

Dear Parent/Carers,

Welcome back to the Autumn Term. In this DSPL8 Parent/Carers Newsletter please find the following:

<u>DSPL8 Courses & Support</u>	<u>Booking Link/Website</u>
Emotional Based School Avoidance (EBSA) Coffee Morning: 26.09.2023	https://dspl8ebsasept23.eventbrite.co.uk
Raise Resilience: Six-session course for Parents - Starting 02.10.2023	https://bounceforward.com/raise-resilience-dacorum/
Autumn Term DSPL8 Parent/Carer Support	https://dacorumspl.org.uk/wp-content/uploads/2023/07/DSPL8-Parent-Carer-Support-2023-24.pdf https://dspl8.eventbrite.co.uk/

Please also view the most recent Dacorum Parent/Carers Courses and Support PDF for the following local updates, via: <https://dacorumspl.org.uk/wp-content/uploads/2023/09/Dacorum-ParentCarers-Courses-and-Support-Autumn-Term-06.09.2023.pdf>

<u>Dacorum Parent/Carers Courses & Support</u>	<u>Booking Link/Website</u>
Back to School Anxiety	https://www.hertfordshire.gov.uk/microsites/local-offer/education-support/get-help-to-access-learning/if-your-child-is-too-anxious-to-go-to-school.aspx
Services for Young People Consultation	https://servicesforyoungpeople.org/about-services-for-young-people/news/redesign-consultation-2023/
Hertfordshire Family Centre Consultation	www.hertfordshire.gov.uk/familycentreconsultation
'Introduction to the SEND Local Offer website' – webinar	www.hertfordshire.gov.uk/localoffer
New Avoidant Restrictive Food Intake Disorder (ARFID) animations (all ages)	https://youtu.be/f3pDRa5B6is https://www.youtube.com/watch?v=00XFt-igFG8
Hertfordshire Family Centre Service SEND Chat and Play	See page 4 to Dacorum dates and location
Health Hub Dacorum Newsletter	https://dacorum-mail.co.uk/3QGJ-1KM10-890D5C1755B0D1818MVTLEBD6C5FDE9D0333D5/cr.aspx
DS Achieve Autumn Term training & Events	https://dsachieve.org/events
Community Action Dacorum Training & Development	See details on page 7
SPACE Hertfordshire September & October Activities	https://www.eventbrite.co.uk/o/space-hertfordshire-29155520957
Families in Focus Autumn Term Courses	See details on pages 9 & 10
Family Lives Autumn Term Groups	See details on Page 11
Supporting links: Autumn Term courses & Workshops	See details on Page 12
SEND Drop-in sessions	See flyer on page 13
Parenting Courses and Support in Dacorum Autumn Term 2023	https://dacorumspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf

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

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

Kind Regards,

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



Emotional Based School Avoidance (EBSA) Coffee Morning September 2023

The September coffee morning is now open on Eventbrite for booking via:
<https://dspl8ebsasept23.eventbrite.co.uk>



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

Tuesday 26th September 2023

10.30am- 12pm

Location; Myatt Room, Hobbs Hill Wood Primary School,
Peascroft Road, HP3 8ER

- **Does your child's school avoidance affect you as a Parent/ Carer?**
- **Would you like a safe space to share your experiences with others?**

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



Booking Link: [www.dspl8.eventbrite.com](https://dspl8.eventbrite.com)


Fully funded by DSPL8 for Dacorum families



Delivering Special
Provision Locally

Raise Resilience: Six-session course for Parent

Find out more & register via
<https://bounceforward.com/raise-resilience-dacorum/>



Raise Resilience

Find out more & register

DSPL Delivering Special Provision Locally

A six-session course for parents

Help you and your children to develop the mental resilience needed to face setbacks that will inevitably come throughout life.

With your help your children can learn to look after their emotional wellbeing, feel able to navigate life effectively, and thrive.

Course Content

- ✓ How brains work, the link between thoughts, feelings and behaviour
- ✓ The role of flexible thinking and optimism during times of uncertainty
- ✓ How children can gain more control over how they feel and behave and develop more empathy for themselves and others
- ✓ Breaking the nagging and bickering cycle and connecting with your children over the really big issues

Course Highlights

- ✓ Six, 1-hour sessions
- ✓ Downloadable activities
- ✓ Lifetime access to recordings

Date & Time

Starting 2nd October
at 8PM



Autumn Term DSPL8 Parent/Carer Support

Please find below the Autumn Term parent/carers support; bookings will open monthly on Eventbrite, via: <https://dspl8.eventbrite.co.uk/>

To view the full Parent/Carer Support for 2023-24, via:

<https://dacorumspl.org.uk/wp-content/uploads/2023/07/DSPL8-Parent-Carer-Support-2023-24.pdf>

DSPL8 Parent/Carer Support 2023-24

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

Dates for the Autumn, Spring & Summer Terms are available overleaf.

