

Dear Parent/Carers,

We hope you are keeping safe and well.

We have included in this edition some ideas and activities to do with your children during October Half Term. There is also lots of courses and workshops available by local service providers, please see each flyer for more information.

If you require any support or information from DSPL8, please do not hesitate to contact us.

Be safe and take care,

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

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

Email – [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

Instagram – [dspl\\_dacorum](https://www.instagram.com/dspl_dacorum)

## **OCTOBER HALF TERM ACTIVITIES**

### **The Big Neighbourhood Pumpkin Trail**



Halloween 2020 might look a little bit different to previous years. But that doesn't mean that we can't still have lots of creative Halloween fun together!

This October, we'd love to get as many homes as possible in our local neighbourhoods involved in our Big Neighbourhood Pumpkin Trail! All you need to do is display a pumpkin in your window – paper, real, decorated, plastic, painted....whatever you like! Below you can find our ARTventurers easy-to-use pumpkin template that the kids (and grown ups!) can decorate to put in your window, and there's a couple of printable window posters and some other Halloween resources too! Then when children are out and about around Halloween time they can see how many pumpkins they can spot – it will become one massive Pumpkin Trail! For more information visit - <https://www.artventurers.co.uk/the-big-neighbourhood-pumpkin-trail/>

### **👻 Win a magical prize for you and your family this Halloween 🍂 - Dacorum Police**

Young people can make this Halloween one to remember by entering our online quiz where they can win a magical prize for the whole family.

We have teamed up again this year with Warner Bros to give youngsters the chance to win a fantastic family ticket to The Making of Harry Potter in Leavesden.

Over the 🍂 Halloween and 🍂 Bonfire Night period, Hertfordshire Constabulary is inviting young people between the ages of 5 and 16 across the county to take part in the online quiz, which aims to help them enjoy Halloween and Bonfire Night safely.

The quiz is part of a campaign run during the Halloween and Bonfire Night period, with local councils and the Fire and Rescue Service, to deter anti-social behaviour and make sure everyone has a safe and enjoyable time.

**If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)**

To enter the competition visit 🖱️ <http://orlo.uk/CmAep> and answer the questions before midnight on Monday 9 November.

This year, many Halloween traditions such as trick or treating carry a risk and the county's message is clear: this Halloween, stick to a safer way of having fun.

Top 5 low risk activities:

- Carving or decorating pumpkins with members of your household and displaying them in your window, or outside. This year, why not carve a rainbow in your pumpkin? Watch Hertfordshire County Council's 'how to' video for tips: 📺 <http://orlo.uk/rgxWN>
- Taking part in a local 'spot the pumpkin' trail throughout half term week, where people display pumpkin or Halloween pictures in their windows and you have to try and find them all with your family
- Organising a Halloween scavenger hunt, where children from your household are given lists of Halloween-themed things to look for either in your home, or outdoors
- Having a virtual Halloween costume competition using zoom or Skype
- Having a Halloween film night with your household

Three higher risk activities to avoid this Halloween:

- Participating in traditional trick-or-treating, where treats are handed to children who go door to door
- Attending crowded fancy dress parties or any party where there are more than six people
- Going to an indoor haunted house where people may be crowded together and screaming

If you have any COVID-19 symptoms, think you may have been exposed to someone with COVID-19, or you have been told to self-isolate, you should not participate in any in-person Halloween festivities and should not give out sweets to trick-or-treaters.

<http://orlo.uk/ENe9Q>

## **Spook-Fest at Aldenham Country Park**



Avoid the queues - spend more time getting spooked 🧛  
Pre-book your half-term Halloween tickets online. <http://ow.ly/jhE050Br715>

