

| Provider                                                              | Course/Booking                                                                                                                                                                                                                                                                                                                                                       | Key Topics                                 |
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| Hertfordshire County Council                                          | <b>HNF Banding Descriptors and Provision Tool Briefing Session</b><br><b>For all schools and settings, parents, carers, professionals and LA staff</b><br>28 September 12pm to 2pm at Herts Development Centre<br><a href="#">HNF Banding Descriptors and Provision Tool Tickets, Wed 28 Sep 2022 at 12:00   Eventbrite</a>                                          | Banding Descriptors                        |
| <a href="#">NESSie</a>                                                |                                                                                                                                                                                                                                                                                                                                                                      |                                            |
| CAMHS Newsletter                                                      | Autism Hertfordshire Transition Service for 16-20 year olds. Autism Hertfordshire are offering a transition support service to young autistic adults and their families. Workshops, Social Groups, Parent/Carer Support Sessions. Contact <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> 01727 743246                              | Transition 16-20 – Autism                  |
|                                                                       | <a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.                                                                                                                                                    | School Avoidance                           |
|                                                                       | Clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register<br><a href="#">Togetherall</a>                                                                                                                                                                                                                           | Peer Support for 16+ feeling low/depressed |
|                                                                       | Register interest, programme for parents/carers with YP struggling with body image/eating disorder.<br><a href="#">Skills for Carers - First Steps ED</a>                                                                                                                                                                                                            | Body image/eating disorder                 |
|                                                                       | CAMHS Online Support Group – Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS – speak to people who understand, learn more about strategies to help, support for yourself. <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a> 01992 58 69 69.<br><a href="#">CAMHS Online Support Group (carersinherts.org.uk)</a> | Support for parents – CAMHS/Step2          |
| <a href="#">ADD-vance</a><br><br>ADD-vance <a href="#">Eventbrite</a> | <a href="#">Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Mon 12 Sep 2022 at 19:00   Eventbrite</a>                                                                                                                                                                                                                                  | Understanding Teens – ADHD/Autism          |
|                                                                       | <a href="#">Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Wed 14 Sep 2022 at 10:00   Eventbrite</a>                                                                                                                                                                                                                                                  | Diagnosing ADHD and/or Autism              |
|                                                                       | <a href="#">ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Wed 14 Sep 2022 at 13:00   Eventbrite</a>                                                                                                                                                                                                                                      | Online Support Primary Aged                |
|                                                                       | <a href="#">Understanding ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Wed 14 Sep 2022 at 19:00   Eventbrite</a>                                                                                                                                                                                                                                             | Understanding ADHD/Autism                  |

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|                                                            | <a href="#">Understanding ADHD and Autism - FREE 6 WEEK COURSE IN NORTH HERTS Tickets, Fri 16 Sep 2022 at 10:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Understanding ADHD/Autism – in person                                                          |
