

PROVISION FOR SEND WITHIN DSPL7

St Albans, Harpenden and Villages

Support from	Who	For children /yp with:	What they do	Who can refer?	Specific requirements	Contact details
Local Authority	SEND Local Offer	Any SEND aged 0-25	Online one-stop shop for information, support, services and activities available for children and young people with SEND and their families	No referral needed	No specific requirements	https://www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx
	Integrated Services for Learning (ISL)	Significant difficulties accessing or participating in learning.	ISL 'working together locally' brings staff together into integrated area teams across the county to provide support for children and young people with additional and special educational needs. Teams support schools and other learning settings to improve outcomes for children and young people with difficulties that affect their access to learning. Their work will include direct intervention with individuals and systemic support to settings.	Schools and other settings can refer through a Service Request form. Professionals and parents can ask the setting to make a referral.	The 4 different teams within ISL have individual requirements: SEND Specialist Advice and Support Statutory SEND 0-25 Access and Inclusion Educational Psychology	Through schools and other education settings.
	0-25 Together Service	0-25 with: - learning disability - Autism - developmental delay	The service will work with families from when they first need social care support until the person with a disability is 25. Areas they cover: - Assessments - Direct Payments - Nursing Input - Short breaks - Preparing for Adulthood - Signposting to Services	Self referral	Varying levels of support are offered depending on whether the disability has a low, moderate or severe impact on daily life	0-25_central@hertfordshire.gov.uk 0300 123 4043 (0-17 yrs) 0300 123 4042 (18-25 yrs) www.hertfordshire.gov.uk/microsites/local-offer/media-library/documents/policies-and-procedures/0-25-together-service.pdf
	SENDIASS - The SEND Information and Advice Support Service	Any SEND	Provides impartial and confidential information, advice and support to parents and carers of children with SEND, and young people and children with SEND.	No referral needed	No specific requirements	Mon-Thurs 9.30-3.00 Fri 9.30-2.00 01992 555847 sendiass@hertfordshire.gov.uk cyp.iassnetwork.org.uk/
	Children's Centres- Alban Way London Colney Park St & St Stephens Sopwell & Verulam (Tier 1)	No specific needs	Children's Centres offer the best start in life for every child, providing a place where under 5's can get involved in a range of both play and early learning activities. Parents, grandparents and carers can benefit from better opportunities with access to child care, family support, health services, outreach services, training and employment advice.	No referral needed	Families with children 0-5	www.albanway.org.uk www.hertsmere-children.co.uk https://beta.hertfordshire.gov.uk/services/schools-and-education/childcare-and-advice-for-parents/childrens-centres/childrens-centres.aspx
	Early Years Specialist Development Centres (SDC)	Any SEND 0-3yrs	These 5 centres provide support to children aged 0-3 yrs with SEND and their families.	Speak to your health visitor or GP to be referred to a centre		St Luke's School Crouch Hall Lane Redbourn St Albans AL3 7ET
	Herts Additional Needs Database (HAND)	To join HAND the child or young person's special needs will have a substantial impact on their everyday life. The child or young person is likely to need additional support, adjustments and/or aid and adaptations to help them at school and at home.	HAND is a register of children and young people with an additional need or disability. As well as being on the HAND mailing list (optional), HAND registration also entitles members to a copy of the quarterly publication, HAND News. This enables members to stay informed of new and changing services, play schemes, holiday schemes and welfare benefits.	Self referral	Children and young people aged 0-19.	Contact Position Additional Needs Information Officer Telephone 01992 556984 E-mail hand@hertfordshire.gov.uk www.hertfordshire.gov.uk
	YC Hertfordshire (formerly Youth Connexions) (Tier 1)	Any need	Youth Connexions can help young people with the issues which are important to them such as jobs, careers and education, relationships, sexual health, confidence, self-esteem, substance misuse, staying safe, housing and independent living skills.	See Youth Connexions website for details of how to refer to their different services.	Young people from 13-19 and up to 25 for young people with learning difficulties. Young people up to 21 leaving care.	www.youthconnexions-hertfordshire.org/

	Families First (Tier 2)	A disability and specific additional needs; Special Educational Needs; Is a young carer; Is showing signs of engaging in anti-social or criminal behaviour; A family circumstance presenting challenges for the child, such as substance abuse, adult mental health, domestic violence; Early signs of abuse or neglect	Families First is the name for organisations in Hertfordshire who work together to help you with any problems you or your family may be facing, before things might get worse. Most of the Families First teams are not social workers – they work in ‘early help’. Early help is available if you’re worried about anything affecting your family, including your child’s development or behaviour, housing or money worries, health, drug or alcohol issues in the family or if you simply want to join a parenting group or find activities for your child.	Families can self-refer Professionals Social Care	Children, young people and their families who are “just coping” or “struggling to cope” across the Continuum of Need at an emerging, targeted and if necessary at an intensive level for families who have become “stuck” and for whom more main stream services are not changing the outcomes for the family.	www.hertfordshire.gov.uk/families-first	
