

DSPL 1 Covers North Herts (Baldock, Hitchin, Letchworth & Royston)

One way in which Hertfordshire provides support to children and young people with SEND across the county is through our Delivering Special Provision Locally groups (DSPLs).

There are 9 DSPL areas. The reason for having different area groups means that the groups can cater the provision to exactly what their area needs, giving a more focused approach to providing the right support for the right locality. They provide support to schools and also widen the choice for parents and families of support outside of school in the local area.

Each DSPL group is made up of:

- Parents and carers
- Staff from early years settings, schools and colleges
- People from other SEND organisation

Please see our website for further information. We will distribute information, training or forum information via your child's school

<https://nhdspl.org.uk/>

## Useful links for Parents and Carers in North Herts (DSPL 1)

We have put together some of the many resources available to families at this current time – please check websites for up to date information.

July 2020

**NESSie**



Supporting Positive Mental  
Health in Schools

DSPL 1 has commissioned NESSie to provide support to our schools and settings. They have provided a variety of training for parents and professionals in DSPL 1 area.

<https://nessieined.com/about-us/>

## The Hertfordshire Local Offer

The Local Offer lets parents and young people know what special educational 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>


<p><b>Early years (ages 0 - 5 years)</b></p> <p>There's a lot of help available in the early years, including from health visitors and family centres.</p>	<p><b>Education, Health and Care Plans (EHCP)</b></p> <p>If SEN support isn't enough, then an Education, Health and Care Plan might be the next step. Here's the full process.</p>	<p><b>Fun and respite</b></p> <p>Find courses, clubs and events for you and your family, and learn about opportunities for respite.</p>	<p><b>Get support with education</b></p> <p>Learn about the education support your child is entitled to, the different types of education available and how to get help to access learning if your child can't go into school.</p>
<p><b>Money</b></p> <p>Learn about the financial support you can apply for yourself, and what funding is available to education providers too.</p>	<p><b>Preparing for adulthood</b></p> <p>Thinking about your child's future early can help to relieve some of the worries you might have. We've got advice for how you and your child can prepare.</p>	<p><b>Services for children and young people (ages 0 - 25)</b></p> <p>Find services who can help children and young people with SEND, and learn more about how you can access specialist support.</p>	<p><b>Services for parents, carers and families</b></p> <p>There are a lot of organisations who can support the parents, carers and families of children and young people with SEND in Hertfordshire.</p>

Disclaimer: please check provider websites for up to date information.  
All information subject to change.

## Lockdown October 2020 Zoom Parent Network

Harpenden with Francine and Lesley	Thursday October 1st 7pm - 9pm	Understanding more about children's sensory world with Bev Hamilton, SEN Consultant at Ask Bev Consultancy,
Hemel Hempstead with Francine and Lesley	Monday October 5th 9.30 - 11.30am	Choosing the right school that fits your child with Helena Marks-Dwyer, Independent SEND Advisor
Watford with Francine and Lesley	Monday October 5th 7pm - 9pm	Choosing the right school that fits your child with Helena Marks-Dwyer, Independent SEND Advisor
Stevenage with Francine and Lesley	Thursday October 8th 9.30 - 11.30am	Sensory issues
Hatfield with Siobhann and Francine	Thursday October 8th 7pm - 9pm	How SEN support works in schools
Hemel Hempstead ASD/ADHD/PDA with Siobhann and Maria	Monday October 12th 9.30 - 11.30am	Tips for keeping children with SEND safe online with YC Herts

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk). Parents who have attended previous sessions will receive a text invitation to join the virtual meetings



 [@familiesinfocus.co.uk](https://www.familiesinfocus.co.uk)
 [@familiesinfocus](https://www.familiesinfocus.co.uk)
 [@FiFHerts](https://www.familiesinfocus.co.uk)
[www.familiesinfocus.co.uk](https://www.familiesinfocus.co.uk)