|                                                            | <a href="#">Understanding Autism - FREE ONLINE WORKSHOP Tickets, Mon 19 Sep 2022 at 10:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Understanding Autism                                                                           |
|                                                            | <a href="#">ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 20 Sep 2022 at 13:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Online support Secondary Aged                                                                  |
| <a href="#">Angels</a> Support Group                       | <ul style="list-style-type: none"> <li>See website for full Autumn Term <a href="#">Programme</a></li> <li>September:</li> <li>Workshop Helping your child access Healthcare 13 September 10am to 12pm (online)</li> <li>Parent/Carer Support Group 14 September 10am to 12pm (Stevenage)</li> <li>Parent/Carer Support Group 19 September (online)</li> <li>Money Advice unit: Benefit Advice 22 September 10am to 12pm (Stevenage)</li> <li>Parent/Carer Support Group 22 September 10am to 12pm (Stevenage)</li> <li>Workshop Applying for an EHC needs assessment and Q&amp;A 27 September 10am to 12pm (online)</li> <li>Parent/Carer Support 29 September 10am to 12pm (Stevenage)</li> </ul> | Autism/ADHD<br>Healthcare<br>Benefit Advice<br>Applying EHC needs assessment<br>Support Groups |
| <a href="#">SPACE</a> Autism/ ADHD Neurodiverse Conditions | <a href="#">Starting SPACE Tickets, Fri 9 Sep 2022 at 10:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Introductory / Parent/Carers/ SEN world / 0-6 years. In person                                 |
|                                                            | <a href="#">Autistic Girls Workshop Tickets, Tue 13 Sep 2022 at 19:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Girls / Autism                                                                                 |
|                                                            | <a href="#">Puberty and Neurodiversity Tickets, Thu 15 Sep 2022 at 19:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Autism/ADHD/Neurodiverse Conditions - Puberty                                                  |
|                                                            | <a href="#">Teen/Adult Lamp Art Session Tickets, Fri 16 Sep 2022 at 19:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | For Teens / Interactive Art                                                                    |
|                                                            | <a href="#">Online Cookery Session Tickets, Mon 19 Sep 2022 at 17:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Online cookery                                                                                 |
|                                                            | <a href="#">Check In and Chat - Susan Brooks - EP Tickets, Wed 21 Sep 2022 at 19:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Online check in and chat                                                                       |
|                                                            | <a href="#">Tourette's and ASD Talk Tickets, Mon 26 Sep 2022 at 19:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Autism / Tourettes                                                                             |
| <a href="#">Supporting</a> Links                           | Alongside our usual Parenting Courses, Supporting Links are pleased to be offering the following <b>8</b> workshops this coming <b>Autumn Term</b> . These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                |
|                                                            | <a href="#">ASD &amp; ADHD: Anxiety and Stress. For parents/carers in Herts (536) Registration, Thu 29 Sep 2022 at 19:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Autism/ADHD – Anxiety / Stress                                                                 |

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|                              | <a href="#">Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(539) Registration, Mon 3 Oct 2022 at 12:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Autism/ADHD – Coping with Change                                                                                       |
|                              | <a href="#">Talking ASD and ADHD: Tech Use (541). For parents/carers in Herts. Registration, Tue 11 Oct 2022 at 19:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Autism/ADHD – Tech use                                                                                                 |
|                              | <a href="#">Talking ASD &amp; ADHD: Responding to Anger. For parents/carers in Herts (537) Registration, Thu 20 Oct 2022 at 09:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Autism/ADHD - Anger                                                                                                    |
|                              | <a href="#">Talking ASD and ADHD: The teenage years. For parents/carers in Herts (540) Registration, Wed 2 Nov 2022 at 19:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Autism/ADHD – Teenage years                                                                                            |
|                              | <a href="#">Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (542) Registration, Thu 10 Nov 2022 at 12:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Autism/ADHD – School Avoidance                                                                                         |
|                              | <a href="#">Talking ASD &amp; ADHD: Anxiety and Stress. For parents/carers in Herts (535) Registration, Wed 23 Nov 2022 at 09:30   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Autism/ADHD – Anxiety / Stress                                                                                         |
