




















**Services in Hertfordshire and the UK for families of young people
with Additional Needs**






	<u>Parent courses, workshops, and support</u>
	<p>Add-vance; a voluntary organisation providing support for children, adults and families on issues relating to Autism and ADHD. They offer courses and workshops designed to help parents and carers build on existing skills to support their children. They provide a monthly support group, a Facebook support group and a telephone helpline, 01727 833 963. www.add-vance.org</p>
	<p>Angels; a voluntary, parent led group to support parents and carers of children with ADHD and autistic spectrum disorders in Hertfordshire. They offer groups for support, sharing ideas, difficulties and concerns. https://angelssupportgroup.org.uk/ Angels can be contacted on info@angelssupportgroup.org.uk</p>
	<p>DSPL is a Hertfordshire-wide partnership approach where parents, carers, staff in early years settings and schools, further education colleges, local authority officers and representatives from other agencies, work together as part of an Area Group, to ensure that there is a range of provision and support services available in their local community. Explore your local DSPL group, as services vary across the county. www.thegrid.org.uk/learning/sen/whole_school/dspl/</p>
	<p>Families in Focus provide free parenting courses in Hertfordshire. They also offer parent and carer groups where they are able to discuss the impact of disability on siblings and explore strategies to help siblings understand and manage behaviours that challenge. More information can be found on their website: www.familiesinfocus.co.uk, 01442 219720 or emailing – – bookings@familiesinfocus.co.uk.</p>
	<p>Families Feeling Safe - Herts Protective Behaviour Service: “a practical and down to earth programme for mums, dads and carers of children and teenagers 0-19 years old. It can enable mums, dads and carers to help their children to build self-esteem and confidence, improve their well-being and have strategies and ideas to keep themselves feeling safe”. They can also advise about what protective behaviour support can be accessed through your child’s School Partnership. www.familiesfeelingsafe.co.uk Tel: 01462 700021.</p>
	<p>H.A.R.C; (Hertfordshire Autism Resource Centre) in Hatfield, which is the Hertfordshire branch of the National Autistic Society and is run by volunteer members who are all parents of people with a diagnosis of autism. HARC provides support to individuals and their families, of all ages, who are finding difficulty in identifying support for their children following a diagnosis of autism. http://www.aspergers4herts.org/harc-support/ Tel: 07836 667 394. Email: support@harc-online.org.uk</p>
	<p>PACT for Autism (Parents and Children Together): Provides services including a Parent Helpline, monthly meetings with guest speakers, online forum and signposting. Also offer access to regular sport and leisure activities for children and their siblings, including trampolining and swimming. Telephone: 01279 430 300. Email: info@pactforautism.org.uk Website: www.pactforautism.org.uk</p>
	<p>SPACE - Support group for parents/carers of children with ASD, ADHD and related conditions. Groups are held in Buntingford, Cheshunt, Hatfield, Hertford, Hoddesdon, Ware and Welwyn. Groups have regular professional speakers, workshops, seminars and social events. SPACE has a library of books and resources available for lending. https://spaceherts.org.uk/</p>
	<p>Autism Hertfordshire: A voluntary organisation providing support for adults with autism and their families, offering guidance through staff and experts by experience. Provides workshops and 1:1 session designed to help adults with autism to develop emotional and practical skills to become independent. Also offer a fortnightly social group online, with the aim for individuals attending to develop social skills and positive relationships. 01727 743246, Monday- Friday 9-5pm, providing advice for staff and families of those living/ working with autistic individuals. Referrals can be made via enquiries@autismherts.org and https://www.autismbedfordshire.net/support-in-hertfordshire/</p>

