

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

November Edition

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.



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

(see DSPL2 website or our Facebook page) If you are not receiving the flyers regarding these courses from your Childs school setting please let me know.

Here are some that have run and some that are upcoming.

SPACE parenting course for 5 weeks on Sleep.

Family Lives 8 week parenting course on getting on with your Pre-teen.

Magnificent Munchers parent and child 6 week programme on practical solutions to sensory issues around food.

SPACE understanding EHCPs.

ADDvance, understanding ADHD, Understanding sensory issues and issues around anger & anxiety. Held at Peartree

Some of the forthcoming

Have your say!

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

Wellbeing Quote

Sometimes we are tested not to find a weakness but to discover a strength.