| <a href="#">Family Lives</a> | <p><a href="#">Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online (6 weeks)</a></p> <ul style="list-style-type: none"> <li>• Thursday 15th September to 20th Oct, 9.30 – 11.30</li> <li>• Tuesday 4th October to 15th November, 9.30-11.30</li> <li>• Tues 8th November to 13th December 7.30pm – 9.30pm</li> <li>• Wednesday 9th November to 14th December, 9.30 – 11.30</li> </ul> <p>This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential. Sessions will cover : * ADHD - a whole-family issue / * Understanding your child's behaviour / * Helping your child manage their feelings and outbursts / * Balancing support of siblings / * Learning new parenting strategies to address challenging behaviour and to make a difference in your family life</p> <p><a href="#">Getting on with your Pre Teen/Teenager (6 weeks) – Online (6 weeks)</a><br/>Thursday evening 6th Oct to 17th November 7.00pm - 9.00pm</p> <p>This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of: * Risky behaviour online through social media / * Attraction to or involvement in gangs / * Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour</p> <p>We accept referrals from professionals as well as self-referrals. Please click here <a href="#">referral form</a> for the online referral form. Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> with the password sent in a separate email. Parents can also email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> or call us on 0204 522 8700 or 0204 522 8701 for more information.</p> | <p>Confident Children – for parents/carers of children with ADHD/Autism</p> <p>Getting on with Pre-Teen / Teenager</p> |

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| <a href="#">Family</a> Lives           | <p><b>Helpline</b> We offer a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on <b>0808 800 2222</b> for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm</p> <p><b>Live Chat</b> Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between <b>10.30am to 9pm</b>. You can contact us about any family or parenting issue. To start a chat, you can click on the '<a href="#">Live chat</a>' button when the service is available. Please note, the service is closed on weekends and bank holidays.</p> <p><b>Email</b> You can contact <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a> about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.</p> <p><b>Forum</b> Our <a href="#">forums</a> are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life. If you are concerned about a post or experiencing technical issues, you can <a href="#">email us</a>.<br/><a href="https://www.facebook.com/FamilyLivesHertsandBeds">www.facebook.com/FamilyLivesHertsandBeds</a></p>                                                                      | Help / Live Chat / Contact                                                                                                |
| <a href="#">Families</a> in Focus CIC  | <p><b>Complete guide to parenting children with SEND</b><br/>10 Week Course. Parent/Carer of children aged 2 to 11 with all SEND<br/>Wednesday Mornings via Zoom 9:30am to 11:30am - September 14, 21, 28. October 5, 12, 19. November 2, 9, 16, 23<br/>OR<br/>Wednesday Evenings via Zoom 6:30pm to 8:30pm - September 14, 21, 28. October 5, 12, 19. November 2, 9, 23<br/>Bookings : <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a> <a href="https://www.familiesinfocus.co.uk/send-courses">www.familiesinfocus.co.uk/send-courses</a></p> <p><b>Handling Anger in your child with ADHD and/or Autism</b><br/>6 Week Course. Parents of Primary Aged Children with ADHD and or Autism<br/>Thursday mornings 9:30am to 11:30am - September 15, 22, 29. October 6, 13, 20.<br/>OR<br/>Monday Evenings 6:30pm to 8:30pm - September 12, 19, 26. October 3, 10, 17<br/>OR<br/>Thursday mornings 9:30am to 11:30am - November 3, 10, 17, 24. December 1, 8<br/>Bookings : <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a><br/><a href="https://www.familiesinfocus.co.uk/send-courses">www.familiesinfocus.co.uk/send-courses</a></p>                                                                                                                                                                                                                                                                                                                                       | <p>Guide to parenting - All SEND, children aged 2 to 11</p> <p>Handling Anger<br/>ADHD and/or Autism<br/>Primary Aged</p> |
| <a href="#">Ambitious</a> About Autism | <p><a href="https://ambitiousaboutautism.org.uk">Join the Ambitious Youth Network (ambitiousaboutautism.org.uk)</a><br/>The Ambitious about Autism youth network is a fun and friendly space for autistic young people, between the <b>ages of 16-25</b>, to meet other autistic young people and be themselves. It offers them a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel.<br/>Young people will be able to take part in peer support sessions which are held on <b>Tuesday and Thursday evenings between 5:45-6:45</b> over Zoom. These sessions are a chance to meet new autistic young people across the country, share experiences and find volunteering, work experience and employment opportunities. Sessions are a safe environment where you can stay within your comfort zone, there is no pressure to turn on your camera or microphone. You can choose to participate or just observe.<br/>The sessions are led by <a href="#">Ambitious staff</a> trained in safeguarding, who you may contact at any point if you are uncomfortable or feel unsafe. Every session has a different theme, past sessions have included arts and crafts, comedy night, DJ sessions, language lessons, and a monthly general knowledge quiz. Youth network members over the age of 18 also have a chance to instant message each other on the platform. To access the peer sessions, you will need to <a href="#">request to join the youth network</a>.</p> | Autism / Youth                                                                                                            |