DSPL7	SEND leads	Any SEND	Provide support and advice to schools and SENCOs Ensure schools meet statutory requirements for SEND Provide training opportunities for SENCOs and school staff	No referral needed	No specific requirements	Margot Nichols - Secondary lead / ASD lead Elaine Bridle - Primary lead DSPL7, St Albans Girls School, Sandridgebury Lane, St. Albans, Herts AL3 6DB Telephone: 01727 853134 E-mail: admin@dsp17.org.uk	
	Family Support Workers	Early Years Behaviour		School staff through a Service Request form sent to Stephanie Nunn at the Links Academy		Charlotte Hamilton Clare Tominey-Smith	
	Outreach Support Worker	Autism Sensory needs Associated physical needs Learning difficulties and complex needs	The outreach service supports children in mainstream schools, through the input of staff experience and resources from local special schools. There are 3 main types of support: pupil focus, school focus and INREACH/training sessions for staff.	School staff via the Collett school outreach referral form	Children and young people up to the age of 19 with a global learning difficulty and/or Autism, challenging behaviour or emotional / mental health issues. The school setting requires additional strategies to those already in place.	Karen Thorp outreach@collett.herts.sch.uk	
Local Partnerships St Albans Plus Harpenden Plus	School Family Workers	Any need	School Family Workers are there to support your child and to help remove barriers to their learning. They are non-judgemental in their approach and can support with: -Routines and boundaries -Bullying and internet safety -Bereavement and separation -Changing school/Transition -Communication with your teenager -Housing and benefit support -Rewards and sanctions -Anger and behaviour management -Supporting SEND	Schools and other professionals. Parents can self-refer. Referral forms for St Albans Plus are on their website: http://www.vistastalbans.org.uk/services Referrals for Harpenden Plus should be made through the contact telephone/email details	Families with children and young people of school age (5-19) who may need some additional help with an aspect of parenting.	St Albans Plus Jo Maher/Karen Ridout Fleetville Junior School St Albans AL1 4LW 01727 855134 www.vistastalbans.org.uk Harpended Plus Helen Fitzakerley Sauncey Wood Primary Pickford Hill Harpenden AL5 5HL 01582 623676 familysupport@saunceywood.herts.sch.uk	
	Counsellors	Social, Emotional or Mental Health needs	Counselling sessions enable the child or young person to explore their feelings in a secure environment and enable them to move past their problems and build firm foundations for a secure future. Sessions last approximately 45 minutes depending on the age of the child. The Counsellor regularly reviews the sessions to make sure that they are meeting the needs of the child or young person.		Children and young people of school age (5-19) who may be experiencing bereavement or separation, bullying, self harm, anxiety or relationship difficulties and problems at home.		
	Mentors	Social, emotional or behavioural needs, including barriers to learning	Mentoring offers an experienced person for the child/young person to talk to where they can air their worries or concerns. Mentors are experienced in working with a variety of issues such as low self esteem; eating disorders; family breakdown; bullying; anxiety; exam stress and issues around moving on to secondary school.		Children and young people of school age (5-19)		
	Parenting Courses	Any need	A wide range of parenting courses and workshops covering areas such as communicating with teenagers; dealing with anger; sibling rivalry; about boys	No referral needed See course specific fliers	Course dependent		

Health	Children's Occupational Therapy Service	Any physical or sensory difficulty	Therapists work in partnership with parents/carers and other professionals to tailor approaches that are individually tailored to each child and family. This may include the provision of an activity plan, specialist equipment, treatment sessions or training to parents/carers and school staff.	GP School Nurse Parents	Children and young people from 0-18 with any physical disability or condition that impacts on development and functional daily activities at home and school. Young people 18-19 with a statement or EHC plan	Herts Children's Occupational Therapy and Physiotherapy Service Danestrete Child Development Centre Southgate Stevenage SG1 1HB 01438 737782
	Children's Physiotherapy Service	A physical disability or condition that impacts on their development and their functional daily activities at home or school.	The Physiotherapy Service will provide assessment, treatment, rehabilitation, education and advice for CYP with physical difficulties. The service works with families, nurseries, schools and other health and social care professionals.	Medical referral from an NHS healthcare professional	Must be registered with a GP in Herts.	www.hct.nhs.uk/our-services/childrens-occupational-therapy/ www.hct.nhs.uk/our-services/childrens-physiotherapy/