ADD-vance Mini Consultation

Free mini consultations for parent/carers in Dacorum. Facilitated by ADHD/Autism Specialist Coaches from ADD-vance. DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected). This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom. **Dates are released monthly on Eventbrite.** Book a 30 minute session via Eventbrite: www.dspl8.eventbrite.com



Emotional Based School Avoidance (EBSA) Coffee Mornings

Free for parent/carers in Dacorum. Our DSPL8 SEND School Family Workers will be hosting an informal coffee morning for you to share experiences and support each other with your child's school avoidance. **Dates are released monthly on Eventbrite.** Register your attendance via Eventbrite: www.dspl8.eventbrite.com



SEND Surgeries

Dacorum Family Services North & East: our Partnership are offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs. To book, please go to www.dspl8.eventbrite.com and choose a 30 minute session, providing details of the topic that you would like to cover. **Dates are released monthly on Eventbrite.**



Gade support School Family Support and Kings Langley Partnership:

our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.



See the end of the document for a list of schools in each Partnership.

Bounce Forward Courses

These courses are offered Free for parent/carers in Dacorum. Bounce Forward are facilitating 3 online courses to help parent/carers support your children with the following:



- Raise Resilience
- Anxiety Unravelling
- Navigating Transition

If you are unable to attend the live session, the courses are recorded and emailed to attendees, who have pre-registered, to watch at a more convenient time.

Booking is directly with Bounce Forward and booking links will be advertised in the previous half term.

Website: www.dacorumspl.org.uk
Facebook: www.facebook.com/dspl8dacorum

Email: dspl@kls.herts.sch.uk
Instagram: https://www.instagram.com/dspl_dacorum/

Continue overleaf.....



Autumn Term DSPL8 Parent/Carer Support continued....

DSPL8

Delivering Special
Provision Locally**DSPL8 Parent/Carer Support 2023-24**

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

Autumn 2023 Term

<u>ADD-vance</u> <u>Mini Consultation</u> 	13/09/2023 03/10/2023 09/11/2023 06/12/2023	10.00-11:30 10.00-11:30 19:00-20:30 10.00-11:30	Online <i>(see more information and booking link on front page)</i> You will receive an online meeting link directly from ADD-vance
<u>Emotional Based School</u> <u>Avoidance (EBSA)</u> <u>Coffee Mornings</u> 	26/09/2023 23/11/2023	10:30-12:00 10:30-12:00	Myatt Room Hobbs Hill Wood Primary School, Peascroft Road Hemel Hempstead, HP3 8ER
<u>SEND Surgeries:</u> <u>Dacorum Family Services</u> <u>North & East</u> 	21/11/2023	09:30-12:30	Online <i>(see more information and booking link on front page)</i> You will receive an online meeting link directly from the DSPL8 SEND School Family Workers
<u>Bounce Forward Course:</u> <u>Raise Resilience</u> 	02/10/2023 – 13/11/2023 (excluding Half Term)	20:00-21:00	Online Booking Link: https://bounceforward.com/raise-resilience-dacorum/

Dates are released monthly on Eventbrite
(accept Bounce Forward courses, which are booked directly)
Register your attendance via Eventbrite: www.dspl8.eventbrite.com

Website: www.dacorumdspl.org.uk
Facebook: www.facebook.com/dspldacorum

Email: dspl@kls.herts.sch.uk
Instagram: https://www.instagram.com/dspl_dacorum/

Website: www.dacorumdspl.org.ukEmail: dspl@kls.herts.sch.ukEventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: www.facebook.com/dspldacorumInstagram: https://www.instagram.com/dspl_dacorum/

Local School Partnership's

Student and Family Support Services

Gade Schools Family Support and Kings Langley Partnership



As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.

Parent Support Services—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support.

Pupil Support Services—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.

SEND Support—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.

Parent Courses and Workshops – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behaviour, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.

Parent Surgeries – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site www.gadeschoolsfamilysupport.co.uk

Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 07538 232069 .

Our Service is only able to work with Parents who have children in one of our Partnership Schools. Schools in our Partnership are:

Kings Langley Partnership: Kings Langley Secondary, Kings Langley Primary, Sarratt Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

Gade Schools Family Support: John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

www.gadeschoolsfamilysupport.co.uk

Partnership Office: 07538 232069



Dacorum Family Services North & East**What we offer**

- 1-2-1 sessions with our family workers
- Home visits
- Surgeries at your local school/virtual
- SEND Surgeries at your local school/virtual
- Subject specific online workshops
- Parenting advice and courses
- Help to access local services
- Signposting to counselling & wellbeing services
- Signposting to adult learning and development
- Positive activities for children, young people and their families
- 1-2-1 support for children and young people
- Domestic abuse support
- Family breakdown support
- Debt advice & signposting
- Specialist SEND support
- Wellbeing advice for children and young people

**Free,
Confidential
Advice and
Support
Service for Local
Families**

School Family Worker

A personal and confidential service that addresses any needs or concerns raised by the family or school

