

Advice and support for children/ young people.

<https://www.childline.org.uk/>

Online support for any child

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

Online support for young people who may be struggling with every day issues.

<https://www.cruse.org.uk/>

Offer support around bereavement.

<https://www.kooth.com/>

Service for young people to get advice and support online.

<https://www.hertssunflower.org/herts-sunflower.aspx>

Advice and support for anyone concerned around Domestic Abuse.

<https://annakaharris.com/mindfulness-for-children/>

Online activities for breathing and relaxation ,including visualisation recordings.

https://www.youtube.com/watch?v=Bk_qU7I-fcU

Stories for children to relax and meditate to.

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

Podcasts to listen to when experiencing feelings of stress & anxiety.



If you know any useful websites or Apps please let me know on;

d.hansen@peartreespring.herts.sch.uk

Advice and support for Adults or over 18.

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

Information and online support on ADHD.

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

Online support for parents of young people , who may be struggling with every day issues.

<https://www.cruse.org.uk/>

Offer support around bereavement.

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

Information and support around ADHD and Autism.

<https://www.hertsparentcarers.org.uk/>

Guidance and support For any one that is a carer within Hertfordshire.

<https://www.hertssunflower.org/herts-sunflower.aspx>

Advice and support for anyone concerned around Domestic Abuse.

https://www.youtube.com/watch?v=Bk_qU7I-fcU

Stories for children to relax and meditate to.

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

This charity offers free workshops/ courses for parents/ Carers. They cover a wide range of issues. They offer regular meetings at the Phoenix centre, The Hyde, SG2

Alternatively contact Samaritans (24 hours a day)free on 116

2nd Edition June 19

Covering Stevenage, Aston, Benington, Datchworth, Graveley, and Knebworth.

Who? What? Why? When?

We are a Hertfordshire-wide partnership.

We are here to help Parents, Carers, Early Years settings, Schools, Further Education, the Local Authority as well as Charities and organisations to work together.

Our aim is to offer a wide range of provision within the local Community, that can offer advice and support, when you most need it.

The main focus is:

- * To meet the needs of children and young people with special educational needs and/or disabilities (SEND), aged 0-25.
- * Improve outcomes for wellbeing and attainment.
- * Offer more choice for children and parents/carers.
- * Removing barriers for learning and to ensure resources are used effectively.

If you would like further details about the service, please visit www.stevenagedspl.org.uk alternatively visit us on Facebook.



A MASSIVE THANK YOU TO EVERYONE THAT HAS TAKEN PART IN THE PARENT SURVEY !

If You would still like to take part click on the link

<https://forms.gle/rksm55D5ekNjXQXj7>

We have booked several courses and are still looking out for others that you have asked for. So watch this space ! (see DSPL2 website)

Here are some of them

ADHD/ASD workshop for parents. In the evening of 22 October 6-8pm

Sensory workshop for parents .In the evening of 24 October 6-8pm

6 week programme for parents on emotional wellbeing, resilience, strategies and confidence building. Starting in September.

Some of the forthcoming events

For more information go to DSPL2 website

Have your say!

Can you share any information that may be useful for others? Contact d.hansen@peartreespring.herts.sch.uk

Wellbeing Quote

“Be the change that you wish to see in the World.”

Mahatma Gandhi

20th June- 9am to 10.00am or 2.00pm to 3.00pm

Information for Year 6 Parents/ Carers

Are you a parent/ carer of a Year 6 child moving up to Secondary?

Are you anxious or concerned about the transition?

Then come along to an informal chat and get some helpful advice and support

9th July 10.00am-11.00am

Information for parents of children starting nursery or Reception in September

If Would you like some advice on this transition?

Please attend this Workshop . You can gain advice and practical ideas .You will also get to meet other parents.