	<p>NESSie provide an Early Help Parenting Support Service to parents/carers of Hertfordshire's children and young people with emotional and mental health issues. This service aims to help parents/carers in developing a positive and more confident approach to support their young person, whilst offering a chance to gain peer support, useful strategies, and practical tools. NESSie can be contacted Tel: 07932 651319, Web: Hertfordshire parents - NESSie IN ED, CIC</p>
	<p>First Steps provide support for children (5+) and their families, young people and adults affected by eating difficulties and disorder. First Steps can be contacted Tel: 0300 1021685, Web: Home - First Steps ED</p>
<p><u>Carer support and information for parents</u></p>	
	<p>Carers in Hertfordshire: offer support and information to unpaid family and friends who look after someone. They also offer support for Young Carers. They can be contacted on 01992 586969 or their website is www.carersinherts.org.uk</p>
	<p>Cerebra: A national charity providing help and information for children with neurodevelopmental conditions, including autism and intellectual disability. Offers a free library with an extensive collection of books. Offers advice from professionals in their Sleep Service. The Innovation service helps identify or create unique equipment for children with disabilities. Tel: 01267 244 200, Web: www.cerebra.org.uk</p>
	<p>Contact provides information, advice and support to families of children with disabilities across the UK. They bring families together so they can support each other and have a medical advisory panel to assist in providing medical information to families with disabled children. Their website includes fact sheets and information about a range of concerns. They can be contacted on 0808 808 3555 and offer an interpreting service in over 120 different language to callers using landline telephones in the UK. https://www.contact.org.uk/</p>
	<p>Family Lives, a charity who provide professional, non-judgemental support and advice about all aspects of family life including child development, issues with school and behaviours and parenting/relationship support. They can be contacted on 0808 800 2222. https://www.familylives.org.uk/</p>
	<p>Hertfordshire Additional Needs Database (HAND): a Council-run service which provides information on benefits, activities, support groups etc. for parents or carers of children aged 0-19 with additional needs (including ASD and LD). Provides parents or carers with the opportunity to influence the planning of services within Hertfordshire. Membership provides concessions to some leisure facilities within Herts. Tel: 01992 556 984. Email: hand@hertfordshire.gov.uk Web: https://www.hertfordshire.gov.uk</p>
	<p>Hertfordshire Mind Network. Hertfordshire Mind Carer's Service run local groups to meet other carers and support carer's mental wellbeing. They also run carer's pottery classes and offer counselling. Hertfordshire Mind Network – For better mental health (hertsmindnetwork.org)</p>
	<p>National Autistic Society (NAS), who provide information, advice and support for people with autistic spectrum disorders and their families. Their website includes fact sheets and information about a range of concerns including behavioural difficulties, toileting and sleeping concerns in the context of autism. They also offer an Autism Helpline which provides impartial, confidential information and advice for people with ASD and their families and carers. http://www.autism.org.uk/</p>
	<p>Scope: Support families of children with cerebral palsy and can provide written information about difficulties, such as toilet and sleep training. They can be contacted on 0808 800 3333. Further information can also be found on their website: http://www.scope.org.uk</p>
	<p>Family Fund; the UK's largest provider of grants to families raising children and young people with disabilities. They can be contacted on 01904 550055 or more information can be found on their website, www.familyfund.org.uk</p>



 <p>SENDIAS</p>	<p>SENDIAS is a single point of access for parents and carers of children and young people with special educational needs or disabilities (SEND) to access SEND information, advice and support. Support offers include understanding processes; accessing services (including community-based SEND services); preparing for meetings and accessing webinars for advice on specific subjects such as an Education, Health and Care Plans. SENDIAS can be contacted on 01992 555847 / Monday – Thursday 09:30 – 3pm and Friday 09:30 - 2pm and Email: info@hertssendiass.org.uk Website: www.hertfordshire.gov.uk/microsites/local-offer/support/sendias.aspx</p>
 <p>SPACE Autism ADHD Neurodiverse Conditions</p>	<p>Lending SPACE is an equipment library that can lend out sensory, practical and educational resources to families who live in Hertfordshire with children and young people with additional needs. More information can be found by emailing lendingspace.herts@gmail.com Website: SPACE Hertfordshire – Supporting families in Hertfordshire Autism ADHD Neurodiversity (spaceherts.org.uk)</p>
 <p>SOS!SEN Supporting children and young people with special educational needs and disabilities</p>	<p>SOS!SEN: "Offer a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND). Helpline: 0208 538 3731, Website: http://www.sossen.org.uk/index.php</p>
 <p>Herts mencap</p>	<p>Mencap: Offer advice around many aspects of supporting someone with a learning disability. Offer children's play schemes and young adult social groups in some areas of Hertfordshire: http://hertsmencap.info/welcome.html</p>
 <p>Downright Excellent Helping children with Down syndrome to flourish in life</p>	<p>Downright Excellent (DEx) provides vital support to children and young people aged 0-17 with Down syndrome, and their families, including communication and life skills, essential therapies, educational play, fun and social activities such as music, keep fit, science workshops, plus invaluable training and support for parents, carers, siblings and schools. They can be contacted on 07765 865758, Website: https://downrightexcellent.org/</p>
 <p>Kids</p>	<p>Kids is a national charity that offers information and support for parents and carers of disabled children and young people aged 0-19. The support offered includes: Drop-in crèches and nurseries for the under 5s, and youth clubs, short breaks and residential stays for young adults. For further information please visit their website at www.kids.org.uk</p>