<https://www.familiesinfocus.co.uk/>

## Lockdown September 2020 Zoom Parent Network

Hemel Hempstead with Francine and Lesley	Monday September 7th 9.30 - 11.30am	Transition back to primary schools
Watford with Francine and Lesley	Monday September 7th 7pm - 9pm	Helping your child have a voice in schools with Helena Marks-Dwyer, Independent SEND Advisor
Stevenage with Francine and Lesley	Thursday September 10th 9.30 - 11.30am	Effective school meetings with Helena Marks-Dwyer, Independent SEND Advisor
Harpenden with Francine and Lesley	Thursday September 10th 7pm - 9pm	EHCP first steps with Helena Marks-Dwyer, Independent SEND Advisor
Hatfield with Siobhann	Thursday September 10th 7pm - 9pm	Strategies to support children with PDA
Hemel Hempstead ASD/ADHD/PDA with Siobhann and Maria	Monday September 14th 9.30 - 11.30am	EHCP First Steps

Meetings will be online via Zoom. Any parent who has not attended a Parent Network session before and would like to do so, please email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk). Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

 [@familiesinfocus.co.uk](https://www.familiesinfocus.co.uk)
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Got an issue you want to talk about one to one?

Need some advice or information on any issue, big or small?

You can access our service in several ways; on the phone, via email, What's App or Facebook Messenger, or book an appointment in person.

We offer individualised family support and information covering behaviour, education, communication, developing life skills and accessing services, or any other difficulties associated with ASCs and ADHD. Our support comes from trained and qualified specialist parents with lived experience. Support with meetings with Education, Health and Social Care, including SEN Support/EHCPs, TAFs/Families First. Support with forms and applications (EHCPs, benefits and appeals)

At this current time, during the Coronavirus pandemic, we are offering regular appointments for One-to-Ones using Zoom or WhatsApp. To book a 121 appointment please see the website: <https://angelssupportgroup.org.uk/>. These will either take place using Zoom or WhatsApp, whichever is easier for you. Appointments will be offered on Monday morning and Thursday morning, but if you are not able to make the published times, we have some flexibility, please contact Kirsten to discuss your needs.

## WELCOME TO ANGELS SUPPORT GROUP

Angels supports families of children with Autistic Spectrum Condition and/or ADHD. We were formed by, and are led by, parents whose children face similar challenges.

Angels is an experience-led charity, based in Hertfordshire, which provides individualised, professional expertise and advice. We work alongside parents to build understanding and to empower them to hear their child's voice. Our key aim is to maximise the individual potential of each child and young person.

- Group meetings, workshops and individual support for parents/carers
- Find support
- Share ideas, experiences and concerns
- Reduce isolation
- Help your child reach their potential



AUTISM & ADHD SUPPORT  
for parents/carers of children with  
ADHD and/or on the Autistic Spectrum



**Verulamium Park – St Michaels's St, St Albans, AL3 4SW (parking fees apply)**

Phoenix Flyers (8-13 years) – Tuesday 4th August – 10.30 til 12.30  
Youth Group (11-17 years) – Thursday 6th August – 10.30 til 12.30  
Phoenix Flyers (8-13 years) – Friday 14th August – 10.30 til 12.30  
Youth Group (11-17 years) – Friday 14th August – 13.30 til 15.30

**Cassiobury Park – Gade Avenue, Cassiobury Park Ave, Watford, WD18 7LG (parking fees apply)**

Phoenix Flyers (8-13 years) – Friday 7th August – 10.30 til 12.30  
Youth Group (11-17 years) – Friday 7th August – 13.30 til 15.30  
Youth Group (11-17 years) – Thursday 20th August – 10.30 til 12.30

**Stanborough Park – Stanborough Park Road, WGC, AL8 6XF (parking fees apply)**

Phoenix Flyers (8-13 years) – Tuesday 11th August – 10.30 til 12.30  
Phoenix Flyers (8-13 years) – Friday 21st August – 10.30 til 12.30  
Youth Group (11-17 years) – Friday 21st August – 13.30 til 15.30

**Ridlins Park – Woodcock Road, Stevenage, SG2 9QZ (free parking)**

Youth Group (11-17 years) – Thursday 13th August – 10.30 til 12.30  
Phoenix Flyers (8-13 years) – Tuesday 18th August – 10.30 til 12.30

**Book activities online at**  
[www.phoenixgroup.org.uk](http://www.phoenixgroup.org.uk)  
or contact us for further information  
Email: [info@phoenixgroup.org](mailto:info@phoenixgroup.org) Call: 01438 722142 Text: 07748 690989

 @PhoenixDeaf  COMMUNITY FUND  Hertfordshire  Children in Need  @PhoenixDeaf

Charity Number: 1180970



**Up on Downs** are offering a numbers of sessions to families with children of all ages. These are being delivered online. Please contact them for more details.