**If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)**

## **Pumpkin Festival at Willows Activity Farm, St Albans**

**WILLOWS ACTIVITY FARM**  
**PUMPKIN FESTIVAL**  
17TH OCTOBER - 1ST NOVEMBER 2020

**SCHEDULE**

10.00am - 4.30pm	Pat-a-Pet	The Farmyard
10.00am - 4.45pm	The no ice-rink!	JCB Marquee
10.30am	Feed the Animals	The Farmyard
10.30am - 4.30pm	Pick your pumpkin	Pumpkin Patch
10.30am - 4.30pm	Pumpkin Carving	Gourds Grotto
10.30am - 4.30pm	Tristan the Runaway Tractor	Tristan Stop
10.30am - 4.30pm	Pumpkin Biscuit Decorating	Gourds Grotto
10.30am - 4.30pm	Gourds Grotto & Shop	Gourds Grotto
10.30am - 4.30pm	3D Film - Little Ants Adventure	3D Cinema
10.45am	Lily Bobtail 'Wonderful Day' Show	Outdoor Show Stage
11.15am	<b>PETER RABBITS™</b> 'Seasons' Show	Outdoor Show Stage
11.30am	Animal Milking Demonstration	Animal Show Stage
11.45am	Pumpkin Show	Outdoor Show Stage
12.00pm	Pig Racing	Animal Race Track
12.30pm	Benjamin Bunny 'Hungry' Show	Outdoor Show Stage
1.30pm	Lily Bobtail 'Tidy Up' Show	Outdoor Show Stage
2.15pm	Benjamin Bunny 'Nap Time' Show	Outdoor Show Stage
2.30pm	Animal Encounters	Animal Race Track
3.00pm	Pig Racing	Animal Race Track
3.15pm	Pumpkin Show	Outdoor Show Stage
4.00pm	Peter Rabbit 'Silly' Show	Outdoor Show Stage
4.30pm	Meet the Giant Rabbits	The Farmyard

**PLUS ALL DAY**

- Pumpkin Hunt • The Big Dig • Pan For Gold
- Peter Rabbit's Adventure Playground
- Mr Tod's Lair • Squirrel Nutkins Treehouse
- Animal Paddocks • The Farmyard • Under 5's Play
- Woodland Play Trail • Funfair Rides
- **UCS** Young Drivers Zone

**REFRESHMENTS**

- Burrows Café 10am to 4pm  
Hot & cold food and drink
- Hungry Hut 10.30am to 3pm  
Pizza & Hot Dogs
- Mr Tod's Kiosk 11am to 3.00pm  
Snacks & refreshments
- Ice Cream Parlour 1pm to 5pm  
Snacks & refreshments

Opening times and menu subject to change.

**PLEASE KEEP SAFE AND COVID-SECURE** by washing hands after animal contact, sanitising hands using the dispensers throughout the farm park, keeping socially distanced, wearing a face covering in all under cover areas and follow the instructions of our staff at all times - thank you.

We have 1000's of Willows-grown pumpkins for children to pick and pumpkin biscuit decorating too. You can watch a film in our 3D cinema (socially distanced and undercover), enjoy character shows throughout the day featuring Peter Rabbit and Friends and cheer as our pigs race around the animal race track. 🍵🐰🐷🐶🐱

Book your tickets here <https://www.willowsactivityfarm.com/pumpkin-festival/>

## **DJ's play Park Pumpkin Treasure Hunt**

**DJ'S PLAY PARK PUMPKIN TREASURE HUNT**

**Friday 16th October - Saturday 31st October 2020**

Grab your treasure map to help find all the pumpkins hidden around the play centre!  
Complete the word the pumpkins spell out  
and claim your prize!

**Free with a paying entry! \***

**DJ's Play Park**  
Hemel Hempstead

\*1 go per child - Adult supervision required

**DJ's Play Park - Jarman Square - Hemel Hempstead - HP2 4JS**

## Circus Workshops

**Roll Up! Roll Up!**  
**The fun of the Circus is in town!**  
**Hertfordshire 2020 Year of Culture**  
**Phoenix Entertainment**  
**Children's and Adult workshops available!**

**Highfield Community Centre - HP2 5SB**

Dates	Time	Age Group	Price
Sat 3rd Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Sat 10th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Sat 17th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Sat 24th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Sat 21st Nov	10am - 2.30pm	5yrs - 12yrs	£10.85

**Boxmoor Hall - HP1 1JK**

Dates	Time	Age Group	Price
Sun 11th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Sun 18th Oct	10am - 1.2pm	Adults (18+)	£6.52
Sun 18th Oct	12.30pm - 2.30pm	Adults (18+)	£6.52
Sun 25th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85

