

Dear Parent/Carers,

We hope you are keeping safe and well.

The February dates are now available to book for ADD-vance mini consultations, please see further information below and Eventbrite link to book. Please also see the flyers for online parenting courses and support from other providers available this term.

Stay safe and take care,

DSPL 8 Team – Carole Hassell, Ruth Mason & Ashley Fabray

Website - [www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

Email – [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

Facebook - [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum) Instagram – [dspl\\_dacorum](https://www.instagram.com/dspl_dacorum)

## COURSES, WORKSHOPS & SUPPORT

### Mini Consultations for Parent/Carers of Children with Autism/ADHD -February

Please find below dates for Consultations in February 2021. Book a 30-minute session via:  
[www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) More dates will be available next month.

Free mini consultations for  
parent/carers in Dacorum

Facilitated by ADHD/Autism  
Specialist Coaches  
from ADD-vance



### **Dacorum DSPL Area 8 are pleased to offer** **Mini Consultations For Parent/Carers** **of children with Autism/ADHD**

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—[www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) for one of the following dates and times:

Tuesday 03/02/2021	10:00 - 11:30
Tuesday 09/02/2021	10:00 - 11:30
Thursday 25/02/2021	10:00 - 11:30

You will receive an email with a zoom invite link nearer the date.

More consultation dates will be available next month.

## Dyslexia Support Group

The next support group is on Tuesday 26<sup>th</sup> January, 1:15-2:45pm. Join the support group via the zoom link below:

Join Zoom Meeting: <https://us04web.zoom.us/j/8447200893...>

Meeting ID: 844 720 0893

Passcode: LDFS2020



**Dyslexia  
support group**

No need  
to book,  
just drop in!

Support group run by Lyndsey Hooper, Family Support Manager, who will be sharing personal experiences of having Dyslexia.

- Guest Speakers
- Advice
- Support

**zoom**

Until larger meetings can be arranged again, we've decided to take these meetings to group Zoom calls until times change. Please join us, no need to book.

Join Zoom Meeting:  
<https://us04web.zoom.us/j/8447200893?pwd=enlqWkZpUGlVT3d5UHMzWXhhUDhGQT09>

Meeting ID: 844 720 0893  
Passcode: LDFS2020

**Upcoming Group  
Support Timetable**

<b>2020</b>	
1st December	1.15-2.45pm
<b>2021</b>	
26th January	1.15-2.45pm
9th March	1.15-2.45pm
11th May	1.15-2.45pm
6th July	1.15-2.45pm

**DSPL** | Delivering Special  
Provision Locally  
*Achieving quality outcomes*

**Please note:**  
This group is only available to Dacorum parents and carers.

## Online Targeted Parenting Courses – Spring Term 2021

**\*Please note\*** There is an error on this flyer and it should read – Spring Term 2021

Family Services Commissioning

### Online Targeted Parenting Courses Autumn Term 2020 v2

For full details of each course and how to refer to providers please go to  
[www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) or visit the providers links. If you have any  
professional questions for Family Services Commissioning, please email  
[EHCommissioning@hertfordshire.gov.uk](mailto:EHCommissioning@hertfordshire.gov.uk)

Provider	District	Name of course	Dates & Times
ADD-vance	Online	Understanding ADHD and Autism <a href="http://www.add-vance.org">www.add-vance.org</a>	Mon 4th, 11th, 18th, 25th Jan, 1st & 8th Feb 10am—12pm
			Mon 4th, 11th, 18th, 25th Jan, 1st & 8th Feb 7pm—9pm
			Thurs 7th, 14th, 21st, 28th Jan, 4th, 11th Feb 10am—12pm
			Fri 8th, 15th, 22nd, 29th Jan, 5th & 12th Feb 10am—12pm
			Sat 20th, 27th Feb, 3rd, 10th 17th & 24th Mar 2pm—4.30pm
			Mon 22nd Feb, 1st, 8th, 15th & 22nd Mar 10am—12.30pm
			Fri 26th Feb, 5th, 12th, 19th, 26th Mar 10am—12.30pm
			Mon 22nd Feb, 1st, 8th, 15th & 22nd Mar 7pm—9.30pm
			Tue 23rd Feb, 2nd, 9th, 16th & 23rd Mar 10am—12.30pm
			Wed 6th, 13th, 20th, 27th Jan, 3rd & 10th Feb 10am—12pm
ADD-vance	Online (parents/carers of girls)	Understanding girls with ADHD and Autism	Wed 24th Feb, 3rd, 10th, 17th & 24th Mar 7pm—9.30pm
	Online (Dads only)		Thurs 25th Feb, 4th, 11th, 18th, 25th Mar 10am—12.30pm
	Online		Tue 23rd Feb, 2nd, 9th, 16th & 23rd Mar 7pm—9.30pm
	Online (East Herts district)		Wed 24th Feb, 3rd, 10th, 17th & 24th Mar 10am—12.30pm
	Online (Dacorum)		Tues 5th, 12th, 19th, 26th Jan, 2nd & 9th Feb 10am—12pm
ADD-vance	Online	Understanding Teens with ADHD and Autism <a href="http://www.add-vance.org">www.add-vance.org</a>	