	Speech and Language Therapy	Any speech, language or communication need (SLCN)	Assess children with SLCN as well as those with specific feeding and swallowing difficulties. Advise families and offer support to children, as well as link up with other relevant people, for example teachers and early years practitioners, over ideas to develop a child's speech and language skills.	Schools through the link speech and language therapist Parents Other health professionals Health visitors 0-5	Children from 0-16 years old. Young people aged 16 - 19 who have a statement of Educational Need or an Education Health and Care Plan (EHCP) who are attending schools in Hertfordshire	North and East Herts 01992 823084 West Herts 01923 470640/1 www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/
		Concerns about speech and/or language development in pre-school children	The Drop-In Clinic is a session for parents/carers who have concerns about their child's speech and/or language development to discuss these with a SaLT assistant. They will briefly assess your child, give advice and agree a follow up plan if appropriate.	No referral needed	You may have to wait to be seen. It is a 'first come...first served' system and if the session is busy you may be asked to come back. Drop-In clinic is for pre-school age children.	www.hct.nhs.uk/our-services/childrens-speech-and-language-therapy/ Pre-school children Children's Speech and Language Drop-in clinics
	Children's Hearing Service	Any hearing difficulty	Carry out hearing screening tests on children entering school Carry out diagnostic assessments when hearing concerns are raised Provide packages of care to children identified with hearing loss, tailored to their needs. Support through transition to adult services.	GP Any professional working with a child	Children aged 0-16 years living in West Hertfordshire (up to 18 years if they have special needs) Children who are under 5 and primarily under ENT West Hertfordshire NHS trust but who need their hearing monitored	Referrals are made by completing an online referral form www.hct.nhs.uk/our-services/childrens-hearing-service/
	Children's Eye Service	Reduced vision and related eye conditions	The service is staffed by 5 Orthoptists and a paediatric optometrist. Children are normally under 7 and are referred as a result of community screening, parental concern or because of family history. Children with special needs are especially vulnerable to vision problems and are screened for a variety of eye problems.	Health Visitor School nurse GP Other health professionals	Children with significant visual impairment can be referred to the sensory support team for support at school and during the pre-school period.	St Albans Childrens Centre (Eye Service) Church Crescent St Albans AL3 5JB 01727 891100
	Community Paediatrician	Development difficulties and disabilities; ASD and complex learning difficulties; Safeguarding needs; Special living circumstances; Health problems in school	Make appropriate diagnosis in a timely manner to support the child and family.	GP School Nurse Health Visitor Social Worker SaLT / OT / CAMHS	Children with GPs in West Herts up to 16 years Up to 19 years in special schools	St Albans Child Development Centre Church Crescent St Albans AL3 5JB 01727 891100
	School Nursing Service	Any health related issue	Works with families and school staff to keep children healthy during their school days and in their lives; prevent ill health in children and the local community; support children with medical needs and medication; ensure that education is not hampered by unmet health needs. Confidential text messaging service for 11-19yrs	School staff Parents GPs and other health professionals	All school-aged children	Referrals are made by completing an online referral form www.hct.nhs.uk/forms/school-nursing-form.asp www.healthforteens.co.uk www.healthforkids.co.uk

Health Visitors	Pre-school children	Health Visitors provide expert information, assessments and interventions for babies, children and families including first time mothers and fathers and families with complex needs. Health Visitors help to empower parents to make decisions that affect their family's health and wellbeing.	No referral needed - all children are assigned a health visitor after birth if they are registered with a GP. Walk in clinics	All children aged 0-5 who are resident in Herts and registered with a GP	HV advice line duty desk: Harpenden and the villages - 01582 715675 St Albans 01727 732008
Special Care Dental Service	Children and young people who are unable to access oral health care from their own dentist.	The service aims to provide safe, high quality dental care for all patients in a relaxed and non-threatening environment.	General Dental practitioners Health professionals	Mental health problems, learning difficulties, a complex medical history or wheelchair users requiring a hoist. Very young children who cannot be treated by a general dentist	St Albans City Hospital Special Care Dental Clinic 01582 714190/5
