



Welcome to our March Newsletter

- Please take a look at **page 2** for the wonderful Summer courses we have on offer during the next term.

- Partner workshops & services are detailed from **page 5** onwards.

The team would like to wish you all a relaxing Easter holiday.
We will return on 19th April.

Find us on **FACEBOOK:**

Welwyn Garden City & Hatfield Schools Partnership



Other **Support Service Contacts** are available via our website too.

[Welwyn Garden City & Hatfield Schools Partnership](#)



HYGIENE BANK



- DONATION POINT -

BOOTS, THE HOWARD CENTRE



All hygiene donations welcomed!



Hygiene & Food Banks

New Hygiene Bank!



We are proud to announce we now operate a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or the Lead School Family Worker to find out more:

Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

Food Banks available in Welwyn Hatfield

HATFIELD Tuesdays 12-2pm Trussel Trust Hatfield Gracemead House Woods Avenue, Hatfield, AL10 8HX	WELWYN GARDEN CITY Wednesdays 9-11am New Zion Christian Fellowship 140 Cole Green Lane Welwyn Garden City AL7 3JE
--	---

* Please contact school or your school family worker to obtain foodbank vouchers

Made with PosterMyWall.com



Our Summer term courses and coffee mornings

To book the courses on this page please use the link or the QR code to register: Further course details on the next page!

Behaviour Top Tips

Tuesdays: 10th & 17th May

12:00-14:30

Venue TBC

[Click here to book](#)



Freedom Programme

Tuesdays: 10th May - 19th Jul

9:30-11:30

Venue TBC

[Click here to book](#)




COFFEE MORNINGS

No need to book!

**Mon 16th May:
@ Birchwood 9-11am**

**Mon 27th June:
@ Birchwood 9-11am**

**Thurs 7th July:
@ Panshanger Primary School 1-3pm**

*Please contact the school's office
for further details*

Further details of our Summer term courses:

WGC & HATFIELD
SCHOOLS
PARTNERSHIP

BOOK NOW!



BEHAVIOUR TOP TIPS

**2 sessions - held
online**

- **Creating boundaries**
- **Listening to our children**
- **Understanding our own feelings**
- **Understanding children's feelings and behaviour**

DATES:
Tuesday 10th & 17th May

TIME:
12:30-2:30pm

To book: please Use QR Code or go to this link:
<https://forms.office.com/r/Ydy3dkw9Kw>

Made with PosterMyWall.com

Further details of our Summer term courses:

WGC & HATFIELD
SCHOOLS
PARTNERSHIP

BOOK NOW to reserve
your space!



FREEDOM PROGRAMME

Make sense of
Domestic Abuse

10 WEEK COURSE

**Freedom Programme is a domestic
violence programme providing
information, not therapy**

- Examines the roles played by
attitudes and beliefs on the actions
of abusive men and the responses
of victims and survivors

DATE:

**Tuesdays from 10th May
- 19th July 2022 (not
during half-term)**

TIME:

9:30am - 11:30am

VENUE: TBC

TO BOOK:

**Please Use QR Code above or Booking Link:
<https://forms.office.com/r/YvStmkD114>**

Made with PosterMyWall.com

Family Learning from our Local Partners



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your child with Autism/ADHD

A proven evidence-based and CAN parent award course for parents of children under 11 years and living in Hertfordshire. Gain understanding of the triggers behind anger and bring emotional regulation to your family.

"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well-paced, inclusive and knowledgeable. The recaps were good at reminding us of skills learnt, and giving us confidence to learn new topics. Both your knowledge and experiences brought solace, confidence and real life to the examples you gave, and the scenarios that we then worked through each week to help embed were relevant and realistic to me as a parent."

Email: bookings@familiesinfocus.co.uk

Zoom course Thursday lunch & learn
12pm to 2pm

April 21st 28th May 5th 12th 19th 26th



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your family

A proven evidence-based and CAN parent award course for parents of children under 11 years and living in Hertfordshire.

"I now have the right techniques for me and my children and the whole house has calmed down."

