

Dear Parent/Carers,

In this DSPL8 Parent/Carers Newsletter please find the following: Dacorum Parent/Carers Courses and Support newsletter:

Kind Regards,

DSPL 8 Team – Ruth Mason, Faye Lyness

<u>Courses & Support</u>	<u>Booking Link/Website</u>
DSPL Bounce Forward Raising Resilience	Webinar Registration - Zoom
Hertfordshire SEND Newsletter	SEND news - (hertfordshire.gov.uk)
My Voice In Art	Opportunity for those with SEND to contribute art work to Hertfordshire SEND Festival of Practice— Art Entry
Children's Well being Practitioners Online workshops	https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787
NESSIE—parenting support online and webinars—focus on those struggling to attend school	Course link and Hertfordshire Offer
ADHD and Autism Workshops for Young people (7-16 year olds)	Link to all the providers in Hertfordshire Courses starting soon
Parenting Courses	Family Lives Families In Focus Supporting Links
Local Dacorum Emotional Based School Avoidance (struggling to attend school) Coffee Mornings Booking via DSPL 8 Eventbrite	1st October 2024 26th November 2024 Dspl8.eventbrite.co.uk



DSPL8 Raising Resilience Course

Webinar Registration - Zoom




Raise Resilience

Find out more & register



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 3rd October at 6.30PM
10th, 17th, 24th Oct (break) 7th & 14th Nov



Hertfordshire SEND News

Follow this link to subscribe to weekly SEND newsletter regarding SEND matters in Hertfordshire

[SEND news - 30 August 2024 \(hertfordshire.gov.uk\)](#)



The banner features a purple background with a white circular graphic on the left containing a stylized family icon (two adults and a child) and the text "SEND 0-25 years Hertfordshire's Local Offer". To the right, the text "SEND News" is written in large, bold, pink letters. Below this, it says "Keeping you up-to-date with Hertfordshire's SEND information (including HAND)" in white, with a pink handprint icon to the right. At the bottom, there are three navigation links: "Front page", "Who's Who in SEND services", and "SEND Local Offer".

SEND
0-25 years
Hertfordshire's Local Offer

SEND News

Keeping you up-to-date with
Hertfordshire's SEND information
(including HAND)

Front page Who's Who in SEND services SEND Local Offer



My Voice In Art

For more information follow this link



The poster features the title 'My Voice in Art' in pink, followed by the text 'Let's celebrate the power of art and inspire others!' in blue. Below the text is an illustration of a brown hand holding a pink pencil, drawing a white diamond shape on a white background. To the right of the diamond is a pink silhouette of a family (two adults and a child). The background has light green brushstroke accents.

My Voice in Art - art contest

We're proud to announce the "My Voice In Art" art contest! We are encouraging children and young people with SEND across Hertfordshire to submit their artwork for display at the SEND Festival of Practice Launch Event. Show us your preferred communication style through your own unique and creative lens for the chance of winning a prize!



NHS Children's Well Being Practitioners

Children's Wellbeing Practitioner Eventbrite page: <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>

For link to service and Emotional Based Non School attendance webinar [Service details | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)

Children's Wellbeing Practitioner Workshops October-December 2024

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

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

Workshop	Date & Time
<p style="text-align: center;">Emotional Wellbeing (For Young People 11-16)</p> <p>A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.</p>	Thursday 21 st November 6-8pm
<p style="text-align: center;">Adolescent Self-Esteem and Resilience</p> <p>A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.</p>	Thursday 28 th November 6-8pm
<p style="text-align: center;">Supporting your Child's Self-Esteem and Resilience</p> <p>A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.</p>	Monday 28 th October 6-8pm Wednesday 11 th December 10-12pm
<p style="text-align: center;">Supporting with Sleep Difficulties</p> <p>This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.</p>	Wednesday 2 nd October 6-8pm Monday 2 nd December 6-8pm
<p style="text-align: center;">Developing your Child's Emotional Literacy</p> <p>A workshop focused on parents supporting their child with developing emotional literacy.</p>	Tuesday 1 st October 10-12pm Monday 4 th November 6-8pm Thursday 12 th December 10-12pm
<p style="text-align: center;">General Emotional Wellbeing and Regulation Tips for Parents</p> <p>A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.</p>	Tuesday 15 th October 10-12pm Monday 11 th November 10-12pm Tuesday 17 th December 6-8pm

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



Hertfordshire Community
NHS Trust



Website: www.dacorumdspl.org.uk



Email: dspl@kls.herts.sch.uk



Eventbrite: <https://dspl8.eventbrite.co.uk/>



Facebook: www.facebook.com/dspldacorum



Instagram: https://www.instagram.com/dspl_dacorum/



Parenting can be a challenge, but Nessie can help!