<http://upondowns.com/contact-us/>

Disclaimer: please check provider websites for up to date information.  
All information subject to change.





# ADD-vance

The ADD-vance ADHD and Autism Trust  
Reg. Charity No. 1158968

## FREE WEBINARS

### Going Back to School after Covid-19

This FREE one-hour webinar, delivered via Zoom, will explore how we can support neurodiverse children to return to school in September (maximum 98 attendees).

It is designed for parent/carers of children with a diagnosis or suspected diagnosis of ADHD and/or Autism who are in mainstream education. We will cover basic principles and specific ideas relevant to all ages.

The 40-min presentation will be followed by 20 mins of questions and answers led by Specialist ADHD/Autism Trainers from ADD-vance. A summary handout and list of suggested resources will be made available to participants by email afterwards.

We will also provide details of online support groups running throughout the summer to enable participants to address follow-up questions and concerns (maximum 10 attendees per group).

Webinars can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided by email the day before the scheduled session.

This webinar will run on four separate dates:

Wednesday 15<sup>th</sup> July 7.30 – 8.30pm  
Wednesday 29<sup>th</sup> July 7.30 – 8.30pm  
Wednesday 12<sup>th</sup> August 7.30 – 8.30pm  
Wednesday 26<sup>th</sup> August 7.30 – 8.30pm

For more information and to book your FREE place on one of the above dates, please see <http://add-vance.eventbrite.com/>. Bookings open on Monday 6<sup>th</sup> July 2020 at 1 pm.

<http://add-vance.eventbrite.com>

These webinars are funded by Hertfordshire Community Foundation  
and are open to residents of Hertfordshire only.



Registered Office: Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN  
Helpline: 01727 833963  
Email: [Herts@add-vance.org](mailto:Herts@add-vance.org) Web: [www.add-vance.org](http://www.add-vance.org)

Registered Office: Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN

Disclaimer: please check provider websites for up to date information.  
All information subject to change.

## Understanding ADHD and Autism

This introductory course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. Every course is bespoke to the needs of each group. Learning outcomes include:

<ul style="list-style-type: none"><li>• Understanding ADHD, Autism and related conditions</li><li>• Building your child's self-esteem</li><li>• Understanding anxiety and anger triggers</li><li>• Reducing meltdowns and other behaviours which challenge</li><li>• Developing positive behaviour strategies</li><li>• Working collaboratively with school</li></ul>	<ul style="list-style-type: none"><li>• Knowing your rights and how to advocate for your child</li><li>• Reducing your own stress levels</li><li>• Managing the needs of siblings</li><li>• Improving communication as a family</li><li>• Connecting with other families and sharing experiences</li><li>• Signposting to useful resources and local support networks.</li></ul>
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Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 12 x 1 hour sessions or 6 x 2 hour sessions over six weeks. All sessions must be attended.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Six separate courses will be running on the following dates:

Mondays and Wednesdays 13<sup>th</sup> July to 19<sup>th</sup> August 10 – 11am

Tuesdays and Thursdays 14<sup>th</sup> July to 20<sup>th</sup> August 10 – 11am

Tuesdays and Thursdays 14<sup>th</sup> July to 20<sup>th</sup> August 7.30 - 8.30pm

Wednesdays and Fridays 22<sup>nd</sup> July to 28<sup>th</sup> August 1.30 – 2.30pm (parent/carers of girls)

Saturdays 18<sup>th</sup> July to 22<sup>nd</sup> August 2 – 4pm

Saturdays 18<sup>th</sup> July to 22<sup>nd</sup> August 2 – 4pm (Dads only)

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>. Bookings open on Friday 3<sup>rd</sup> July 2020 at 1 pm.