Family Services Commissioning

## Online Targeted Parenting Courses Autumn Term 2020 v2

For full details of each course and how to refer to providers please go to  
[www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) or visit the providers links. If you have any  
professional questions for Family Services Commissioning, please email  
[EHCommissioning@hertfordshire.gov.uk](mailto:EHCommissioning@hertfordshire.gov.uk)

ADD-vance	Online (North Herts district)		Tues 5th, 12th, 19th, 26th Jan, 2nd & 9th Feb 7pm—9pm
Families Feeling Safe	Broxbourne	Protective Behaviours for Dads and Male Carers <a href="mailto:enquiries@familiesfeeling-safe.co.uk">enquiries@familiesfeeling-safe.co.uk</a>	Tues 5th Jan 7.30pm—9pm, 12th, 19th, 26th Jan , 2nd & 9th Feb 8pm—9pm,
Families Feeling Safe	Hertsmere		Thurs 7th Jan 7.30pm—9pm, 14th, 21st, 28th Jan, 4th & 11th Feb 8pm—9pm
Families Feeling Safe			
Families Feeling Safe	Countywide	Protective Behaviours for Mums, Dads and Carers	Wed 6th Jan 7.30—9pm, 13th, 20th, 27th Jan, 3rd & 10th Feb 8pm—9pm
Families in Focus	Hatfield	Handling Anger in Your Child with SEND (5—11yrs)	Dates to be confirmed, for more information, please contact <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a>
Families in Focus	Hemel Hempstead	Handling Anger in Your Family (5-11yrs)	Dates to be confirmed, for more information, please contact <a href="http://www.familiesinfocus.co.uk">www.familiesinfocus.co.uk</a>
HACRO	Watford	Caring Dads	Dates to be confirmed, for more information please contact <a href="http://www.hacro.org.uk">www.hacro.org.uk</a>
Natural Flair	Online	Natural Steps to Stronger, Safer Families <a href="http://www.natural-flair.com">www.natural-flair.com</a>	Mon 25th Jan, 1st, 8th, 15th, Feb, 1st, 8th Mar 7pm—9pm Thurs 28th Jan, 4th, 11th, 18th Feb, 4th, 11th Mar Tues 2nd, 9th, 16th Feb, 2nd, 9th, 16th Mar Wed 3rd, 10th, 17th Feb, 3rd, 10th, 17th Mar 9.30am—11.30am
Natural Flair	Online	The Secrets of Parenting Teens and Building Resilience <a href="http://www.natural-flair.com">www.natural-flair.com</a>	Wed 27th Jan, 3rd, 10th, 17th Feb, 3rd, 10th Mar Mon 1st, 8th, 15th Feb, 1st, 8th 15th Mar Thurs 4th, 11th, 18th Feb, 4th, 11th, 18th Mar 7pm—9pm
Supporting Links	Online	Talking Families <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>	Tues 5th, 12th, 19th, 26th Jan, 2nd, 9th Feb 8pm—9.15pm Wed 6th, 13th, 20th, 27th Jan, 3rd, 10th Feb 10am—11.15am





Family Services Commissioning

**Online Targeted Parenting Courses Autumn Term 2020 v2**

For full details of each course and how to refer to providers please go to [www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) or visit the providers links. If you have any professional questions for Family Services Commissioning, please email [EHCommissioning@hertfordshire.gov.uk](mailto:EHCommissioning@hertfordshire.gov.uk)