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| <a href="#">Families</a> Feeling Safe                                              | The courses are fully funded by HCC for families who have needs in Hertfordshire. Please would you kindly promote the following courses to parents and carers and to other colleagues on your networks. For all enquiries and to make a referral, please email <a href="mailto:enquiries@familiesfeelingsafe.co.uk">enquiries@familiesfeelingsafe.co.uk</a><br><br><b>For Dads, Step-Dads and male carers</b><br><a href="#">A FREE ONLINE course for Dads, Step-Dads and Carers • Families Feeling Safe</a> <ul style="list-style-type: none"><li>Online Tuesday evenings 7.30pm - 9.00pm 13, 20, 27 Sept, 4, 11 &amp; 18 Oct 2022</li></ul> | Protective Behaviours – Male Carers    |
|                                                                                    | <b>For Mums, Dads &amp; Carers</b><br><a href="#">A FREE course for Mums, Dads, Step-parents and Carers • Families Feeling Safe</a> <ul style="list-style-type: none"><li>Stevenage at The Oak Suite, Peartree Spring Primary School, SG2 9GG Wednesdays 9.30am—11.30am 21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 &amp; 23 Nov 2022</li><li>Bushey at The Hub, Bournehall Primary School, WD23 3AX Tuesdays 11.30am – 1.30pm (arrival 11-11.15am) 20, 27 Sept, 4, 11, 18 Oct, 1, 8 &amp; 15 Nov 2022</li></ul>                                                                                                                                     | Protective Behaviours – Parents/Carers |
| Child Wellbeing Practitioners<br><a href="#">Hertfordshire Community NHS Trust</a> | <a href="#">School Transitions: Managing Anxiety &amp; Worries in Children &amp; Young People Tickets, Thu 8 Sep 2022 at 18:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | School Transition                      |
|                                                                                    | <a href="#">Supporting Your Child With Sleep Difficulties Tickets, Tue 13 Sep 2022 at 10:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Sleep Difficulties                     |
|                                                                                    | <a href="#">Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 14 Sep 2022 at 10:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Self-Regulation                        |
|                                                                                    | <a href="#">Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 21 Sep 2022 at 18:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Wellbeing – 11 to 16 years             |
|                                                                                    | <a href="#">Adolescent Self-esteem Workshop Tickets, Wed 28 Sep 2022 at 18:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Adolescent Self-Esteem                 |
|                                                                                    | <a href="#">Supporting Your Child's Self-esteem Tickets, Thu 29 Sep 2022 at 10:00   Eventbrite</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Self Esteem                            |
| <a href="#">Carers</a> in Herts                                                    | <a href="#">Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – (HPFT or Step 2) – delivered by Carers in Herts- parents need to book on but its free</a><br><br><a href="https://www.carersinherts.org.uk">CAMHS Online Support Group (carersinherts.org.uk)</a>                                                                                                                                                                                                                                                                                                                                             | Support Groups                         |
| Up on <a href="#">Downs</a>                                                        | <a href="#">UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire Family Support Meeting - Up On Downs</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Down Syndrome – Family Support Meeting |
| <a href="#">The Hertfordshire Local Offer</a>                                      | Local Offer<br>This short video (less than a minute) is designed to give an understanding of what the Local Offer website is, and what kind of information and resources they can find on there. You can see the video on Youtube here: <a href="https://youtu.be/hmcGbFqmsl8">https://youtu.be/hmcGbFqmsl8</a>                                                                                                                                                                                                                                                                                                                               | Local Offer                            |

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| Services for Young People                                                          | <p>Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin young People's Centre. Ages 13-17</p> <p>Wednesdays, 6:30pm to 8:30pm / Term Time Only / Bookings always needed - FREE</p> <p>Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD</p> <p><a href="mailto:sfyp.northherts@hertfordshire.gov.uk">sfyp.northherts@hertfordshire.gov.uk</a> / 01438 843340 or text: 07860 065 178</p> <p><a href="#">Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin Young People's Centre   The Services for Young People North H...</a>   <a href="#">Services for Young People Listings</a></p> | Young People with Learning Disabilities  |