Email:

bookings@familiesinfocus.co.uk

Zoom course Wednesday evenings

6.30pm to 8.30pm

April 20th 27th 4th 11th 18th May 25th



Families In Focus CIC
LOOKING FORWARD TOGETHER

Sleep Solutions

A proven evidence-based and behavioural approach to help families get a better nights' sleep. Together, in small interactive groups this course will help parents to build knowledge and skills to restore healthy sleep.

"This course has made such a big difference to my confidence levels and I now know I can make the changes needed to help us all get a good night's sleep."

Email:

bookings@familiesinfocus.co.uk

Zoom course Friday mornings

9.30am to 11.30am

April 22nd 29th May 6th 13th 20th 27th



Families In Focus CIC
LOOKING FORWARD TOGETHER

A Complete Guide to Parenting Children with SEND

A proven evidence-based and award-winning 10 session course packed with tried and tested tools to increase understanding of Autism and ADHD and related conditions. Free for parents living in Hertfordshire whose children are under 11 years.

"This course has given me a sense of belonging and helped me understand my child."

Email: bookings@familiesinfocus.co.uk

Zoom course Tuesday evenings

6.30pm to 8.30pm

April 19th 26th May 3rd 10th 17th 24th

June 7th 14th 21st 28th

Family Learning from our Local Partners

Parent and Carer Support Online Courses Summer Term 2022



TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover



Wednesdays 9.45-11.15am

20th Apr-25th May

Course 503

Tuesdays 8.00-9.30pm

21st Apr-26th May

Course 504

Tuesdays 8.00-9.30pm

7th June-12th Jul

Course 505

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover



Wednesdays 7.45-9.15pm

20th Apr-25th May

Course 506

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

Pre-booking essential

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

07512 709556

bookings@supportinglinks.co.uk

Quoting the Course ID

Page 1 of 2

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

Wednesdays 7.45-9.15pm

20th Apr-25th May

Course 508

Thursdays 7.45-9.15pm

9 Jun-14th July

Course 509

TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)



Diagnosis
not
essential

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

Thursdays 9.45-11.15am

7th Jun-12th July

Course 500

Wednesdays 8.00-9.30pm

8th Jun-13th Jul

Course 502



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

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

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk



These courses are provided free to parents by
Hertfordshire County Council



www.canparent.org.uk

Family Learning from our Local Partners

STEP 2 SKILLS

PREPARE FOR SUCCESS IN HERTS



www.step2skills.org.uk
Tel 01992 556194

Boost Your Confidence

Online Course



Learning in the community for Hertfordshire residents aged 19+

Take control today and start building confidence

Have you lost your confidence? Do you want to build your confidence? Do you want to take your confidence to the next level? If you have answered yes to any of the above, we have a course just for you.

Over this 5-week course you will explore where confidence comes from, identify methods and strategies for increasing your confidence levels, look at positive thinking and much more!

Starts Wednesday 20th April 2022
for 5 weeks | 10am - 12pm |
Online (live streamed) | £15

STARTS APRIL 20 2022

 Financial Hardship - support may be available, please contact us on 01992 556194 to discuss

Book your place at www.step2skills.org.uk/courses

STEP 2 SKILLS

PREPARE FOR SUCCESS IN HERTS



www.step2skills.org.uk
Tel 01992 556194

FREE workshop **FREE** Parking at venue

Family Maths - Saving Together

Face to Face Workshop



Learning in the community for Hertfordshire residents aged 19+

Money Matters - Helping children to develop good habits

Would you like to play a key role in shaping the way your children think and feel about money? During this taster workshop you and your child(ren) will have a great opportunity to think about money and how to develop good habits.

Sign up today and get ready to make your money go further

Activities will be based around the Key Stage 1 and 2 Maths curriculum and so will link to your child's learning in school

Monday 4th & Thursday 7th April
(you are expected to attend both sessions)
1pm - 3pm
Face to Face - St Joseph's Church
204 High St, Waltham Cross EN8 7DP

STARTS APRIL 04 2022



To find out more or book your place visit:
www.step2skills.org.uk/courses



Local support and partners

Healthy hub

Welwyn Hatfield

Have you seen the Welwyn Hatfield Healthy Hub website?