**These courses are funded by Herts County Council and are open to residents of Hertfordshire only.**

Registered Office: Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN

Helpline: 01727 833963

Email: [Herts@add-vance.org](mailto:Herts@add-vance.org) Web: [www.add-vance.org](http://www.add-vance.org)

## Understanding Teens with ADHD and Autism

This course is designed for parent/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

<ul style="list-style-type: none"><li>• Understanding the challenges faced by teens living with ADHD and/or Autism</li><li>• Helping your teen to understand themselves better and develop their identity</li><li>• Exploring your parenting style and how this may impact your teen</li><li>• Considering the importance of communication and empathy</li><li>• Using positive behaviour strategies which work for teens</li><li>• Supporting your teen to develop healthy relationships with others</li></ul>	<ul style="list-style-type: none"><li>• Understanding why your teen is more likely to feel anxious or angry</li><li>• Developing strategies to help them manage and regulate emotions</li><li>• Spotting the signs of secondary mental health disorders</li><li>• Understanding how to manage growing levels of independence safely</li><li>• Building a positive, collaborative relationship with school</li><li>• Planning for the future</li><li>• Signposting to useful resources and local support networks.</li></ul>
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Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 12 x 1 hour sessions over six weeks. All sessions must be attended.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Two separate courses will be running on the following dates:

Mondays and Wednesdays 20<sup>th</sup> July to 26<sup>th</sup> August 10 – 11am

Tuesdays and Thursdays 21<sup>st</sup> July to 27<sup>th</sup> August 1.30 – 2.30pm

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>. Bookings open on Friday 3<sup>rd</sup> July 2020 at 1 pm.

**These courses are funded by Herts County Council and are open to residents of Hertfordshire only.**

<http://www.add-vance.org/parents/>

# Schools and Families Advice Line (SFAL)

The 'Schools and Families Advice Line' (SFAL) is a new service established to provide emotional wellbeing advice and early help to children and young people, school staff and families during the COVID-19 pandemic.

It can be really worrying when you, or someone you know is going through a difficult time. If you feel this service could help, please call our Single Point of Access (SPA) who will take your details before passing them onto our call back service.