**Grovehill Community Centre**

Dates	Time	Age Group	Price
Mon 26th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Tues 27th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Wed 28th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Thurs 29th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Fri 30th Oct	10am - 2.30pm	5yrs - 12yrs	£10.85
Fri 30th Oct	2pm - 6pm	5yrs - 12yrs	£10.85

**To book visit:**  
[www.phoenix\\_circusworkshops.eventbrite.co.uk](http://www.phoenix_circusworkshops.eventbrite.co.uk)

**Arts Council England**  
Supported using public funding by  
**ARTS COUNCIL ENGLAND**

Our workshops are funded by Arts Council England, which means you will get the best instructors and best equipment for a fraction of the price!

**Phoenix Entertainment**

**Aerial Rig, Spinning Plates, Poi, Pedal car, Juggling, Acrobatics, Balance feathers, Acrobatics, Circus games... and more!**

For more information, visit - <https://phoenixentertainments.co.uk/circus-workshops-2/>

## Family Art Online

**A BRAND NEW CLP ONLINE COURSE**  
**Just £12 per family**

**FAMILY ART ONLINE@CLP**  
**TAUGHT VIA 'ZOOM' OVER 4 SESSIONS DURING OCTOBER HALF TERM**  
**TUES 27TH, WEDS 28TH, THURS 29TH & FRI 30TH OCTOBER**  
**FROM 10AM TO 12.30PM**

CLP are excited to be able to bring this exciting 4 week family art course to your home. Our lovely tutors are now very practiced running these amazing online courses, where they teach you live each week. We will provide a pack of materials, which you will need to supplement with things you have at home. Our very talented tutors will guide you and your children through this brand new course, bringing artists and tutors into your home online. A resource pack will be sent to you by the tutor before the start of the course. Learning will take place weekly via Zoom meeting, video tutorials and written notes. Please follow the link to book. When we confirm your space, your tutor will contact you with the link for the first session. You will just need to click the link to join in. This course is suitable for anyone aged 19+ and their family, who live in Herts and haven't attended a course so far this academic year. As the courses have been subsidised by HAFLS, we are able to offer the whole course for just £12 per family. To book please visit:

[https://www.cognitoforms.com/CLPSouthOxhey/\\_2020OnlineFamilyArtCLP](https://www.cognitoforms.com/CLPSouthOxhey/_2020OnlineFamilyArtCLP)

St Martin's Church, Muirfield Road, Watford, WD19 6JD

**HAFLS** Hertfordshire Family and Learning Service  
**CLP** Community Learning Partnership  
Charity no. 11557500

To book for our half-term family art course, funded by Hertfordshire Family and Learning Service (HAFLS) via - [https://www.cognitoforms.com/CLPS.../\\_2020OnlineFamilyArtCLP](https://www.cognitoforms.com/CLPS.../_2020OnlineFamilyArtCLP)

If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

## **October Half Term Week Activities by SPACE**

Book events via Eventbrite - <https://www.eventbrite.co.uk/o/space-hertfordshire-29155520957>



**MONDAY 26<sup>TH</sup>**  
ONLINE - COOKING with ALPHABAKE  
10AM - 11AM - Primary Age  
11.30AM - 12.30PM - Secondary Age

RANGER STU - Animal  
Encounter - Meet & Greet  
11AM - 12.30PM



WWW.SPACEHERTS.ORG.UK  
SPACEHERTS@GMAIL.COM

**OCTOBER  
2020  
HALF TERM  
WEEK**

Pre- booking  
required via  
Eventbrite, please  
check our closed  
FB group 'SPACE'  
and our public  
page 'SPACE  
Hertfordshire' for  
further details