Here to help you stay healthy and well

www.healthyhub.welhat.gov.uk



Family Support & Learning from our Local Partners

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

<http://www.dspl5.co.uk/>

YCH

Services for Young People

Supporting Young People in Welwyn Hatfield

YCH Services for Young People is part of Hertfordshire County Council and provides youth work projects, information, advice, guidance, work related learning and wider support for young people.

Further details on what they offer can be found here:

<http://wgc-hatfieldschoolspartnership.com>



STEP2 SKILLS | Department for Work & Pensions | Ofsted Gold Provider | matrix | Hertfordshire

Do you complete Health & Safety assessments?
Do you check new starters are settling into their jobs?
Do you assess the work of junior employees?

Gain a L3 Certificate in Assessing Vocational Achievement in 2022

***Fully Funded Course**

BOOK TODAY!

To find out more or to register your interest:
www.step2skills.org.uk/courses | 01992 556194

STEP2 SKILLS | Department for Work & Pensions | Ofsted Gold Provider | matrix | Hertfordshire

Are you a team leader?
Managerial responsibilities but no formal qualifications?
Want to move up to next level of management?

Gain a L3 Diploma in Leadership & Management qualification* in 2022

***Fully Funded Course**

BOOK TODAY!

To find out more or to register your interest:
www.step2skills.org.uk/courses | 01992 556194

Local support and provision

ADD-vance
The ADHD and Autism Trust



About Us

ADD-vance is a dedicated group of professionals, who also happen to be parents of children affected by ADHD and/or Autism. Our mission is to support the families of children affected by these conditions and the professionals involved in their care. We want to increase understanding, provide support and change perceptions of these complex neurological conditions, so as to improve the wellbeing and reduce the social isolation of these young people and their families.

Ways to get in touch

Our helpdesk is open from 9am to 1pm every weekday. Please call if you have any questions, need more information or are looking for a sympathetic ear.



01727 833963

Monday to Friday: 9am – 1pm



herts@add-vance.org

Local support & provision



Find the support you need at the **Families First Portal**

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links



@FamiliesFirstHerts



@FFHerts

hertfordshire.gov.uk/familiesfirst



"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about money"

"I'm worried about my child's behaviour in school and at home"

"I need reassurance and support"



Angels

AUTISM & ADHD SUPPORT

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

Do you need Support, Information, Advice and Strategies on ADHD and Autism?

We provide:

- Parent support group meetings led by a facilitator face to face and virtually over Zoom where you can chat with other parents and share ideas and experiences
- Evening support group meetings over Zoom
- Speaker Sessions and Workshops on ADHD and Autism
- Angels 1 to 1 – individual appointment with Specialist Support Practitioners to help with particular issues at home and school
- Website and Facebook page, plus a private moderated Facebook group for members

Contact us:

01462 685150

info@angelssupportgroup.org.uk

www.angelssupportgroup.org.uk



Hertfordshire Music Service is proud to be joining the national campaign by Music Mark called 'Get Playing'; offering an exciting opportunity to get more young people into music.

The Get Playing project has the ambition to enable and inspire 2,000 young people in Hertfordshire to start instrumental music lessons.

At Mid Herts we are going to be offering half a term of free group lessons for children who are not already learning an instrument.



Music is good for your brain

Regularly singing or playing an instrument is linked with improvements in your brain, especially memory and focus.

#HMSGetPlaying



To sign up please visit
<https://surveys.hertfordshire.gov.uk/s/GetPlaying/>
or scan the QR code

Local support and provision

Supporting neurodiverse families

We are a Hertfordshire based charity supporting families of children and young people who are on the Autistic Spectrum (ASD), have Attention Deficit Hyperactivity Disorder (ADHD) or other neurodiverse conditions.

Whether families think their child or young person may be autistic or have ADHD, are going through the diagnostic process, or have already received a diagnosis they are all welcome at SPACE.



Workshops, training courses and conferences

We organise and host workshops, training courses and conferences covering many aspects of parenting children and young people on the autistic spectrum and/or with ADHD.