Step 2 (Tier 2)	Mild emotional or mental health issues	Short term psychological or counselling interventions delivered by trained mental health professionals. Practical support to resolve/reduce the emotional burden of life problems.	Health professionals Non-health professionals eg SENCos Parents Self-referral	At this stage, the behaviour may be related to a practical or social problem.	Single Point of Access (SPA) 0300 777 0707 between 8am - 7pm
Child and Adolescent Mental Health Service (CAMHS) (Tier 3)	Mental Health Issues which are persistent, complex, severe, present in all environments - school, home, community and with peers.	Specialist community, multi-disciplinary services: - individual interventions - systemic family therapy - psychological therapies - risk management plans - weight management plans	Health professionals Non-health professionals eg SENCos Parents Self-referral	Where intervention at Tiers 1 and 2 have not been successful	Single Point of Access (SPA) 0300 777 0707 between 8am - 7pm http://www.hpftcamhs.co.uk/ 01707 253900 Mental Health Helpline 01438 843322 between 5pm - 8am
Patient Advice and Liaison Service (PALS)		The Patient Advice and Liaison Service (PALS) is a confidential service which provides support, information and help for patients, their carers and families in Hertfordshire. All NHS organisations have PALS, and they can help with enquiries about any aspect of local health services.	No referrals	Enquiries/complaints must be NHS related	Patient Advice and Liaison Service Hertfordshire Community NHS Trust Howard Court 14 Tewin Road Welwyn Garden City AL7 1BW Patient Free Phone 0800 011 6113 (local call 01707 253916 - 9-4pm) email: pals.hchs@nhs.net Open Mon-Fri 10-2

Charities

HomeStart	Families who need support to deal with problems before they reach crisis	Home-Start helps to increase the confidence and independence of families by visiting families in their own homes to offer support, friendship and practical assistance. 1to1, school or group support is offered.	Families or professionals can refer	At least one child must be under 12 years of age	Co-ordinators - Donna McMillan and Sam Gardener office@homestartstalbans.org.uk www.homestartstalbans.org.uk
St Albans Area Junior PHAB club	Any special needs or disabilities	As a group, we work in the St. Albans area in Herts. We have a wide range of members from a variety of different backgrounds who can all come together and enjoy activities with friends and family alike. We meet during most of the school holidays and organise all sorts of events — recently we have spent weekends away at activity centres around the country, been to the IMAX cinema in London as well as visiting a host of other attractions and places of interest.	No referral needed but booking required	No specific requirements Meet at Redbourn Recreation Centre Redbourn £2 / session	www.phabstalbans.co.uk/ Secretary - Marion Jones 01727 761941 jonesmarion@hotmail.com
SNAP (Mencap)	Learning disabilities of varying severity, physical or sensory disabilities and/or challenging behaviour Age 5-19 yrs	Holiday playscheme for children and young people with SEND. SNAP aims to provide stimulating play opportunities and good quality childcare tailored to meet the needs of children and young people with special needs; provide parents/carers with affordable respite care from well-trained and experienced staff.	Some of the club's activities are part of the Short Breaks Local Offer Activities Extra. For first-time sign up contact: KIDS West HUB: 01923 676549 Email: hub.herts@kids.org.uk	A home visit will be carried out to answer any additional questions. £10/day through Short Breaks Local Offer (£15/day for sessions outside of SBLO). Concessions for low-income families – please contact to discuss.	For general enquiries please contact Stacey Smith: Tel: 07979 612363 Email:staceysmith@stalbansmencap.org.uk http://www.stalbansmencap.org.uk/ Booking required
SNAP bookable sensory room	0-19 yrs	Bookable sensory room for parents and children/young people.	Booking required £5/hour	40min appointments available 9:30am-5pm Monday-Saturday	Stacey Smith 07979 612363 Office phone 01727 863813 Special Needs Activities and Play Unit 5 181a Verulam Road St Albans AL3 4DR
SNAP Adventure Activities	8-19 yrs split into age appropriate groups	This group will be supported by skilled subcontracted partners such as ground work Hertfordshire, Sportivate, special Olympics and Snap qualified staff to offer a range of outdoor /adventure activities including: outside cooking, treasure hunts, archery, den building, and building bonfires. Activities are age/ability appropriate	Booking required £2/hr Session lengths may vary Some activities are part of the SBLO	Sessions will normally be 2-4hrs, after school or weekends. Locations may vary.	Contact Stacey Smith (see above)
SNAP Weekend Youth Club	14-19 yrs	The aim of this group is to incorporate socialisation and leisure skills within a variety of activities including trips to the theatre, cinema, music events, social events including going for coffee or meal out.	Booking required Usually £10	Saturdays, usually 5 hrs Locations vary	
Playskill	1-5 years with special physical needs	Playskill is a local charity that runs parent and child groups, run by a skilled team, which offer lots of different activities. These include: messy play, communication and singing, eating, drinking and social time, soft play and there is also access to a sensory room.	No referral needed but there is a waiting list and interest must be registered first.	Children are assessed and given 3 objectives for their development. Sessions are free with a donation for refreshments	Playskill 124, Gammons Lane, Watford, WD24 5HY 07572 465504 www.playskills.org/contact