**SEND School Family Worker**

Specialist support for higher need SEND families

**Pupil Support Worker**

Specialist support for pupils to address an identified concern highlighted by the school or family. 1-2-1 and group work specific programmes

**DFS North & East Partnership Schools**

St Albert the Great, *Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, *Brookwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, *Longdean, Little Gaddesden, Long Marston, Maple Grove, *Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield, Yewtree

*Signposting service only

**Dacorum Family Services North & East
Office: 01442 401222 Ext 5
www.dacorumfamilyservices.org.uk
Term Time only**



Carers in Hertfordshire

Making Carers Count

About Us

Carers in Hertfordshire is the leading countywide charity for unpaid carers looking after a partner, relative, friend or neighbour due to illness, frailty, mental health needs, disability or substance misuse.

We support all carers - children and adults - living, working or caring in Hertfordshire, and bereaved carers for three years after the death of the person they cared for.

Carers do not have to live with the person they are looking after to receive help and advice.

For more information about our services or how you can support our work, see the contact details below.

Join the online conversation!

Find us on Facebook www.facebook.com/carersinherts

Twitter @CarersinHerts and LinkedIn

www.linkedin.com/company/carers-in-hertfordshire and our Carers in Hertfordshire YouTube Channel



To contact Carers in Hertfordshire

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

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit: www.carersinherts.org.uk



ISL SEND Duty Lines & SEND advice lines for Parents/Carers

<https://www.hertfordshire.gov.uk/microsites/local-offer/contact-a-send-service.aspx>

ISL St Albans and Dacorum Monday – Friday: 9am – 5pm STADAC.ISLTEAM@hertfordshire.gov.uk

Specialist advice lines

Educational psychology advice line

Unfortunately we are not able to continue with our Contact Line in the Summer term 2023 due to staff shortages. We hope to be able to start running this again from September 2023.

Specific Learning Difficulties (SpLD)

01442 453 920 (term time only) Thurs, 9.30am - 12pm

Speech, Language, Communication and autism Needs (SLCA)

01442 453 920 (term time only) Tues and Weds, 1.30pm - 4pm

Early years (0 - 5)

01442 453 920 (term time only) Weds 9am - 12pm and Thurs 1.30pm - 4pm

Physical and neurological impairment team (PNI)

01442 453 920 (term time only) Mondays, 1.30pm - 4pm

West team Attendance Duty

01442 454 778 Monday – Friday 9:30am-4pm

Education Support for Medical Absence (ESMA)

<https://www.hertfordshire.gov.uk/microsites/local-offer/education-support/get-help-to-access-learning/education-support-for-medical-absence.aspx>

Children and young people's therapy services

(Advice from occupational therapists, physiotherapists and speech and language therapists) 01923 470680 – select Option 3 for the therapy service. Callers then choose to use the service Advice Line (select 1) or to speak to an administrator (select 2). Or email hct.cyptherapies1@nhs.net



SUPPORT



ADD-vance Helpdesk is open from 9am to 1pm every weekday via 01727 833963 or email to herts@add-vance.org Website - www.add-vance.org Facebook – www.add-vance.org/parents/



Hertfordshire Local Offer The Local offer lets parents and young people know what special education needs and disabilities services are available in Hertfordshire and who can access them. <https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx>



Herts Help a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life. Call us on **0300 123 4044** or email info@hertshelp.net



Hertfordshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: sendiass@hertfordshire.gov.uk or 01992 555 847



Hertfordshire Additional Needs Database (HAND) voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond). Contact via: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx> or email hand@hertfordshire.gov.uk



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

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



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

<https://www.carersuk.org/help-and-advice/financial-support>



Carers in Hertfordshire provides advice, information and support to unpaid carers.

Website - www.carersinherts.org.uk Telephone – 01992 586969 (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



Hertfordshire Mind - If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Available to provide emotional support 24 hours a day, every day of the week. To contact the helpline please call us on **01923 256391**.





Hertfordshire Wellbeing Service offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress. <http://talkwellbeing.co.uk/>



Healthy Young Minds in Herts - Wellbeing advice and tools for young people, parents and carers. <https://www.healthyyoungmindsinherts.org.uk/>



Just Talk Herts – Mental Health support and advice for young people. www.justtalkherts.org



Family Lives – Parenting and Family support Helpline 0808 800 2222



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



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



Hertfordshire County Council Children's Services - 0300 123 4043



Samaritans - 116 123



ChildLine - 0800 1111



Herts Parent Carer Involvement HPCI – Independent parent carer led organisation which aims to improve services for children and young people who have SEND – 07840 360 245
<https://www.hertsparentcarers.org.uk/>

With YOUTH - Our digital service provides support to children and young people who are experiencing mental health needs or would like support with their emotional wellbeing. Open **Monday –**



Friday from 2pm – 10pm. Find more information via: <https://www.withyouth.org/> or call us on **0208 189 8400**