SPACE are the only organisation in Hertfordshire licenced to deliver the ADHD Foundation's ADHD Parenting Programme. We also deliver the Sleep Tight Course from The Children's Sleep charity and workshops covering topics such as:

Hertfordshire's free SEN equipment lending library

Borrowing resources is so easy



You are welcome to drop in for a browse, a hot drink and a chat! We are based in Stevenage, just off the A1, and are open from 9:30-12:30 Monday and Wednesday mornings:

Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE.

While you are here, if there is other equipment and resources you would like to see the team will happily get it out for you. If you have your children or young people with you they are also welcome to have a little play with a small selection of resources to see if they work for them. And on Mondays, our Family Support Worker is also often on hand to lend a listening ear.

Contact us

The Maltings
Stanstead Abbots
Hertfordshire
admin@spaceherts.org.uk



What is Potential Kids?

Potential Kids is an award winning charity based in Welwyn/Hatfield providing learning, social and sports opportunities to Neurodiverse children / young people (Autism, ADHD, Dyslexia, Dyspraxia, Tourette Syndrome amongst other conditions), their siblings and families

Activities:

We run activities for various different ages at multiple locations including:

- **Potential Kids, The Galleria Outlet Centre, Hatfield AL10 0XR**
- **Potential To Grow, The Galleria Car Park (North), Comet Way, Hatfield AL10 0XR**
- **Birchwood Leisure Center, Longmead, Hatfield AL10 0AN**

If you have any questions or enquires feel free to get in contact with us.

info@potentialkids.org

Energy Bills Rebate – Factsheet

What has the government announced?

- The government has announced a package of support to help households with rising energy bills, worth £9.1 billion in 2022-23.
- This includes:
 - A **£200** discount on their energy bill this Autumn for domestic electricity customers in Great Britain. This will be paid back automatically over the next 5 years.
 - A **£150** non-repayable Council Tax Rebate payment for all households that are liable for Council Tax in Bands A-D in England.
 - **£144 million** of discretionary funding for Local Authorities to support households who need support but are not eligible for the Council Tax Rebate.
- The devolved administrations are receiving around £715 million funding through the Barnett formula as usual where UK Government support doesn't cover Scotland, Wales or Northern Ireland.

Why is the government providing support?

- The government recognises many households will need support to deal with rising energy costs, which are being affected by global factors.
- From 1 April, the energy price cap will rise from £1,277 to £1,971 – an almost £700 increase in energy bills for the average household.
- Wholesale gas prices have quadrupled in the last year. Because gas is used for electricity generation this pushes up retail electricity bills as well as retail gas bills.

How will the Energy Bill Discount Scheme work?

- Domestic energy customers in Great Britain will receive a **£200** cash discount on their bills this Autumn. The government will provide funding to all suppliers for them to pass on to their domestic energy customers from October.
- Customers will pay back the discount automatically in equal instalments over five years, starting from financial year 2023-24, when wholesale gas prices are expected to come down. This is expected to be reflected as an increase to standing charges on bills.
- This approach will help to spread the increased costs of global prices over time in a way that is more manageable for households.
- The Department for Business, Energy and Industrial Strategy will set out more detail on this policy in a consultation in the spring.

How will the Council Tax rebate work?

- Households in England in Council Tax Bands A-D, who are not exempt from Council Tax, will be eligible for a **£150** Council Tax Rebate payment from April this year.
- The rebate will be made by local authorities as a payment to households. This won't have to be repaid.
- 80% of households in England are in Council Tax Bands A-D, so will benefit from this rebate. The rebate will not be paid for second homes or empty properties.
- Households in England in Bands A-D that pay less than £150 or do not pay Council Tax as a result of Local Council Tax Support will also be eligible for a payment of £150.
- People in receipt of the Single Person Discount in Bands A-D will be eligible for a payment of £150.