Physical and Mental Health	
	<p>Mental Health Support Teams (MHSTs) are early intervention Mental Health support teams based in schools and colleges. MHSTs provide guided self-help interventions for parent/carers and children & young people for mild-moderate mental health difficulties and challenging behaviours. These may be short-term individual or group interventions, as well as workshops and signposting to other services. The MHST also works with schools to consider their Whole school approach to mental wellbeing.</p> <p>The MHST programme is a new initiative to increase access to mental health services for children and young people, and MHSTs are not currently available in all schools.</p> <p>In Hertfordshire the MHST in SEN schools provides this support to some SEN schools, adapting the approach for children with additional needs. The MHST in SEN schools provides consultation to MHSTs in mainstream schools to support those children with additional needs still in mainstream schooling. The MHST in SEN schools is hosted by PALMS.</p> <p>Ask your child's school whether they have an MHST as referrals are made by education staff.</p>
	<p>Children's Speech and Language Therapy (Hertfordshire Community NHS Trust). They offer assessment, diagnosis and treatment for children with a range of speech, language, communication and feeding difficulties.</p>


	https://www.hct.nhs.uk/service-details-/service/childrens-speech-and-language-therapy-20/
	Children's Occupational Therapy (Hertfordshire Community NHS Trust). Provide a specialist assessment, treatment and advice service for children who have a physical disability or a condition that impacts on their development and functional daily activities at home or school. https://www.hct.nhs.uk/service-details-/service/childrens-occupational-therapy-18/
	Paediatrician who may be able to provide further support and advice regarding the current difficulties.
	Health Visitors (Hertfordshire Community NHS Trust), who offer support under the remit of parenting children with additional needs (under 5 years of age) to help meet the family's current needs. https://www.hct.nhs.uk/service-details-/service/health-visitors-34/
	School Nurse, who may be able to provide further support and advice regarding the current difficulties.
	Single Point of Access (SPA) in Hertfordshire, who can be contacted when there are concerns regarding a young person's emotional wellbeing. They also accept self-referrals from parents with regards to these concerns. SPA can be contacted on 0800 644 101 or by emailing hpft.spa@nhs.net . SPA is a 24 hour service. SPA will screen the referral and consider which service in Hertfordshire will be most appropriate to support a young person's needs. This may include a referral to local specialist CAMHS or to the Step2 service.
	Hertfordshire Wellbeing Service: For ages 16 and over: "offer free, confidential talking therapy and practical support for people experiencing a wide range of very common emotional difficulties such as, anxiety, worry, low mood, depression and stress. We also provide support for carers and people who are struggling with the reality of living with long term physical health conditions." https://www.hpft.nhs.uk/services/community-services/wellbeing-service/
	Children's Wellbeing Practitioners Service (Hertfordshire Community NHS Trust), provide online workshops for young people & parents/carers of children and young people in Hertfordshire. They currently offer workshops regarding: Emotional Wellbeing & Self-regulation, Sleep Difficulties, Self-Esteem, School Transitions and Exam Stress. A referral is not needed to access a workshop. To book a place onto a workshop visit https://www.hct.nhs.uk/service-details-/service/childrens-wellbeing-practitioners-21/
	Hertfordshire's NHS (Improving Access to Psychological Therapies, IAPT) Provide a wide range of confidential talking therapy treatments and practical support for adults with common mental health problems, such as anxiety and depression. Available for young people aged 16+ https://www.hpft-iapt.nhs.uk/
	Health for Kids: School Nurse run website with lots of information about physical and emotional wellbeing for children. https://www.healthforkids.co.uk/hertfordshire/
	Health for Teens: School Nurse run website with lots of information about physical and emotional wellbeing for teenagers. https://www.healthforteens.co.uk/hertfordshire/?setlocation=true
	ChatHealth. Young people aged 11 to 19 can text 07480 635050 to ask for confidential help on a range of issues.
	Counselling in Schools service: Counselling and therapy services within schools provided through Safe Space. The school will need to agree to fund and request this service. Web: http://www.thegrid.org.uk/info/welfare/counselling/

	<p>Young Minds: Information about mental health difficulties for young people. https://youngminds.org.uk/ Parents helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)</p>
	<p>Beezee bodies: support around weight and lifestyle for children and their families. http://beezeebodies.com/</p>
	<p>With YOUth is a digital intervention available to children and young people who are registered with a Hertfordshire GP where there are mild-moderate mental health needs. The service uses a Cognitive Behavioural Therapy (CBT) and solution focused model to deliver support. For more information, including accessing this service, please visit www.withyouth.org</p>
	<p>Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Free access via a participating employer, university, college, NHS provider or local council. https://togetherall.com/en-gb/</p>
	<p>The Sandbox is a free NHS funded service offering a website, with access to games, worksheets, group chats and online events. It provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs https://sandbox.mindler.co.uk/</p>




Bereavement










	<p>Stand-by-me offers information, advice and support to help children, young people and their families living in North Hertfordshire understand and manage their grief. http://stand-by-me.org.uk/</p>
	<p>Cruse Bereavement Care – Hertfordshire is a leading national charity for bereaved people. They offer support, advice and information to children, young people and adults when someone dies. They offer face-to-face, group, telephone, email and website support. Hope Again is the youth website for Cruse Bereavement Support: www.hopeagain.org.uk.</p>