Jumbulance	Children and young people who need specialist transport in order to travel	The Jumbulance Trust is a small national charity which "Makes Travel Possible" with disabled and other disadvantaged individuals with life-limiting conditions enabling them to take part in disabled coach holidays across the UK and Europe	No referral needed	Group bookings can be made or individual families can join with others	Contact Nicola: Jumbulance Trust Unit 42 Thrales End Business Centre, Thrales End Lane, Harpenden, Herts, AL5 3NS 01582 765423 07795 018934 www.jumbulance.org.uk email:info@jumbulance.org.uk

Parent Support

Families In Focus	Autism, ADHD, PDA, Cerebral Palsy, Downs Syndrome, learning difficulties, additional needs and/or chronic illnesses	Provide parenting courses that support parents in their local community to bring harmony, balance and enjoyment to family life.	No referral needed. No need to book for Parent Networks Booking required for courses and conferences	No specific requirements	Francine Swaby / Lesley Chance 01442 219720 www.familiesinfocus.co.uk
Herts Parent Carer Involvement (HPCI)	Any SEND	Independent parent carer led organisation with a network of parent carers all over Herts. They aim to improve services for families by working alongside those providing services for children and young people with SEND.	No referral needed	Parents and carers of children and young people 0-25	Correspondence is mainly through email and social media admin@hertsparentcarers.org.uk 07840 360245 www.hertsparentcarers.org.uk Twitter: @HertsPCI
CommonSENse	Any age and any SEND	The aims of commonSENse are to offer support and practical help to Parents or Carers of children with SEND through initially a monthly meeting where ideas and experiences can be shared and a Speaker, generally with specialist knowledge in special needs or support will give a short address and answer questions.	No referral needed	For parents and carers in Harpenden or the immediate area	Sarah Hodgson http://commonsenseharpenden.tripod.com/commonsense/index.html
Carers in Herts	All children and young people	Provides services to all carers throughout Hertfordshire. Offers advice about your rights as a carer, help you plan the support you need, advise you about ways to look after your own health, how to meet other carers, etc.	Online self-referral	Unpaid family and friends who look after someone	Tel: 01462 456660 central.team@carersinherts.org.uk www.carersinherts.org.uk/how-we-can-help
Keystone		Keystone is a forward-looking organisation providing a range of workshops and talks designed to give parents and carers the tools to help children reach their full potential. We run public sessions as well as bespoke events for schools and other organisations.	No referral needed	No specific requirements	07208 1333304 www.kestoneworkshops.co.uk Facebook: kestoneworkshops Twitter: @keystoneWS
Kids Hub	Any parent or carer of a child aged 0-19 with any disability or additional need living in Hertfordshire.	Helping parents find activities, groups and training; Providing information about benefits and parking; Supporting parents at meetings about their child; Giving help with relevant forms and letters; Signposting to a range of local services for disabled children and YP. Toy and resources library; software for social stories; closed fb group	No referral needed. Just call or email.	Membership fees for Toy Library: Pay as you go scheme - £5 per year, then borrowing fees 20p - £2 per item. Unlimited borrowing scheme - £5 per year, then £20 and no more borrowing fees for 1 year.	Phone: 01923 676549 Email: hub.herts@kids.org.uk Twitter: @KIDSHUBHerts
Connect Families	Any type of disability or special need	Connect Families is a free online befriending service connecting families of disabled children. We will match you with another parent who will chat to you via Skype in the comfort of your own home. Each of our volunteers is a parent of a disabled child, trained to support you through the often worrying, lonely and confusing experience.	Self referral	You will need: - a laptop, smartphone or tablet - internet connection - Skype	0145 463 2340 email: juliet.blackburn@scope.org.uk www.scope.org.uk/support/services-directory/connect-families
StEPs (St Albans Educational Partnership for Schools)	Any type of disability, special need or challenge	Our aims are to work with families who are vulnerable and in need of advice, help and support through more chaotic and troubling times. This can be for a variety of reasons, from anti social behaviour, drug and alcohol abuse, domestic violence or behavioural issues. We also work with children with SEND.	Self referral	Some parenting courses are funded. Other services may involve a cost.	07912 792215 email: stalbanseps@gmail.com www.stalbanseps.org
Natural-Flair coaching Ltd	Any type of disability, special need or challenge	Natural Flair offer a wide range of coaching and training sessions for parents, children's centres and schools, both group and individual.	Self referral	Some parenting courses are funded. Other services may involve a cost.	www.natural-flair.org