			Wed 24th Feb, 3rd, 10th, 17th, 24th, 31st Mar 10am—11.15am
	Online	Talking Teens <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>	Tues 5th, 12th, 19th, 26th Jan, 2nd, 9th Feb Thurs 7th, 14th, 21st, 28th Jan, 4th, 11th Feb Mon 22nd Feb, 1st, 8th, 15th, 22nd, 29th Mar Thurs 25th Feb, 4th, 11th, 18th, 25th Mar, 1st Apr All at 7.45pm—9.15pm
	Online	Talking Dads <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>	Wed 6th, 13th, 20th, 27th Jan, 3rd 10th Feb Wed 24th Feb, 3rd, 10th, 17th, 24th Mar 7.45pm—9.15pm
	Online	Understanding Behaviour in your child with additional needs <a href="http://www.supportinglinks.co.uk">www.supportinglinks.co.uk</a>	Wed 6th, 13th, 20th, 27th Jan, 3rd, 10th Feb 10am—11.15am Wed 24th Feb, 3rd, 10th, 17th, 24th, 31st Mar 8pm-9.15pm

Support also available from	
Hertfordshire Practical Parenting Programme	Support helpline and web information - <a href="https://www.hertfordshireppp.co.uk/covid-19/">https://www.hertfordshireppp.co.uk/covid-19/</a>
Safer Places— <a href="https://www.saferplaces.co.uk/">https://www.saferplaces.co.uk/</a>	Support information and helpline. Online Triple R courses available - referrals from professionals via website



**SENDIASS Webinars supported by HPCI**

SENDIASS will be delivering the following webinars this term supported by HPCI.

**Webinar dates for Jan – Mar 2021 Term**

**Wednesday 20<sup>th</sup> Jan 2021 @ 7:30pm – EHC Needs Assessment Pt. 2 – Refusal or Agreed...What happens next? (Weeks 6-12)**

This is the next session for those parents who attended out What is an EHC Needs Assessment Webinar. This webinar will look at the next steps of the 20 week process from weeks 6-12. It will cover:

**If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)**

- Why the LA may refuse to do an EHC NA
- The options parents have following a refusal to assess
- What happens when an EHC NA is agreed
- How you & your child are involved

**Wednesday 27<sup>th</sup> Jan 2021 @ 7:30pm – Choosing a School Webinar**

This session is for those parents who have a child within a transition school year. It will explore things to think about and consider when viewing and making a decision about your child's new school.

**Wednesday 24<sup>th</sup> Feb 2021 @ 7:30pm – Annual Reviews**

This session is for those parents with a child who has an EHCP. It will look at:

- What an annual review is
- The Annual review process
- Preparing for an annual review meeting
- Setting SMART targets
- Preparing for Adulthood Y9+
- And you options if you are not happy with a decision

**Wednesday 10<sup>th</sup> March 2021 @ 7:30pm – EHC Needs Assessment Pt.3 – Planning meeting & beyond (Weeks 13-20)**

This next session is for those parents who have had their needs assessment agreed and are at the stage of receiving their 1<sup>st</sup> draft of the EHCP.

- The planning meeting
- The purpose of an EHCP
- Finalising the EHCP if one is agreed
- Options if your EHCP is not agreed

**Wednesday 24<sup>th</sup> March 2021 @7:30pm – SEN Support**

This webinar is for those parents who have a child who has or may have a special educational need. It will look at:

- What is an SEN
- What is SEN support
- The areas of need
- The graduated approach
- Quality first teaching
- Reasonable adjustments
- Support Services in Hertfordshire

All these are now available for parents to book tickets for via the HPCI website → <https://www.hertsparentcarers.org.uk/webinars/>

## NESSie Online Workshops

To book visit: <https://nessieined.com/events/>

### UPCOMING ONLINE WORKSHOPS

Workshops	Dates	Times
Supporting Siblings of Children with Additional Needs	Monday 11 <sup>th</sup> January	1:00pm - 2:30pm
Teenage Years – Supporting Children with Additional Needs	Monday 18 <sup>th</sup> January	7:00pm - 8:30pm
Beginning of the Journey – Understanding the SEN World	Monday 25 <sup>th</sup> January	10:00am -11:30am
0-8 Years – Supporting Children with Additional Needs	Monday 1 <sup>st</sup> February	1:00pm -2:30pm
Supporting Your Child with Anxiety and Change	Monday 8 <sup>th</sup> February	1:00pm -2:30pm
Managing Meltdowns	Monday 22 <sup>nd</sup> February	7:00pm -8:30pm
Girls and Women – Supporting Children with Additional Needs	Monday 1 <sup>st</sup> March	10:00am -11:30am
Supporting Your Child with Anxiety and Change 2	Monday 8 <sup>th</sup> March	1:00pm -2:30pm
Positively Supporting a child who Self-Harms	Monday 15 <sup>th</sup> March	1:00pm -2:30pm

Funded by Hertfordshire County Council and open to residents of Hertfordshire.