Toileting

	<p>ERIC (Education and Resources for Improving Childhood Continence); a service that works to improve the quality of life of children, young people and their families who suffer from the consequences of wetting and soiling difficulties. ERIC can be contacted on 0845 370 8008 or their website, www.eric.org.uk has lots of useful information.</p>
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Education

	<p>Autism Education Trust (AET) and The DEN: AET is a national website focused on improving education for individuals with ASD. The website has comprehensive information for parents and educational professionals, with resources available for purchasing. Tel: 0207 903 3650. Email: info@autismeducationtrust.org.uk. Web: https://www.autismeducationtrust.org.uk/</p>
	<p>Aspergers 4 Herts: A website which signposts to services that may be appropriate for children, teenagers & adults affected by Asperger's. Web: www.aspergers4herts.org</p>
	<p>Integrated Services for Learning (ISL) is a multi-professional service working across Hertfordshire to support schools, settings and families to improve outcomes for children and young people with additional and special educational needs. ISL includes a range of different teams including the:</p>

	<ul style="list-style-type: none"> • Communication and Autism Team (who are specifically commissioned to work in schools with children and young people with a diagnosis of autism). • The Early Years Action Group (who offer visits in the home and/or pre-school and offer support to children aged 0-5 with special educational needs and/or disabilities). <p>Referrals are typically made by schools and can be made via the Hertfordshire Service Request Form. The central number for contacting the relevant team is 0300 1234 043.</p>
	Special Educational Needs and Disability Information Advice and Support Service (SENDIASS; formally Parent Partnership Service): Provides impartial and confidential information, advice and support to parents, carers and young people with Special Educational Needs and Disabilities (SEND). www.hertfordshire.gov.uk/microsites/local-offer/support/sendiaass.aspx
	Independent Parental Special Educational Advice (IPSEA): a charity which offers free and independent legally based information, advice and support to get the right education for children with special educational needs and disabilities. They provide training on the SEN legal framework to parents, professionals and other organisations. Web: https://www.ipsea.org.uk/home
	Social Care, respite and home support
	SEND local offer: Information on the services and activities available for children with additional needs in Hertfordshire: https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx
	Families First is the name for organisations in Hertfordshire who work together to help you with any problems you or your family may be facing, before things might get worse. Most of the Families First teams are not social workers – they work in ‘early help’. More information about the support available in Hertfordshire can be found on their website: https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx
	CHIPS: CHIPS stands for Children’s Integrated Play schemes. They offer play and social opportunities for children with additional needs aged 3 to 19 living in East Hertfordshire and the Borough of Broxbourne. CHIPS also has a teen group and a support group for parents. https://chipsplay.org/
	Hertfordshire Children’s Services, particularly if your concerns escalate regarding the safety of the young person and/or others. They can be contacted on 0300 123 4043 and they have a duty team who are able to respond to calls out of hours. Furthermore, should you think that your child is at immediate risk of harming themselves or others, the police, the GP and A&E should be contacted for immediate support. https://www.hertfordshire.gov.uk/services/Childrens-social-care/Childrens-social-care.aspx
	Hertfordshire Community Learning Disability Teams (18+): a County Council run service, including Social workers, Learning Disability nurses, community care officers and Health support workers. They work with adults aged 18 and over who have a learning disability and are often not able to manage without the appropriate levels of support. They can be contacted on 0300 123 4040. https://www.hertfordshire.gov.uk/services/adult-social-services/disability/learning-disabilities/learning-disabilities.aspx
	Home start: Home start offers one-to-one and group support to families with young children who may benefit from practical or emotional help. A diagnosis of ASD or LD is not necessary to access this service. Tel: 01438 36 7788. Web: http://home-startherts.org.uk
	Potential Kids is a charity based in Welwyn/Hatfield providing learning, social and sports opportunities to Neurodiverse children/young people. They aim to help young people increase confidence and self-esteem and encourage social opportunities and friendships. https://potentialkids.org.uk/ Email: info@potentialkids.org
	Social / Mentoring



The Mentor Scheme (SafeSpace); a service for young people aged 11-19 years and up to the age of 25 years for young people with learning difficulties and/or disabilities in Hertfordshire. Please speak to a professional about referring your child/young person to this service. safespacemailbox@hertfordshire.gov.uk
01992 588796



Services for Young People: who can provide advice and support for school leavers and anyone looking for employment training or opportunities. They also run mentoring groups and 1:1 mentoring sessions. More information is available on their website:
<https://www.servicesforyoungpeople.org/>