Albanway Children's Centre - additional needs group	Any need - 0-5 yrs	Drop-in for families of children with additional needs including support for parents and play for the children	Drop in	Mondays 9.30-11am (term time only) Ashley Rd Church Hall AL1 5DA	Marian Le Blond (Outreach Worker) Tel: 07880 500 962 Email: marianoutreach.albanway@hertschildrenscentres.org.uk http://www.albanway.org.uk/activities/display/5

Arts Activities and Groups	ActOne ArtsBase	All children and young people with SEND	DanceBase - weekly dance classes for all ages	No referral needed Contact to book a trial session	Wednesdays - West Herts College, Watford Fees - £105/term but funding could be available	http://www.artsbase.org.uk
			UV Club night - socialise in a fun and supportive environment (18+). We aim to give authentic clubbing experiences in a safe, accessible and supportive environment. The venue is completely accessible, and we have a no alcohol, no drugs policy.	No referral needed	Book tickets in advance or on the door	
	Herts that Dance - Sweet Herts Dance	Under 18 with any SEND	Dance classes designed for those with special needs.	No referral needed	Free Booking required Parents are welcome to stay with children	Contact Liana:07854930718 Email:hertsdanceassociation@yahoo.com www.hertsdanceassociation.com All Saints Dance Studio, 156 St Albans Road, St Albans, AL4 9LP
	Caring Herts Dance	Carers aged 16+	A jazz dance class for carers – rewarding you for your time and care.	No referral needed	Free Booking required Wed 6.30-7.30pm	
	Pop Dance	Ages 8 yrs+	Popdance class for children and adults with a disability	No referral needed	Booking required £45/term £5/session	Cathy 07913 181325 catherinealisonshea@gmail.com
Music Therapy	Learning disabilities/delays Physical/sensory disability ASD/ communication issues SEMH / attachment issues Neurological conditions Trauma and bereavement Life limiting conditions Abuse	Engagement in music therapy sessions supports the development of physical, emotional, mental and social wellbeing. Clients are also supported to reach their full potential through regular active participation in a creative therapeutic safe space. Music therapy sessions can be delivered in music centres or schools	Parents/carers Teachers and SENCOs Other professionals		Jennie Small Head Music Therapist Tel: 0777 606 8361 jennie.small@hertfordshire.gov.uk www.hertsmusicservice.org.uk/music-therapy/	
Play Activities	Aldenham Country Playground	Any SEND	A purpose built, secure, multi-sensory play facility for families, groups,schools and other organisations to visit. Indoor and outdoor facilities to meet all needs.	No referral needed	Can be booked for parties and events for 4 hours any time after 4pm. Offers SEN annual family membership, SEND play sessions 10-1pm or 2-5pm, SEND outdoor playground pass	Aldenham Country Playground, Dagger Lane, Elstree, Herts WD6 3BA 0203 642 4588 Email: play@aldenhamcountrypark.co.uk http://aldenhamcountrypark.co.uk/sen-facilities
	DJ's Jungle Adventure	Any SEND	DJ's jungle adventure soft play centre in St Albans run a session for children with Special Educational Needs on the first Sunday of the month from 4pm.	No referral needed		DJ's Jungle Adventure 156 St Albans Road, Sandridge, St Albans AL4 9LP Tel: 01727 844991 www.djsjungleadventure.co.uk
	Gambardo Play		Indoor play centre that welcomes children with SEND. Offers quiet areas with ear defenders, fabric box and bean bags.	No referral needed	Second Friday of each month Carers are free	Woodside Leisure Park, Garston, Watford 01923 892142 am3.watford@gambardo.com www.aspergers4herts.org/gambardo-play/
	Lego Club	2-16 yrs	An opportunity for children / young adults to create, socialise and develop friendships.	No referral needed	Fortnightly on Saturday 12-2pm Drop in £2 per child £1 for siblings	Contact: Gaye 07948 621978 gayeannaalcock@btinternet.com or regular updates here: https://www.facebook.com/pages/Lego-Club-for-children-with-Autism-Aspergers Fleetville Community Centre Royal Road St Albans AL14QL

Carers groups	Young Carers	Young carers 8-18 yrs	Young carers are children and young people who care for a member of their family. That person may be ill, have a physical or learning disability, or a mental health, drug or alcohol problem. Staff visit the young carer at home to assess the caring situation and find out what help the family needs. This includes: <ul style="list-style-type: none"> • The chance to meet other young carers in a similar situation • The chance to have some fun with other young carers on trips and activities • The chance to talk about things that affect yc lives and to have their say on our Young Carers' Council • Support through big changes in their life, like moving to secondary school, choosing subject options or moving into work or further education. 	Young carers can self-refer online with parental permission	Support is for young carers who need extra support or advice because of their caring responsibilities	http://ycih.org/
	Sibs Group	School years 3 - 7	For siblings of children with SEND. Use of fabulous facilities and different activities every session. <ul style="list-style-type: none"> -outdoor area with picnic tables -design and technology room -craft and sports activities 	No referral needed Booking required	Last Tues of every month Term time only 4-6pm Snacks and drinks provided £1 voluntary contribution Venue: Links Academy 1 Hixberry Lane, S Albans AL4 0TZ	Call 07584 798529 for more information or to book a place. Leave name, contact details and name of child's school.
