and confidence. 7 to 15 Years. Wednesdays 4pm to 5pm FREE Hertfordshire County Ground, Letchworth SG6 2EN Home (nhdspl.org.uk) 07788 391 609 |
| FLYERZ HOCKEY St. Albans HC Flyerz (stalbanshc.co.uk) flyerzsahc@gmail.com | St Albans Flyerz is a disability hockey project which makes hockey available to ALL via inclusive sessions, supported by St Albans Hockey St Albans Hockey Club, East Drive, Oaklands College, Hatfield Road, St Albans, AL4 0JA Sessions are Free of charge, FUN, relaxed, supportive, open to all abilities from age 5 upwards, Run on Sunday mornings during the club jnr training sessions |
| Herts Inclusive Theatre | Stevenage Group, which takes place on Thursdays from 5.45 - 7.15pm at Lonsdale School in Stevenage. Depending on the age of participants, we also offer a Power Up programme for 16-25 year olds in East Herts locations such as Bishop's Stortford and East Ware, so I think within a half hour drive of some of those places. https://hit-theatre.org.uk/events/power-up-16-east-ware/ https://hit-theatre.org.uk/events/power-up-16-east-bishopsstortford-822/ |