## Contact Details:

**Telephone: 0300 777 0707**

**Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net)**

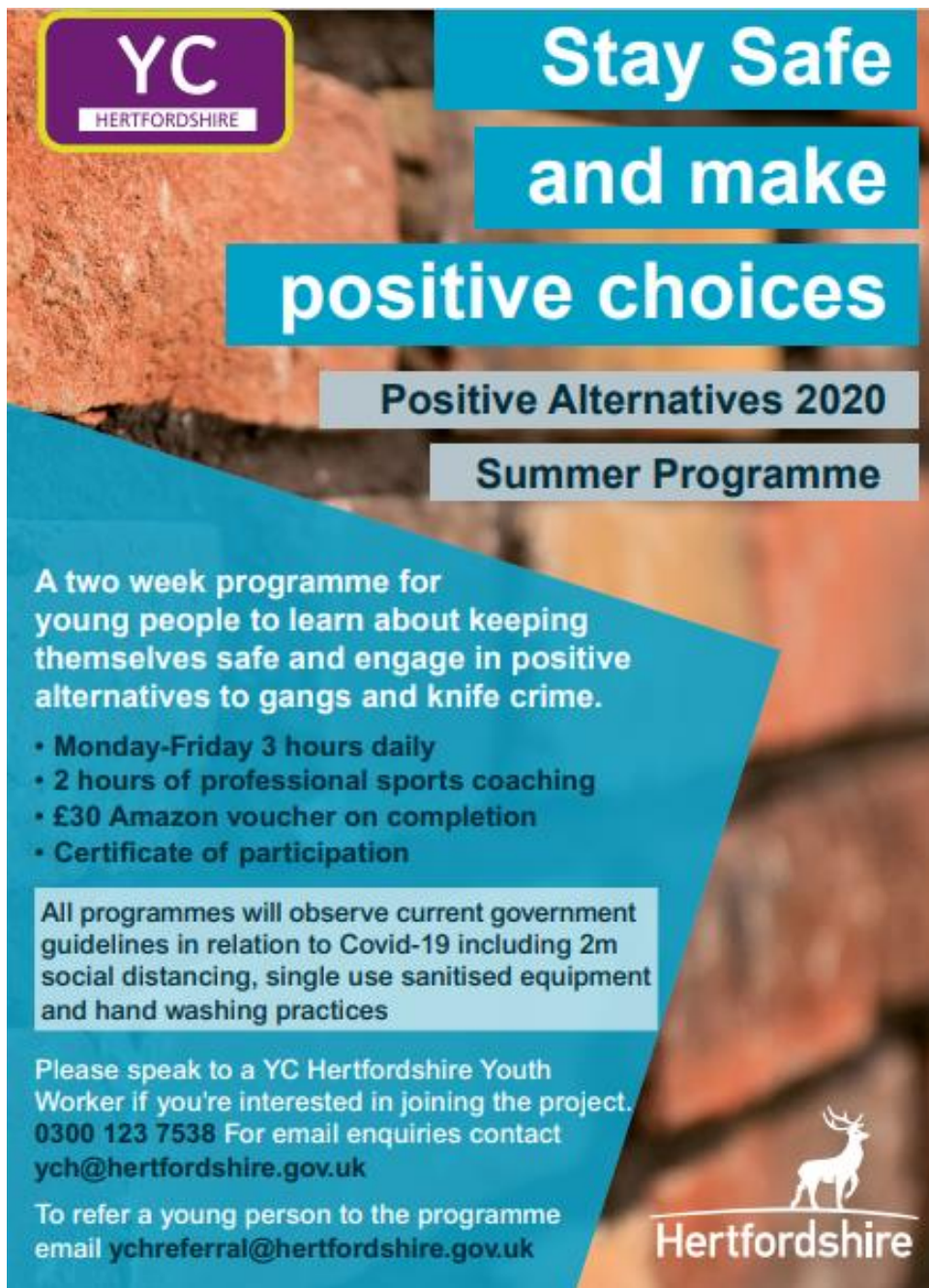
**You will get a call back from a mental health practitioner between 8am-5pm, Monday-Friday**

<b>How can the service help?</b>
<b>Supporting school staff by:</b> <ul style="list-style-type: none"><li>• Signposting to wellbeing resources which could be used in the classroom.</li><li>• Supporting education staff to think about how they might adapt their current wellbeing processes to the COVID-19 situation.</li><li>• General discussion and psychoeducation for school staff around wellbeing/coping methods/normalising etc.</li><li>• Signposting individual staff to wellbeing resources (e.g. hard copy/virtual and website based/phone apps).</li><li>• One-off phone/video consultations to discuss staff wellbeing.</li></ul>
<b>Supporting children, young people and their families by providing early advice around managing:</b> <ul style="list-style-type: none"><li>• Specific anxieties (around COVID-19/self-isolating measures, transition between year groups, developing and maintaining relationships, fear of failure, low self-esteem or aspirations, trust issues, social anxiety, etc.)</li><li>• Phobias (animals/insects, specific food stuffs, specific objects, modes of transport etc.)</li><li>• Low mood</li><li>• Emotional regulation difficulties.</li><li>• Mild obsessive compulsive difficulties that are starting to impact day to day activities.</li></ul>

**Hertfordshire Partnership University NHS Foundation Trust  
Hertfordshire Community NHS Trust**

## Positive Alternatives

Please see details below of a two week programme for young people to learn about keeping themselves safe and engage in positive alternatives to gangs and knife crime. Positive Alternatives is a project for young people aged 11-17 incorporating practical sport or art sessions with interactive workshops which explore personal safety, understanding exploitation, gang culture and crime. Each session includes 2 hours of sports / arts activities delivered by specialist staff. On completion of the programme young people will receive a certificate of participation and a £30 Amazon voucher.