| Family Centre SEND Drop-In                                                         | <p>First Thursday of each month – booking via Eventbrite <a href="#">Herts Family Centre Service - North Herts District Events   Eventbrite</a></p> <p><a href="http://hertsfamilycentres.org">School nurses in Hertfordshire (hertsfamilycentres.org)</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Family Centre SEND Drop-In School Nurses |
| <a href="#">Herts Disability Sports Foundation - Herts Disability (hdsf.co.uk)</a> | <p>Herts Disability Sports Foundation is proud to promote the development of disability sport in Hertfordshire.</p> <p>We provide a wide variety of sports activities for people with a disability and pride ourselves on being able to adapt activities to suit the needs of the participants.</p> <p>We work with Individuals, groups, schools and businesses. See website to find activities.</p>                                                                                                                                                                                                                                                                                                                        | Disability Sports                        |
| Mental Health Support                                                              | <p>Young Minds – young people's mental health</p> <p><a href="#">Parents' Guide to CAMHS   Guide for Parents   YoungMinds</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Young People's Mental Health             |
|                                                                                    | <p><a href="#">If your child is too anxious to go to school (hertfordshire.gov.uk)</a></p> <p>School Avoidance/Anxiety - Webinar and Resources: <a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Too anxious to go to school              |
|                                                                                    | <p><a href="#">Togetherall</a> clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Peer support 16+                         |
|                                                                                    | <p><b>Just Talk Herts</b></p> <p><a href="http://justtalkherts.org">Just Talk (justtalkherts.org)</a></p> <p><a href="#">Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Resources                                |
|                                                                                    | <ul style="list-style-type: none"> <li><a href="#">NHS England » What to do if you're a young person and it's all getting too much</a></li> <li><a href="#">NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health</a></li> <li><a href="http://hwehealthiertogether.nhs.uk">Home :: Hertfordshire and West Essex Healthier Together (hwehealthiertogether.nhs.uk)</a></li> <li><a href="http://hertfordshire.gov.uk">Services for Mental health and wellbeing (hertfordshire.gov.uk)</a></li> </ul>                                                                                                                                | Support                                  |
|                                                                                    | <p><a href="#">Skills for Carers - First Steps ED</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Body Image                               |

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| SEND Support | <ul style="list-style-type: none"> <li>• <a href="http://hertfordshire.gov.uk">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li>• <a href="http://hertfordshirefamiliesfirst.org.uk">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li>• <a href="http://hertfordshire.gov.uk">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li>• <a href="http://hertsparentcarers.org.uk">Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li>• <a href="http://hertsparentcarers.org.uk">Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li>• <a href="http://hertfordshire.gov.uk">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li>• <a href="http://hertfordshire.gov.uk">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li>• <a href="http://hertfordshire.gov.uk">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li>• <a href="http://hertfordshire.gov.uk">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li>• <a href="http://hertfordshire.gov.uk">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li>• <a href="http://hertfordshire.gov.uk">The Dyslexia-SpLD Trust - Parents</a></li> </ul> | SEND Support    |
| SPACE Herts  | <p>All ages, borrow sensory, educational practical</p> <p>If you live in Hertfordshire and your child has additional needs, SPACE operate <a href="#">Hertfordshire's only specialist equipment ending library</a>. Visit them to:</p> <p>borrow sensory, educational and practical resources for free</p> <p>get some friendly advice and help on equipment for your child's specific needs</p> <p>find a listening ear for emotional and practical support</p> <p>benefit from signposting: knowledge and understanding of local resources, as well as community and statutory services</p> <p>Stay for a drink and a chat with the SPACE team and other parents /carers. Children are welcome! <b>Mondays, Wednesdays and Saturdays 9.30am - 12.30pm - Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE</b> For more information or queries please follow our <a href="#">Lending SPACE Facebook page</a> or email <a href="mailto:lendingspace@spaceherts.org.uk">lendingspace@spaceherts.org.uk</a>.</p>                                                                                                                                                                                                                                                                                                    | Lending Library |