#SPACEhometogether

\* Can be subject to change,  
correct at time of printing



**THURSDAY 29<sup>TH</sup>**  
RANGER STU  
Animal Encounter - Meet & Greet  
11AM - 12.30PM



**WEDNESDAY 28<sup>TH</sup>**  
ONLINE - HALLOWEEN  
FAMILY QUIZ NIGHT  
6PM



**FRIDAY 30<sup>TH</sup>**  
ONLINE - HALLOWEEN  
THEME ART SESSION  
5PM - 6.30PM



**SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM-ADHD-RELATED CONDITIONS**

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

## **A totally batty adventure! at Ashridge Estate**

Get set for a totally batty adventure this October half term. Hidden around our meadow are signs showing the nine species of bat that call Ashridge home as well as a few fun facts. It is your job to spot and identify them all. Mon 26 Oct – Fri 30 Oct, 10am - 4pm. For more information, visit - <https://www.nationaltrust.org.uk/ashridge-estate/features/autumn-events-at-ashridge>

## **The Pumpkin Path at Ashridge House**

Thursday 29th October – Sunday 1st November 2020 from 9am-3pm

Follow the path of painted pumpkins and tick them off your garden map as you discover their location in our beautiful gardens. When you have successfully found all the painted pumpkins you may collect your Halloween treat from the Courtyard Café!

Tickets for the Ashridge House Pumpkin Path are available to purchase on the day from the Courtyard Café on Thursday 29th October – Sunday 1st November 2020 from 9am-3pm.

The Courtyard Café closes at 3pm and our gardens close at 4pm; tickets are available to purchase for the Pumpkin Trail from 9am-3pm. The Courtyard Café will be serving Halloween inspired treats and hot drinks, sandwiches and cakes.

No need to pre-purchase tickets, tickets available on the day from The Courtyard Café.

Children £5 (age 5-15) includes a Halloween treat if you find all the pumpkins!

Adults £7 includes a hot drink from the Courtyard Café

Under 5s free plus a Halloween treat if you find all the pumpkins!

No need to book just turn up!

We kindly ask no dogs for this event and to follow government guidelines please do not visit in groups larger than six.

For more information visits - <https://www.ashridgehouse.org.uk/events/halloween-at-ashridge-house/>

## **COURSES, WORKSHOPS & SUPPORT**

### **Families in Focus Courses**

**Handling Anger in Your Child with Autism/ADHD** - FREE for parents of children from 5 years to 10 years old and living in Hertfordshire with a diagnosis of Autism, ADHD and inclusive of those parents whose children are on assessment pathways and/or awaiting diagnosis.

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) to book via Eventbrite link



#### **Handling Anger in Your Child with SEND**

Handling Anger in Your Child with SEND is free to attend for parents of children with additional needs, or those awaiting assessment or diagnosis. The course is currently held online via Zoom and provided by founders, Francine and Lesley.

Those wishing to book a space are invited to visit [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) and follow the Eventbrite

Handling Anger in Your Child With SEND (Living in Herts and parenting children of a primary age)	<a href="https://www.eventbrite.co.uk/e/free-handling-anger-in-your-child-with-adhd-and-or-asd-aged-5-11-years-tickets-123365013075">https://www.eventbrite.co.uk/e/free-handling-anger-in-your-child-with-adhd-and-or-asd-aged-5-11-years-tickets-123365013075</a>	Tuesdays, 9.30 - 11.30am 2-hour sessions January 5th, 12th, 19th, 26th February 2nd, 9th
Handling Anger in Your Child With SEND (Living in Herts and parenting children of a primary age)	<a href="https://www.eventbrite.co.uk/e/free-5-session-handling-anger-in-your-child-with-adhd-or-asd-tickets-123452833749">https://www.eventbrite.co.uk/e/free-5-session-handling-anger-in-your-child-with-adhd-or-asd-tickets-123452833749</a> (Bookings open 4th January, 2021)	Tuesdays, 12-2pm 2-hour sessions February 23rd March 2nd, 9th, 16th, 23rd

@familiesinfocus.co.uk

@familiesinfocus

@FiFHerts

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)  
[info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

**A Complete Guide to Parenting Children with SEND** – FREE for parents of children from 2 years to 10 years old and living in Hertfordshire with a diagnosis of Autism, ADHD, all Special Education Needs/Disability and inclusive of those parents whose children are on assessment pathways and/or awaiting diagnosis.

Visit [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) to book via Eventbrite link



#### **A Complete Guide to Parenting Children with SEND**

A Complete Guide to Parenting Children with SEND is free to attend for parents of children with additional needs, or those awaiting assessment or diagnosis. The course is currently held online via Zoom and provided by founders, Francine and Lesley.