Helping young people to overcome worries and problems can be difficult for parents/carers to manage, especially at this time of year when young people are going back to school or college, or if other changes are happening. It can often be helpful to talk these issues through with someone who understands and knows what might help.

This autumn Nessie's free (NHS funded) Parenting Support Service is offering a range of support for parents of children who might be struggling to attend school or college, self-harming, experiencing bullying or any other problems that are adversely affecting their emotional wellbeing/mental health:

[Online peer support group](#) :Tuesdays, 9.30-11.30am: for parents/carers with children who are struggling to go to school/college or not attending (EBSA).

[Monday 30 September, 9.30-11.30am](#): Supporting children/young people with self-harming behaviours:

[Thursday 3 October, 9.30-11.30 am](#): Supporting children/young people who are struggling to attend school (EBSA)

[Thursday 17 October, 9.30-11.30am](#):Supporting children/young people with bullying.

If parents/carers are unable to attend these live webinars, they are being recorded and will be available to watch. Helpline, Facebook group and one to one support.

As well as the peer support group and webinars, Nessie's parent support service offers one to one appointments, a moderated FB group and a helpline with an opportunity to speak to specialist Family Support Worker on: 07932 651319.

Find out more about all of NESSIE's free services for Hertfordshire's parents/carers at: [Hertfordshire parents - Nessie IN ED, CIC](#)



Autism and ADHD Courses for Children and Young People

A new series of courses are now being funded and run in Hertfordshire.
There are online and face to face courses for children and young people from variety of providers.
There are day time and after school courses available.
Follow this link to the funded providers and choose your course.
[Autism / ADHD Courses for Young People](#)

Courses and workshops for children and young people

We have a range of webinars 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.

Referrals are welcome from professionals, parents or young people.



DSPL8 Parent/Carer SupportAutumn 2024

<p><u>Emotional Based School Avoidance (EBSA) Coffee Mornings</u></p> 	<p>01/10/24</p> <p>10.30am —12pm</p>	<p>10.30am —12pm</p>	<p>Gade Community Room c/o Chaulden Junior School, School Row, HP1 2JU</p> <p>Services for Young People, XC Centre Jarman Park, First Floor, HP24JS</p>
<p><u>SEND Surgeries</u></p>  <p><u>Dacorum Family Services Schools</u></p>	<p>17/09/2024 19/11/2024</p>	<p>9.30am-12pm (half hour appointments)</p>	<p>Online Book via Event Brite You will receive an online meeting link directly from the DSPL8 SEND School Family Workers</p>
<p><u>Bounce Forward Course: Raise Resilience</u></p> 	<p>02/10/2024 — 13/11/2024 (excluding half term)</p>		<p>Online Booking Link: https://bounceforward.com/raise-resilience-dacorum/</p>





Positive Co-Parenting of Neurodiverse Children 8-week online facilitated group

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.



These 2 courses will be delivered via MS Teams, over 8 sessions on the following dates/times:

Date: Tuesday 1, 8, 15, 22 October & 5, 12, 19, 26 November

Time: 7.00 pm to 9.00 pm

Date: Thursday 3, 10, 17, 24 October & 7, 14, 21, 28 November

Time: 9.30 am - 11.30 am

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

SCAN ME

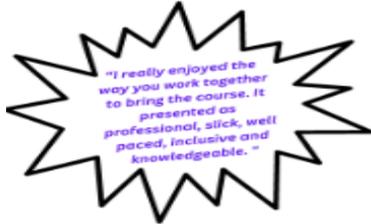


We build better family lives together

www.familylives.org.uk

@FamilyLivesHertfordshire





A complete guide to parenting children with Autism & ADHD

FREE, award-winning 10 - week course is for those parents living in Hertfordshire and parenting children with Autism or ADHD (inclusive of those with a diagnosis or awaiting assessment) aged two to 11 years.