The poster features a background of stacked red bricks. In the top left, there is a purple square with a yellow border containing the text 'YC' in large white letters and 'HERTFORDSHIRE' in smaller white letters below it. To the right of this, the text 'Stay Safe and make positive choices' is written in large, bold, white letters across three blue rectangular banners. Below these banners, the text 'Positive Alternatives 2020' and 'Summer Programme' is displayed in white on grey rectangular banners. A large blue diagonal banner on the left side contains white text describing the programme. At the bottom left, contact information is provided. At the bottom right, there is a white silhouette of a stag and the word 'Hertfordshire' in white.

**YC**  
HERTFORDSHIRE

# Stay Safe and make positive choices

## Positive Alternatives 2020 Summer Programme


**A two week programme for young people to learn about keeping themselves safe and engage in positive alternatives to gangs and knife crime.**

- Monday-Friday 3 hours daily
- 2 hours of professional sports coaching
- £30 Amazon voucher on completion
- Certificate of participation

All programmes will observe current government guidelines in relation to Covid-19 including 2m social distancing, single use sanitised equipment and hand washing practices

Please speak to a YC Hertfordshire Youth Worker if you're interested in joining the project.  
**0300 123 7538** For email enquiries contact [yhc@hertfordshire.gov.uk](mailto:yhc@hertfordshire.gov.uk)

To refer a young person to the programme email [yhc-referral@hertfordshire.gov.uk](mailto:yhc-referral@hertfordshire.gov.uk)

  
**Hertfordshire**

All programmes include ten dynamic and interactive workshop sessions delivered by qualified and experienced youth workers which focus on:

- identity and belonging
- gang culture
- stereotypes and gender
- violence
- responsibilities
- county lines
- knife crime and reducing use of weapons







You can [refer a young person](#) to this programme, particularly if they are:

- not in employment, education or training
- persistently absent and/or excluded from school or an Educational Support Centre
- Vulnerable to exploitation
- experiencing poor mental health

Please contact [yhc@hertfordshire.gov.uk](mailto:yhc@hertfordshire.gov.uk) if you require further information or visit the [YC Hertfordshire website](#)