Those wishing to book a space are invited to visit [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) and follow the Eventbrite

Complete Guide to Parenting Children With SEND (Living in Herts and parenting children of a primary age)	<a href="https://www.eventbrite.co.uk/e/complete-guide-to-parenting-children-with-send-aged-2-11-years-via-zoom-tickets-98870088095">https://www.eventbrite.co.uk/e/complete-guide-to-parenting-children-with-send-aged-2-11-years-via-zoom-tickets-98870088095</a>	Wednesdays, 9.30 - 11.30am 2-hour sessions January 6th, 13th, 20th, 27th February 3rd, 10th, 24th March 3rd, 10th
Complete Guide to Parenting Children With SEND (Living in Herts and parenting children of a primary age)	<a href="https://www.eventbrite.co.uk/e/free-10-week-complete-guide-to-parenting-children-with-additional-needs-tickets-123354617983">https://www.eventbrite.co.uk/e/free-10-week-complete-guide-to-parenting-children-with-additional-needs-tickets-123354617983</a>	Wednesdays, 6.30 - 8.30pm 2-hour sessions January 6th, 13th, 20th, 27th February 3rd, 10th, 24th March 3rd, 10th

@familiesinfocus.co.uk

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@FiFHerts

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)  
[info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

**Handling Anger in Your Family** - FREE for *all* parents of children (neuro-typical) from 5 years to 10 years old and living in Hertfordshire

Visit [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) to book via Eventbrite link



### Handling Anger in Your Family via Zoom

Handling Anger in Your Family is free to attend for parents of children with additional needs, or those awaiting assessment or diagnosis. The course is currently held online via Zoom and provided by founders, Francine and Lesley.

Those wishing to book a space are invited to visit [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) and follow the Eventbrite

Handling anger in your family (Living in Herts and parenting children of a primary age)	<a href="https://www.eventbrite.co.uk/e/free-6-session-handling-anger-in-your-family-primary-aged-child-herts-tickets-123395052925">https://www.eventbrite.co.uk/e/free-6-session-handling-anger-in-your-family-primary-aged-child-herts-tickets-123395052925</a>	Tuesdays, 6.30 - 8.30pm, 6 sessions January 5th, 12th, 19th, 26th February 2nd, 9th
Handling anger in your family (Living in Herts and parenting children of a primary age)	<a href="https://www.eventbrite.co.uk/e/free-6-session-handling-anger-in-your-family-primary-aged-child-herts-tickets-123391712935">https://www.eventbrite.co.uk/e/free-6-session-handling-anger-in-your-family-primary-aged-child-herts-tickets-123391712935</a>	Thursdays, 12pm - 2pm, 6 sessions January 7th, 14th, 21st, 28th February 4th, 11th
Handling anger in your family (Living in Herts and parenting children of a primary age)	<a href="https://www.eventbrite.co.uk/e/handling-anger-in-yor-family-tickets-123451886917">https://www.eventbrite.co.uk/e/handling-anger-in-yor-family-tickets-123451886917</a> (Bookings open January 4th, 2021)	Tuesdays, 9.30 - 11.30am, 6 sessions February 23rd March 2nd, 9th, 16th, 23rd



@familiesinfocus.co.uk



@familiesinfocus



@FiFHerts

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)  
[info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

### **Courses by SPACE Hertfordshire**

Space Hertfordshire are offering the following free courses and workshops, book your place via Eventbrite - <https://www.eventbrite.co.uk/o/space-hertfordshire-29155520957>

EHCP New Application workshop – 02.11.2020

Navigating the SNED world course – 03.11.2020

Understanding ASD and ADHD workshop – 04.11.2020

Access Arrangements – 05.11.2020

Sleep tight course - 05.11.2020

Autistic Girls workshops – 09.11.2020

Anxiety Workshop - 11.11.2020

Sensory Workshop – 16.11.2020

Understanding ADHD workshop – 20.11.2020

An Introduction to Attachment – 24.11.2020

Navigating the SEND World – Beginning the journey  
workshop – 25.11.2020

Understanding ASD workshop – 30.11.2020



[WWW.SPACEHERTS.ORG.UK](http://WWW.SPACEHERTS.ORG.UK)  
[SPACEHERTS@GMAIL.COM](mailto:SPACEHERTS@GMAIL.COM)

