

Dear Parent/Carers,

We hope you are keeping safe and well and had a restful half term break.

In light of the recent Government update, as children will start to return to school on 8th March, we are aware this will be an anxious time for many children and we currently working with Bounce Forward to organise Transition webinars to support you during this time. Further information and booking details will be available in the next communication and via Facebook.

We are pleased to be funding another 'Parenting with Empathy' course, by Families in Focus, in the Summer Term. Please see the flyer below for more details and how to book.

Stay safe and take care,

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

Website - www.dacorumspl.org.uk

Email – dspl@kls.herts.sch.uk

Facebook - www.facebook.com/dspldacorum Instagram – [dspl_dacorum](https://www.instagram.com/dspl_dacorum)

COURSES, WORKSHOPS & SUPPORT

Parenting with Empathy

Book your place via - www.dspl8.eventbrite.com



Parenting with empathy

A proven therapeutic approach to increase positive family communication for parents of primary aged children with SEND

Together, in small groups with Lesley and Francine who have over 25 years of personal and professional experience, parents will build their families emotional well-being by:

"I did this course two years ago and still use the techniques taught by Lesley and Francine daily. It is the single most useful thing I have ever done for my family and it works like magic. Our whole family has benefited and so thankful and grateful I found this course."

- ✓ Understanding what empathy is and how listening can help to reduce children's difficult behaviours
- ✓ Helping children and parents to understand & manage feelings more effectively
- ✓ Learn how to actively listen and respond empathically so children build self esteem and confidence
- ✓ Encouraging families to build a positive emotional language when managing stress hotspots and emotional "traffic jams"
- ✓ How to listen and respond to our children's more difficult feelings
- ✓ Tools to build stronger healthy family attachments as your child moves forward
- ✓ Using empathy to set clear, easy to follow rules, boundaries and expectations

Where: Online via Zoom
 When: 3 x Monday mornings
 9.30am to 11.30am
 April 12th, 19th, 26th

This course is only open to Dacorum parents/carers
 To book your place, visit: www.dspl8.eventbrite.com

If you would like to register for our mailing list, or be removed, please email dspl@kls.herts.sch.uk

Dyslexia Support Group

The next support group is on Tuesday 9th March, 1:15-2:45pm. Join the support group via the zoom link below:

Join Zoom Meeting: <https://us04web.zoom.us/j/8447200893...>

Meeting ID: 844 720 0893

Passcode: LDFS2020



Support group run by Lyndsey Hooper, Family Support Manager, who will be sharing personal experiences of having Dyslexia.

- Guest Speakers
- Advice
- Support

zoom

Until larger meetings can be arranged again, we've decided to take these meetings to group Zoom calls until times change. Please join us, no need to book.

Join Zoom Meeting:
<https://us04web.zoom.us/j/8447200893?pwd=enlqWkZpUGlVT3d5UHhmZlR1dDhGQT09>

Meeting ID: 844 720 0893
Passcode: LDFS2020

Upcoming Group Support Timetable

2020

1st December 1.15-2.45pm

2021

26th January 1.15-2.45pm

9th March 1.15-2.45pm

11th May 1.15-2.45pm




6th July 1.15-2.45pm

SEND Surgeries

Dacorum and Link Family Services 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. Please see the flyer for more information and a list of school in this Partnership.

Book your 30 minute session via - www.dspl8.eventbrite.com

There are still places available on the 4th March SEND Surgery



SEND Surgeries

Thursday 4th March 2021
Thursday 22nd April 2021

Dacorum and Link Family Services 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.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

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.

The SEND Surgeries will be held with
Sam Leenders and Nicola Long, SEND School Family Workers

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed

Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a Link or DFS Partnership School:

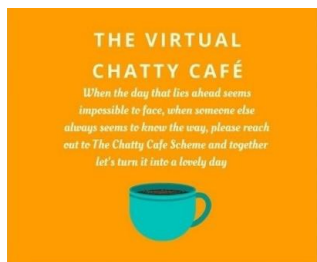
St Albert the Great, Aldbury, Ashlyns, Astley Cooper, Belswains, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere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

More dates will be made available throughout the year



If you would like to register for our mailing list, or be removed, please email dspl@kls.herts.sch.uk

Virtual Chatty Cafes are coming to Dacorum!



Would you like to have a chatter and a natter with others to brighten your day?
 Email jenny@thechattycafescheme.co.uk for the Zoom link.

Let's get chatting!



www.dacorum.gov.uk/ActiveDacorum

ISL SEND advice lines for Parents/Carers



ISL Integrated Services for Learning
 working together locally

SEND Advice for Parents/Carers

Helpful SEND advice lines for Parents and Carers

Advice line	Times available (from Sept 2020)
Educational Psychology Contact line ☎ 01992 588574	Weds 2pm – 4:30pm
SEND Specialist Advice and Support Service* ☎ 01442 453920 - term time only	Specific Learning Difficulties: Mon & Thurs 09:30am – 12pm
	Speech Language, Communication & Autism needs: Tues & Weds 1:30pm – 4pm
	Early Years: Weds 9am – 12pm Thurs 1:30pm – 4pm
West team Attendance Duty* ☎ 01442 454778	Mon - Fri 09:30 am – 4pm
East team Attendance Duty* ☎ 01992 555261	Mon - Fri 09:30 am – 4pm

* also available to schools, settings and professionals

To access a range of learning resources please click here



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SUPPORT



Speech, Language, Communication and Autism - stadac.islteam@hertfordshire.gov.uk



Educational Psychologists - Use our advice line to speak to an educational psychologist or an advisory teacher if you need support. **Wednesday 2 - 4.30pm 01992 588 574**



Autism Helpline 10am – 3pm, Monday to Friday - **0808 800 4104** or via online contact form
<https://www.autism.org.uk/enquiry>



ADD-vance Helpdesk is open from 9am to 1pm every weekday via [07716 744 662](tel:07716744662) 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



Kids Hub support and information to families with children and young people with SEND. We are still open and offer support and advice to families over the phone and emails and our SEN Toy and Equipment is still available to parents. If you would like to get in contact with us please call on 01992 504013/ 01923 676549 or email us at hub.herts@kids.org.uk



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.

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Spring Term Communication for Parent/Carers – 24.02.2021

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/>



Health Coronavirus - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Self-Isolating Guidance - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

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/>

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