

## 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](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.



## Someone is there for you !



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

Stories for children to relax and meditate to.

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

This charity offers free workshops/ courses for parents/ Carers.

[spaceherts@gmail.com](mailto:spaceherts@gmail.com)

SPACE offer support & workshops for parents /Carers. They specialise in ASD/ ADHD.

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

February 2020 Edition

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

## Who? What? Why? When?

### We are a Hertfordshire-wide partnership.

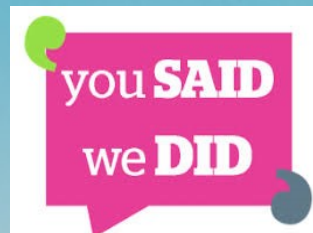
We are here to help Parents, Carers, Early Years settings, Schools, Further Education, the Local Authority as well as Charities and organisations to work together.

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](http://www.stevenagedspl.org.uk) alternatively visit us on Facebook.



Over the past few months we have run several courses and workshops.

We are really pleased with the positive feedback we have received from those who have attended and benefited.

We have new courses and workshops planned and will advertise them nearer to the time through your school setting, our website and our Facebook page.

We are starting a **new FREE group for those aged between 18-25 with an additional need**. This will run on a monthly basis. Please see our Website or Face Book page for more details.

We are **still running our FREE weekly group for under fives with additional needs**. This is held at Bandle Rise Play centre, on a Wednesday 10-11:30. For more information please see our website or Facebook page.

If you have any issues in receiving our information please contact me at [d.hansen@peartreespring.herts.sch.uk](mailto:d.hansen@peartreespring.herts.sch.uk)

## Some of the forthcoming events

### Have your say!

Can you share any information that may be useful for others? Contact [d.hansen@peartreespring.herts.sch.uk](mailto:d.hansen@peartreespring.herts.sch.uk)



### Wellbeing Quote

Not everything that can be counted counts and not everything that counts can be counted.

Albert Einstein

Wednesday 12th February 2020

6:30-9:00pm

The Oak Suite,

Peartree Spring Primary school, SG2 9GG

### Chillzone

New group for anyone 18-25

With an additional need.

Thursday 23rd April 2020

9:30-12:00

The Oak Suite,

Peartree Spring Primary school, SG2 9GG

### Workshop for Grandparents

To raise awareness of ASD/ADHD as well as offer advice or any other areas of SEND