Facilitated by founders, Lesley and Francine, our course will help parents:

- Gain a greater understanding and answer the question, 'Why does my child do that?'
- Learn a range of strategies and solutions, to better manage behaviours that challenge
- Understand sensory needs of children
- Increase understanding of children's common sleep issues
- Learn how to support siblings living with a neurodiverse sister/brother
- Communicate effectively with children to increase children's emotional regulation
- Meet other parents living in families similar and share experiences
- Learn techniques to manage stress, conflict and so much more....

Wednesday mornings 9.30am to 11.30am
September 11th, 18th, 25th &
October 2nd, 9th, 16th, 23rd &
November 6th, 13th, 20th



Email Francine & Lesley to secure your free place: bookings@familiesinfocus.co.uk or visit our website to see all course information: www.familiesinfocus.co.uk

Wednesday evenings 6.30pm to 8.30pm
September 11th, 18th, 25th &
October 2nd, 9th, 16th, 23rd &
November 6th, 13th, 20th

[Families in Focus | Courses for Parents, Hertfordshire](http://www.familiesinfocus.co.uk)



Other dates also available in Autumn Term[Families in Focus | Courses for Parents, Hertfordshire](#)

Families In Focus CIC
LOOKING FORWARD TOGETHER



Funded by HCC
Target Parenting Fund.

Handling anger of children with Autism & ADHD

Facilitated by founders Lesley and Francine,
our effective and award-winning anger management
course is free for parents of children 4-11 and living in
Hertfordshire

This course will help you and your family to:

*"I often use the analogy
of a toolbox of
approaches, and you
have helped replenish
mine with new strategies
and skills for home life
with three neuro diverse
children."
Parent quote*

Increase understanding of how Autism and ADHD affects
emotional regulation.

Increase awareness of a child's sensory needs

Increase your understanding of triggers that cause
children's angry outbursts.

Learn healthy anger management strategies for children
and parents to reduce angry reactions.

Discover creative ways to support children to 'let go' of
anger safely.

Gain effective empathic communication skills to increase
emotional regulation for the whole family.

Meet and share experiences with other parents.

**Tuesday mornings
9.30am to 11.30am**

**September
10th, 17th, 24th
&
October
1st, 8th, 15th**

Places are limited and booking essential.

To book your free places, email Francine & Lesley



bookings@familiesinfocus.co.uk

or

visit our website for more course information

www.familiesinfocus.co.uk



TALKING ADDITIONAL NEEDS



Mondays 8.00-9.30pm Online Course: ID 675

16th September - 21st October 2024

Our online support sessions are delivered weekly via Zoom.

Wednesdays 9.30-11.30am ST ALBANS Course: ID 676

6th November - 11th December 2024

Venue: St Albans (to be confirmed)

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict, anger and arguments.
- Improve Emotional Regulation
- Explore sensory needs.
- Motivate, encourage and support your child.
- Increase your child's resilience.
- Manage the different needs within your family.



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact
Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



TALKING ANXIETY in FAMILIES



Tuesdays 9.45-11.15am Online Course: ID 677

5th November - 10th December 2024

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of 12-19 year olds, supporting you to:

- **Understand why young people and adults get anxious.**
- **Develop strategies to handle anxiety in yourself and others within your family.**
- **Recognise the early signs of anxiety and be able to avoid escalation.**
- **Reduce stress and tension.**
- **Encourage resilient behaviour and strengthen relationships in the family.**

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'This course has helped us all to cope day to day.'

Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



These courses are provided free to parents by Hertfordshire
County Council's Targeted Parenting Fund



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



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

DFS North & East Partnership Schools

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

*Signposting service only

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

School Family Worker

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

**SEND School Family Worker**

Specialist support for higher need SEND families

**Pupil Support Worker**

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



Dacorum Family Services North & East
Office: 01442 401222 Ext 5
www.dacorumfamilyservices.org.uk
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](https://twitter.com/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

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**