Sports Activities	Special Olympics	8 years or over with a learning disability	Provides sporting opportunities for those aged 8 yrs and over with a learning disability - Athletics, Riding, Boccia,	No referral needed Drop in	Sessions are non-bookable apart from Equestrian and Thurs swimming sessions. Small session cost.	Susi Williams 01727 819422 susi.williams@1life.co.uk
	Special Olympics Bizzy-Kidz Multi Sports Sessions	ccc	Opportunity to try a variety of sports - sessions for disabled children and young people		Wednesdays 6.45-7.45 (term time only) Nicholas Breakspear School, Colney Heath Lane, St Albans Fortnightly on Saturdays 1.30-2.45pm Harpenden Sports Centre Leyton Rd Harpenden AL5 2HU	www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/everyone/disability/specialolympics
	Special Olympics Family Swim	Ages 8 yrs+	Swimming session for children with disabilities and their families.	No referral or booking required	Must be able to swim 1 length confidently Saturdays 3-4pm Harpenden Swimming Pool Leyton Road Harpenden AL5 2HU	
	Special Olympics Swimming lessons	8 yrs+ with a disability	These sessions teach beginner swimmers water confidence and the fundamentals of all the swimming strokes	Booking required	£4.30/session Thursday afternoon / evening (the appropriate session depends on swimming ability) Townsend School High Oaks St Albans AL3 6DR	
	Salmon Swimming Club	No age restrictions	Swimming session exclusively for disabled children and adults and their families	No referral or booking required Access to learner and main pool	Saturdays 4-5.30pm Westminster Lodge Holywell Hill St Albans AL1 2DL £5/year membership	Chris Bowles: 01727 833350 /07956 340720 chris.bowles@salmon-club.org.uk http://www.salmon-club.org.uk/
	RDA Oaklands College Special Olympics	10 yrs+	We aim to give subsidised riding lessons to physically and learning disabled people of all ages	Booking required - waiting list applies	£11.50/session Fridays 6-8pm (term-time only)	Smallford Campus Hatfield Road St Albans Herts AL4 0JA Special Olympics Co-ordinator: Susi Williams 01727 819422 Susi.williams@1life.co.uk http://www.stalbans.gov.uk/leisure-and-culture/sports_physical_activity/EQ.aspx

Activities and Groups	RDA Harpenden	Aged 5 - adult			£6 per session Thursday evenings (term-time only) 5.30-6.15pm 6.15-7pm	Greenacres Annables Lane Harpenden AL5 3PL Tim Roberts 0845 2415333: tim@stagenhoe.co.uk
	St Albans Cricket Club	Any SEND	Inclusive cricket coaching,		May to August. Y3 - Y6, Friday 6-8pm. Y7 - Y10, Sundays 10am-12 Girls welcome £100 a season Ask about hardship policy	Clarence Park, Clarence Road, St Albans. Herts AL1 4NF Paul Sands Tel: 07768 225950 paul.sands@btinternet.com www.stalbanscc.com/clubs/1/docs/CricPoster16.pdf
	Disability Trampoline Bounce Therapy	Any SEN	Trampolining sessions for participants with learning difficulties.	Bookable or pay and play on the day	Saturdays 1.30-2.15pm £2 per session Young people 11+ years	Westminster Lodge Leisure Centre, Holywell Hill, St Albans, AL1 2DL Contact: 01727 736 080 Email:westminsterinfo@everyoneactive.com
	Disability Basketball	Any SEND	CommunitySport.club gives people access to the social aspect of playing together in teams for the joy of being together...free from the pressure to win...free from the pressure to meet the expectations of others.	No referral needed	Wednesday 5-6pm Westminster Lodge St Albans May be a minimum age requirement	email: moirahutton@everyoneactive.com Westminster Lodge Leisure Centre St Albans 01727 736080
	St Albans City Youth FC	Aged 8yrs+	Inclusive football training session aimed at younger children and those with more challenging disabilities.	Booking required	Free taster session £3 / session Saturdays 10-12 Nicholas Breakspear Sports Centre St. Albans AL4 0TT	email commercial@cityyouthfc.com http://www.cityyouthfc.co.uk/index.php/disability-football/disability-training-times
		Aged 15+	Inclusive football training session with the aim of playing in small friendly matches. There is also opportunity to progress into the clubs inclusive competitive squad.		Free taster session £3 / session Fridays 7.30-9pm Charters Health Club 59 Russet Drive St. Albans AL4 0DB	