SUPPORTING FAMILIES IN HERTFORDSHIRE  
AUTISM • ADHD • RELATED CONDITIONS  
REGISTERED SOCIETY ENGLAND AND WALES NO. 117 3178

## **Mental Health & Wellbeing Workshops during Covid-19 by Potential Kids**

For further information about this programme, please email Susanna: [susanna@potentialkids.org](mailto:susanna@potentialkids.org)



**FREE**  **POTENTIAL KIDS**  
**MENTAL HEALTH and WELLBEING**  
**Workshop during COVID-19**  
**for GIRLS | BOYS | SEN Students**

This interactive (1hr) workshop will offer Information, Support and Strategies to understand and improve Young People's Mental Health and Wellbeing at this difficult time.  
**Platform:** ZOOM **Age:** 12+ Years

**TUESDAY**  
**27 Oct 11am-12pm**  
**or**  
**3 Nov 5:30 - 6:30**

[www.potentialkids.org](http://www.potentialkids.org)  
[info@potentialkids.org](mailto:info@potentialkids.org)

*Small groups only to promote social interaction*  
*1:1 sessions also available. For bookings or further info please email [susanna@potentialkids.org](mailto:susanna@potentialkids.org)*



SAFE, INCLUSIVE &  
NON-JUDGEMENTAL  
AN INFORMAL  
OPPORTUNITY TO  
**#JUSTTALK**



"I found it nice to talk to you. It was good to hear different perspectives on things. I've thought a lot about some of the advice you gave me. I am going to try hard to do that" Hannah 15

## **Let's Connect course for 10 - 13 year olds**



Held in Hemel Old Town on Saturday afternoons 1-3pm

This 6-week course is especially helpful for young people experiencing anxiety or low mood. The course is facilitated by 2 experienced therapists and is funded by Signpost Counselling All necessary Covid precautions will be in place.

For details contact Liz 07982 067237. Facebook

[https://www.facebook.com/permalink.php?story\\_fbid=362817515131481&id=101601787919723](https://www.facebook.com/permalink.php?story_fbid=362817515131481&id=101601787919723)

## **Hertfordshire Mind Network**



We will be delivering the following online courses in November:

- Managing Anger
- Learning to accept change and uncertainty
- Overcoming anxiety and fear
- Building resilience

For further information and to book your space please visit our website:

<https://www.hertsmindnetwork.org/autumn-2020-timetable>

Please see below for our latest Wellbeing Centre Opening Times and Services Timetable! -

[https://www.hertsmindnetwork.org/wellbeing-centre-opening-times?fbclid=IwAR3lcpEHN\\_xkfTFXZ6ympzUW6MTVgw\\_34KU270pYxn12SywfPk005g8fgug](https://www.hertsmindnetwork.org/wellbeing-centre-opening-times?fbclid=IwAR3lcpEHN_xkfTFXZ6ympzUW6MTVgw_34KU270pYxn12SywfPk005g8fgug)

## **INFORMATION**

### **The Happy News by Emily Coxhead**

A newspaper to celebrate all that is good in the work. The Happy Newspaper is a platform to share positive news and wonderful people - <https://thehappynewspaper.com/>

Every single day there are people helping others and doing incredible things in all corners of the planet and the majority of them aren't celebrated, but we think they deserve to be recognised. We aim to bring a refreshing twist on what we typically know as 'news', reporting on positive changes and truly inspiring people.

Download a free Happy News resource pack via – <https://thehappynewspaper.com/wp-content/uploads/2020/10/2020.09-Free-The-Happy-News-resource-pack-2.pdf>

## **SUPPORT**



**Speech, Language, Communication and Autism** - [stadac.islteam@hertfordshire.gov.uk](mailto: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](mailto:herts@add-vance.org) Website - [www.add-vance.org](http://www.add-vance.org) Facebook – [www.add-vance.org/parents/](https://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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](http://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](http://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