**NESSie** Supporting Positive Mental Health in Schools

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

## Funded Targeted Parenting Courses - Natural Flair

Please see the flyers providing further information about each of the course's content and details of how to book.

**The Secrets of Parenting Teens and Building**

**Topics covered include:**

- ◆ Teen development and the teen brain
- ◆ Building resilience/self esteem
- ◆ Temperament and its effects on behaviour
- ◆ Dealing with challenging behaviour
- ◆ Improving communication and relationships
- ◆ What is anxiety and how it is displayed in young people
- ◆ Looking at wellbeing and anxiety of teens and the impact on the wider family
- ◆ Tools for managing anxiety and conflict
- ◆ Setting boundaries and managing house rules/parenting styles and strategies
- ◆ The power of empathy in connecting with young people
- ◆ Tools for emotional health and wellbeing

**ONLINE SESSIONS**

Date: Weds 27<sup>th</sup> Jan to 10<sup>th</sup> March  
Time: 19.00pm to 21.00pm

Date: Mon 1<sup>st</sup> Feb to 15<sup>th</sup> March  
Time: 19.00pm to 21.00pm

Date: Thurs 4<sup>th</sup> Feb to 18<sup>th</sup> March  
Time: 19.00pm to 21.00pm

To book contact:  
**Vicky Knight (Course Manager)**  
Email: [bookings@natural-flair.co.uk](mailto:bookings@natural-flair.co.uk)

Places are limited - Please call NOW on 01992 446 051 to secure your place on this popular course

**Natural Flair Coaching Ltd Presents**

### **Natural Steps To Stronger, Safer Families**

**A Protective Behaviours Approach to Emotional Wellbeing**

**Topics covered include:**

- What it means to feel safe - how do we know?
- Problem solving and resilience skills
- How to support our child's worries
- Why do we get triggered? Our 'unwritten rules'
- How to build and maintain an effective support network
- Strategies to stay in control of our emotions
- What is behind anger and how this impacts behaviour

**Dates:** Day and evening courses available

Mon 25<sup>th</sup> Jan to 8<sup>th</sup> March 7pm to 9pm  
or  
Thurs 28 Jan to 11<sup>th</sup> March 9.30am to 11.30am  
or  
Tues 2<sup>nd</sup> Feb to 18<sup>th</sup> March 9.30am to 11.30am  
or  
Weds 3<sup>rd</sup> Feb to 19<sup>th</sup> March 9.30am to 11.30am

**Venue:** Available on your smart phone or laptop device in the comfort of your own home

This fun and inspiring online parent coaching course develops confidence, resilience and emotional wellbeing - It is packed full of strategies to support your family to manage their feelings and tips to support a calmer family life

**Parents need to be referred onto this course or have a specific parenting need**

For more information or to book a space please call 01992 446 051  
Email: [Bookings@natural-flair.co.uk](mailto:Bookings@natural-flair.co.uk)



## Families in Focus – Parent Network

To join a Parent Network email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)



### February 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

Early Years <b>zoom</b> with Tracey and Georgie	Wednesday February 3rd 9.30 - 11.30am	Early Years support in Hertfordshire and how to access it
<b>zoom</b> with Francine and Lesley	Monday February 8th 7pm - 9pm	EHCP first steps with Helena Marks-Dwyer, Independent SEND Advisor
<b>zoom</b> with Francine and Lesley	Thursday February 11th 9.30 - 11.30am	How to give siblings of children with SEND emotional support
<b>zoom</b> with Siobhann	Thursday February 11th 7pm - 9pm	Understanding behaviours of children with SEND
Teens 15+ <b>zoom</b> with Finola and Karen	Tuesday February 16th 7pm - 9pm	Building a community of shared experiences
<b>zoom</b> with Siobhann	Monday February 22nd 9.30 - 11.30am	Understanding behaviours of children with SEND

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

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



### March 2021 Zoom Parent Network

Parent Network is open to ANY parent in the UK caring for a child with any Special Education Needs including those awaiting assessment or diagnosis.