	Harvesters Football	7yrs+	Inclusive football teams	Booking required	£40 / year Sundays 3-4.30pm Kit available for loan Oaklands Lane Smallford, St Albans AL4 OHR	For enquiries http://www.harvestersfc.co.uk
Financial Support	Disability Living Allowance (DLA)	Children under 16 who need more looking after than a child of the same age without a disability	DLA is a tax-free sum of money for some disabled children usually paid every 4 weeks.	Complete the DLA claim form	Children need to meet the eligibility requirements. The rate depends on the level of help the child needs	DLA Helpline 0345 712 3456 https://www.gov.uk/government/publications/disability-living-allowance-for-children-claim-form
	Personal Independence Payment (PIP)	Young people over the age of 16 with a health condition or disability	Personal independence payment (PIP) has been introduced to replace disability living allowance (DLA) for people aged 16 to 64. You may qualify for PIP if you have a physical disability, mental health problem or learning disability which affects your ability to cope with daily living and/or mobility. PIP is paid by the Department for Work and Pensions (DWP). If you are awarded PIP you can spend it in the way that suits you best.	Phone the DWP on 0800 917 2222 (textphone 0800 917 7777) to register your claim	Another person can make the phonecall on the young person's behalf. An independent healthcare professional will carry out an assessment to work out the level of help needed.	https://www.gov.uk/pip
	Carer's Allowance		This is extra money for carers who care for someone who gets either DLA care component at the middle or highest rate or PIP daily living component at any rate	Self referral	Eligibility depends on the circumstances and weekly earnings of the carer. Carers should spend at least 35 hrs a week caring for someone.	Carer's Allowance Unit 0345 608 4321 www.gov.uk/carers-allowance
						https://www.cafamily.org.uk/media/975536/money_matters.pdf

Practical Information	Travel Wallet	Learning, physical or sensory disabilities	The Hertfordshire Travel Wallet is a bright orange wallet with plastic pockets to keep everything together that helps young people use public transport on their own. The Travel Wallet lets bus drivers know that they may need help on their journey. It can help tell bus drivers what help they need using the bus and also to keep important information about the support they may need.	Self referral	Anyone can have a wallet if they currently use or are working towards using buses independently in Hertfordshire	Download an application form from www.intalink.org.uk/travelwallet or contact: Gill Borg, Hertfordshire County Council on Tel: 0300 123 4040.
	Disabled Persons Railcard	Physical or sensory disabilities	If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard. The Railcard allows you to get a 1/3 off most rail fares through out Great Britain. If you're travelling with an adult companion they also can get the same discount.	Self referral	Railcard costs £20 a year and allows 1/3 discount. Families in receipt of: -DLA or PIP -VI or HI -Epilepsy -Attendance or Severe Disablement Allowance	You can apply online at www.disabledpersons-railcard.co.uk Alternatively, download and complete an application form and post it with evidence of eligibility and payment.
	Disable Persons Bus pass		Get free bus travel in Hertfordshire at any time. Off-peak travel between 9.30am and 11pm and all day during the weekend and bank holidays across England. Companion passes also available.	Self referral	You can apply if you have any of the following within the last 12 months: -blind or partially sighted -profoundly or severely deaf -without natural speech -a disability/permanent injury -a learning disability	You can apply online at www.hertfordshire.gov.uk/ufs/ufsmain?ebz=3_1511263657260&ebd=0 When applying for a child, a letter from the headteacher of the school is needed.