Energy Bills update

- We expect the vast majority of people who pay by Direct Debit to receive this money in April. For households in Bands A-D who do not pay by Direct Debit, their councils will be ready to process their claims in April.
- The government is providing new funding to local authorities for these rebates, as well as extra funding to help with increased administrative costs.
- For those who need help with their energy bills but are not eligible – such as households on income support in higher bands (E-H) or with properties in bands A-D that are exempt from council tax – local authorities will receive £144 million of discretionary funding to help.
- Further details will be set out by the Department for Levelling Up, Housing and Communities and local authorities.

Will people across the whole UK benefit?

- The £200 energy bills discount applies across England, Wales and Scotland. The Northern Ireland Executive is responsible for energy policy in Northern Ireland. The Northern Ireland Executive will be funded to provide comparable support with around £150 million through the Barnett formula next year. The Barnett formula will also be applied when UK Government spending is recovered in future years, which will result in lower funding for the Executive in those years.
- The £150 Council Tax Energy Rebate applies in England only, as Council Tax policy is devolved in Wales, Scotland and Northern Ireland. As a result, the devolved administrations will receive around £565 million extra funding through the Barnett formula, which will enable them to provide similar support. They will be able to choose whether to spend this funding this year or next year.
- This comprises around £290million for the Scottish Government, £175million for the Welsh Government and £100million for the Northern Ireland Executive.

What other help is available for people struggling with the cost of living?

- These new measures are on top of the existing £12 billion support the government is providing for the cost of living this financial year and next. This includes reducing the Universal Credit taper rate, raising the National Living Wage, freezing alcohol and fuel duties and providing targeted help with energy bills.
- The table below shows the total available funding per household to support with energy bills, depending on eligibility.
- The government is continuing with plans to expand eligibility for the Warm Home Discount by almost a third and increase the rebate value to £150 each year (from £140). 3 million vulnerable households will now benefit from the £150 supplier rebate. More detail will be published shortly in the government response to the consultation on this.
- A fuller explanation of how the government is helping with the cost of living is available in a separate factsheet here <https://www.gov.uk/government/publications/government-support-for-energy-bills-and-the-cost-of-living/factsheets>

Measure	Eligibility and Beneficiaries	Value
Universal Rebate	All GB households.	£200
Council Tax Rebate	Households in England in council tax bands A-D.	£150
Warm Home Discount (WHD) (as per current consultation)	Households in receipt of Pension Credit, Guarantee Credit, and some working age benefits. 3 million households.	£150
Winter Fuel Payment	All households with at least one member above state pension age. £200 per household to those under 80, £300 to those over 80. 11.2 million households.	£200-£300
Total available funding (depending on eligibility)		Up to £800

Looking after your mental health and wellbeing

Information for Children and Young People



Websites

Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website hosts helpful resources about current issues. The site is updated frequently, so keep checking back.

<https://www.justtalkherts.org/>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All the content has been produced by school nurses, other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for parents and carers)

Apps / National websites

There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/>

Information, advice and guidance

Herts Mind Network have a **helpline** for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website

<https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is **01923 256391**. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is a **text messaging service** for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Secondary school pupils can also follow the School Nurse Team on Instagram at **teenhealth.hct**.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. You can contact a Youth

Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing yc@hertfordshire.gov.uk or visit <https://www.ychertfordshire.org/>

School – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance.

Further support

If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access **0800 6444 101**. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety (so you can let your parents or carers know about it too). You can visit <https://www.northessexiapt.nhs.uk/hertfordshire> for more information about the service and to self-refer.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) http://www.yctsupport.com/ Telephone 01279 414 090	Youth Talk (St Albans) http://youthtalk.org.uk/ Telephone 01727 868684
Rephael House (Welwyn and Hatfield) https://www.rephaelhouse.org.uk/ Telephone 020 8440 9144	Signpost (Watford and Hemel areas) http://signpostcounselling.co.uk/ Telephone 01923 239495

Kooth is an **online counselling** service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

Already working with a Service?

If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

Need help now?

If you, a friend or family member are experiencing a mental health crisis, please call: **0800 6444 101**. This line is open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999 and ask for an ambulance.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**

April 2021

BOOKS TO READ WITH CHILDREN -

List available on Family Links site [here](#)