# Local Links

 <b>DSPL</b>   Delivering Special Provision Locally <i>Achieving quality outcomes</i>	<a href="http://www.nhdspl.org.uk/">http://www.nhdspl.org.uk/</a>
 <b>Hertfordshire's SEND Local Offer</b>	Services for children and young people with SEND <a href="https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx">https://www.hertfordshire.gov.uk/microsites/Local-Offer/The-Hertfordshire-Local-Offer.aspx</a>
 <b>Families First</b> <i>Early help, brighter futures</i>	The Families First portal is a directory of organisations, services and groups in Hertfordshire that can help you with problems you or your family may be facing, before things might get worse. This is known as 'Early Help'. You may not want or need to ask for help from a professional and there's lots of support you can find yourself by looking on the portal. <a href="https://directory.hertfordshire.gov.uk/kb5/hertfordshire/directory/familiesfirst.page?familiesfirstchannel=0">https://directory.hertfordshire.gov.uk/kb5/hertfordshire/directory/familiesfirst.page?familiesfirstchannel=0</a>
	<a href="https://directory.hertfordshire.gov.uk/Categories/29">https://directory.hertfordshire.gov.uk/Categories/29</a>
 <b>Healthy hub</b> North Herts <small>For support call: 01462 474111 @healthyhubnorthherts</small>	See website for useful information and links, including COVID-19 Support: <a href="https://healthyhubnorthherts.co.uk/covid-19-support">https://healthyhubnorthherts.co.uk/covid-19-support</a> 01462 474111
<b>Healthy Young</b>	<a href="https://www.healthyyoungmindsinherts.org.uk/parents-and-carers">https://www.healthyyoungmindsinherts.org.uk/parents-and-carers</a>
<b>Young Minds</b>	<a href="https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/">https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/</a>
	<a href="http://www.starsteam.org.uk/coronavirus-resources">http://www.starsteam.org.uk/coronavirus-resources</a> Resources for transitioning back to school
<b>Hertfordshire SEND Information, Advice &amp; Support Service (SENDIASS)</b>	SENDIASS is an impartial information, advice and support service funded by Hertfordshire County Council for parents, carers, young people (0-25) and professionals. Phone 01992 555847 or email <a href="mailto:sendiass@hertfordshire.gov.uk">sendiass@hertfordshire.gov.uk</a> . Find out more at <a href="https://www.hertfordshire.gov.uk/microsites/local-offer/support/sendias.aspx">https://www.hertfordshire.gov.uk/microsites/local-offer/support/sendias.aspx</a> <a href="https://www.hertfordshire.gov.uk/microsites/local-offer/support/sendias.aspx">https://www.hertfordshire.gov.uk/microsites/local-offer/support/sendias.aspx</a>
<b>The KIDS East and West HUBs</b>	<b>01923 676549</b> The KIDS HUB offers information and support for parents and carers of disabled children / children with additional needs. aged 0-19 in Hertfordshire. KIDS Hub directory of SEND services has also now been published. <a href="http://www.kids.org.uk/hub">www.kids.org.uk/hub</a> HARC (Hertfordshire Branch)
<b>Angels Support Group</b>	Angels Support Group was formed in response to families in the community in desperate need of support for themselves and their children. All of our volunteers have children with either ADHD or an autistic spectrum disorder and are committed to providing a resource that people will find both useful and accessible, making it available to as many families as possible <a href="mailto:info@angelsupportgroup.org.uk">info@angelsupportgroup.org.uk</a> 01462 685150 <a href="http://www.angelsupportgroup.org.uk">http://www.angelsupportgroup.org.uk</a>
<b>ADD-vance</b>	Provide specialist information, training and advice for professionals as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) & related conditions. Free membership for parents and carers or professionals offers priority information on ADD-vance courses, training and workshops, carefully selected relevant and useful information. Professionals, children, adults and families can reach us for information or support via: 01727 833963 (Mon-Thurs 9am to 1pm), answer phone service at other times. <a href="mailto:herts@add-vance.org">herts@add-vance.org</a> <a href="http://www.add-vance.org">www.add-vance.org</a>
<b>Up On Downs</b>	Monthly Family and Friends meetings are held in Hitchin Youth Trust, Walsworth Road every 2 <sup>nd</sup> Saturday of the month (except August) between 2pm and 4pm. There are also training events across the County. If you have any questions or suggestions please contact Sande, Jan or Eleanor at: <a href="mailto:enquiries.nhdowns@yahoo.co.uk">enquiries.nhdowns@yahoo.co.uk</a> or call 01727 420365. <a href="http://upondowns.com/">http://upondowns.com/</a> or search for Up on Downs on Facebook.
<b>Hertfordshire Additional Needs Database</b>	You are entitled to join HAND if you are the parent or carer of a child or young person with an additional need or disability aged 0-19. Benefits of joining include a leisure concession card, and subscription to the HAND newsletter. <a href="https://www.hertfordshire.gov.uk/microsites/local-offer/fun-and-respite/hertfordshire-additional-needs-database.aspx">https://www.hertfordshire.gov.uk/microsites/local-offer/fun-and-respite/hertfordshire-additional-needs-database.aspx</a>
<b>Parents and Carers – How can you get involved?</b>	Hertfordshire Parent Carer Involvement (HPCI) is the parent carer forum for Hertfordshire & part of a national network of parent carer forums. It is an independent parent carer led organisation. It aims to improve services for families by working alongside those providing services for children & young people with SEND (Special educational needs and disabilities) <a href="http://www.hertsparentcarers.org.uk/">http://www.hertsparentcarers.org.uk/</a>
<b>Young Carers</b>	Young Carers are children and young people who care for a member of their family. That person may be ill, have a physical or learning disability, or a mental health, drug or alcohol problem. The main focus of the service is to work with children, young people and their families to help them find support locally to reduce the amount of caring young carers have to do. <a href="https://www.carersinherts.org.uk/how-we-can-help/young-carers">https://www.carersinherts.org.uk/how-we-can-help/young-carers</a>

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All information subject to change.