If you would like to join us, email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) and we'll send you the Zoom codes

Early Years <b>zoom</b> with Tracey and Georgie	Wednesday March 3rd 9.30 - 11.30am	Basic introduction to the sensory world of a child
<b>zoom</b> with Francine and Lesley	Monday March 8th 7pm - 9pm	Sensory world of a child with Bev Hamilton, Ask Bev Consultancy
<b>zoom</b> with Siobhann	Thursday March 11th 7pm - 9pm	Managing behaviours of children with SEND
Teens 15+ <b>zoom</b> with Finola and Karen	Tuesday March 16th 7pm - 9pm	Building a community of shared experiences
<b>zoom</b> with Francine and Lesley	Thursday March 18th 9.30-11.30am	How to give siblings of children with SEND emotional support
<b>zoom</b> with Siobhann	Monday March 22nd 9.30 - 11.30am	Managing behaviours of children with SEND

Parents who have attended previous sessions will receive a text invitation to join the virtual meetings

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

If you would like to register for our mailing list, or be removed, please email [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)



## **SUPPORT**



**Speech, Language, Communication and Autism** - [stadac.islteam@hertfordshire.gov.uk](mailto:stadac.islteam@hertfordshire.gov.uk)



**Educational Psychologists** - Use our advice line to speak to an educational psychologist or an advisory teacher if you need support. **Wednesday 2 - 4.30pm 01992 588 574**



**Autism Helpline** 10am – 3pm, Monday to Friday - **0808 800 4104** or via online contact form  
<https://www.autism.org.uk/enquiry>



**ADD-vance Helpdesk** is open from 9am to 1pm every weekday via [07716 744 662](tel:07716744662) or email to [herts@add-vance.org](mailto:herts@add-vance.org) Website - [www.add-vance.org](http://www.add-vance.org) Facebook – [www.add-vance.org/parents/](https://www.add-vance.org/parents/)



**Hertfordshire Local Offer** The Local offer lets parents and young people know what special education 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>



**Herts Help** a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life. Call us on **0300 123 4044** or email [info@hertshelp.net](mailto:info@hertshelp.net)



**Kids Hub** support and information to families with children and young people with SEND. We are still open and offer support and advice to families over the phone and emails and our SEN Toy and Equipment is still available to parents. If you would like to get in contact with us please call on 01992 504013/ 01923 676549 or email us at [hub.herts@kids.org.uk](mailto:hub.herts@kids.org.uk)



**Hertfordshire SENDIASS** is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS). Contact SENDIASS on: [sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk) or 01992 555 847



**Hertfordshire Additional Needs Database (HAND)** voluntary register of disabled children and young people aged 0-25. By joining the register, you can get discounts at places around the county (and beyond). Contact via: <https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/hertfordshire-additional-needs-database.aspx> or email [hand@hertfordshire.gov.uk](mailto:hand@hertfordshire.gov.uk)



**Families First** Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.  
<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>



**Benefit entitlement** - If you care for a child or young person with a disability or if you have a disability yourself, you may be able to claim a range of benefits including Disability Living Allowance and Carers Allowance. For more information on available benefits and entitlement go to: <https://www.carersuk.org/help-and-advice/financial-support>



**Carers in Hertfordshire** provides advice, information and support to unpaid carers.

## Spring Term Communication for Parent/Carers – 20.01.2021

Website - [www.carersinherts.org.uk](http://www.carersinherts.org.uk) Telephone – 01992 586969 (9am-5:30pm Mon-Thurs & 9am-4:30pm Fri)



**Hertfordshire Mind** - If you are experiencing a mental health crisis and would like someone to talk to, you can call our **Crisis Helpline**. Available to provide emotional support 24 hours a day, every day of the week. To contact the helpline please call us on **01923 256391**.



**Hertfordshire Wellbeing Service** offers free, confidential talking therapy and practical support for people 16+ experiencing a wide range of common emotional difficulties such as, anxiety, worry, low mood, depression and stress. <http://talkwellbeing.co.uk/>



**Healthy Young Minds in Herts** - Wellbeing advice and tools for young people, parents and carers. <https://www.healthyyoungmindsinherts.org.uk/>



**Just Talk Herts** – Mental Health support and advice for young people. [www.justtalkherts.org](http://www.justtalkherts.org)



**Family Lives** – Parenting and Family support Helpline 0808 800 2222



**Foodbanks** - <https://dacorum.foodbank.org.uk/get-help/>



**Health Coronavirus** - <https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

**Self-Isolating Guidance** - <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

**Domestic Abuse Help** - [www.gov.uk/guidance/domestic-abuse-how-to-get-help](http://www.gov.uk/guidance/domestic-abuse-how-to-get-help)



**Hertfordshire County Council Children's Services** - 0300 123 4043



**Samaritans** - 116 123



**ChildLine** - 0800 1111