

Directory of Services

Please note that this information is continually under review

Health Information:

Organisation / Service	Description	Contact
Adult Care Services	Support for older people, people with mental or physical disabilities or suffering from addiction.	Tel: 0300 123 4042
Child Development Team	Carry out general child development assessments, including those for autism and ADHD.	QEII Hospital Tel: 01707 328111 Ext. 5085
Children's Speech & Language Therapy Service	Assess children with speech, language and communication problems 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. Families can refer themselves to the service directly.	Sele Lodge, Hertford County Hospital, North Road, Hertford, SG14 1LP Tel: 01707 369226
Continence Advisory Service	Help for and guidance on urinary or faecal continence problems in adults.	Tel: 01462 492502

Juvenile Diabetes Research Foundation	Charity that provides information and support packs for children with diabetes.	www.jdrf.org.uk
Music Therapy	Music therapy sessions can be delivered in school or one of the county's music centres. Take referrals from parents/carers or teaching staff or SENCOs and work with a very wide range of children with any type of special need or disability.	Jennie Small Head Music Therapist Tel: 01438 844851 / 0777 606 8361 jennie.small@hertsc.gov.uk
Patient Advice and Liaison Service (PALS)	The Patient Advice and Liaison Service (PALS) is a confidential service, established to provide support, information and help for patients, their carers and families in Hertfordshire. All NHS organisations have PALS, and we can help with enquiries about any aspect of local health services.	Tel: 01707 369699 or 01707 369704 Text: 07818 417599 Fax: 01707 361213 <i>You may get an answering machine if the team is busy. Please leave a message and we will return your call as soon as we can. PALS aim to return all messages within 24 hours. Our service is available Monday to Friday 9am-5pm (excluding Bank Holidays).</i>
Specialist Health Visitor	The Specialist Health Visitor for children with special needs sees the families of children who have been referred to the Child Development Team. For more information, families should contact their own Health Visiting Team.	Ruth Bradford Tel: 01707 369215 / 07811 374816 ruth.bradford@nhs.net

Support, Advice & Guidance:

Access Group (SADAG)	The Access group is a board of voluntary individuals involved in access matters. Many members are also representatives from other	Tel: 01727 819349 for more information
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	<p>disability organisations. Their main aims are to promote safe and easy access to buildings, services, highways and transport. They also work to eliminate physical, attitudinal and communication access barriers for disabled and limited mobility people working in partnership with the local District and County Councils.</p>	
Brainwave	<p>Children with brain injuries/genetic conditions benefit from a home-based physical/cognitive exercise programme taught to parents by qualified therapists. The Brainwave Programme is aimed at achieving progress in all areas: physical, cognitive and developmental.</p>	<p>Ceri Collins Regional Family Co-ordinator (Hertfordshire) Tel: 0560 2699 005 / 07894424312 cericollins@brainwave.org.uk www.brainwave.org.uk</p>
Brig-Ayd Controls Ltd.	<p>Manufacturers of a wide range of driving aids and wheelchair hoists giving physically challenged people more independence.</p>	<p>Tel: 01707 322322 sales@brig-aydcontrols.co.uk</p>
British Red Cross Society (Hertfordshire)	<p>In addition to providing first aid cover for public events of all kinds, the Red Cross runs a number of depots offering the short term loan of medical items such as wheelchairs, commodes and walking aids. The Organisation also provides transport and escort services for people who are unable to use public transport to medical and other appointments. Further details on these services are available on their website.</p>	<p>Baker Street, Hertford SG13 7HT Tel: 0844 412 2830 c.cromar@redcross.org.uk www.redcross.org.uk</p>

Carers in Hertfordshire	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.	Tel: 01462 456660 central.team@carersinherts.org.uk www.carersinherts.org.uk
Caring with Confidence	A free programme for carers. If you are looking after a friend or relative, Caring with Confidence can help and support you to make a positive difference to your life and that of the person you care for. Caring with Confidence offers learning and development opportunities to help you build on your skills and knowledge which you can access through local group sessions or at home using workbooks or the internet. Local group sessions can be accessed via Carers in Hertfordshire.	Tel: 01462 456660 central.team@carersinherts.org.uk www.carersinherts.org.uk
Channel Mogo	Hertfordshire's website for young people packed full of local information including a disability section	www.channelmogo.org
Child Development Team	Carry out general child development assessments, including those for autism and ADHD.	QEII Hospital Tel: 01707 328111 Ext. 5085
Children with Special Needs	Information for children with special needs available through Hertfordshire County Council website, including local services, voluntary groups and leisure services for disabled children, young people and/or their brothers	www.hertsdirect.org/services/healthsoc/childfam/specialneeds/

	and sisters.	
Citizens Advice Bureau (St Albans and District)	Free, confidential and impartial advice and information on a range of subjects Mon 10am – 4pm Tues 10am – 4pm Weds 10am – 1pm Thurs 10am – 4pm (5pm-7pm by appt) Fri 10am – 4pm	64 London Road, St Albans AL1 1NG Tel: 01727 811118 Advice line: 08444 111444 Fax: 01727 833855 bureau@stalbanscab.org.uk www.stalbans-cab.org
Community & Voluntary Organisations	A full list of community and voluntary organisations on the available through the Hertfordshire County Council website.	Tel: 0300 123 4042 www.hertsdirect.org/comdirectory/comvol/disable2y
Crossroads Care Hertfordshire North	Provider of support for carers and the people they care for, helping carers to make a life of their own outside caring. We provide the special quality of care that gives them the peace of mind to let someone else step into their shoes.	Suite 5, Wilbury Way, Hitchin, Herts SG4 0TN Tel: 01462 455578 www.hertfordshirecrossroads-north.org.uk
DirectGov	The official UK government website for citizens	www.direct.gov.uk
Disability Information Bureau	Provides information and advice on a vast array of topics, including equipment, transport, benefits, disability rights and sources of support.	Tel: 01438 737444 / 0300 123 4043 www.hertsdirect.org
Disabled Living Foundation	National charity providing independent advice on mobility aids, disability aids, daily living equipment.	Tel:020 7289 6111 info@dlf.org.uk www.dlf.org.ukwww.direct.gov.uk
DisabledGo	A website for disability information including colleges, hospitals and libraries. It also has sections for jobs and an online forum	www.disabledgo.com
Dolphins (Discuss Our Latest Problems, Help In a Needy Situation!)	A support group for parents and carers of children with special needs in Welwyn Garden	Laura Hall Tel: 01707 377099 Tel: 07840620772

	<p>City, Hatfield and the surrounding areas. Dolphins meet on the first Friday of the month during term time at Peartree Respite Centre, Jubilee House, Knella Road, Welwyn Garden City at 9.30am-11.00am. Crèche available for younger children. Also meet on a Wednesday at De Havilland Children’s Centre, De Havilland Primary School, Travellers Lane, Hatfield AL10 8TQ at 9.00am-10.00am. Parents from St Albans are very welcome.</p>	
Face2Face	<p>Face 2 Face is a network of trained volunteer befrienders who can help parents make positive adjustments to the news that their child has a disability. Every Face 2 Face befriender is a parent too – someone whose own child has a disability. They know what it’s like to cope with a new diagnosis and can offer support parent-to-parent. Face 2 Face is free and confidential. A befriender can either visit you at home or you can agree another convenient location. It is an informal and flexible arrangement designed to suit you. We support parents of children with any type of disability or special need.</p>	<p>Tel: 0844 800 9189 face2facenetwork@scope.org.uk www.face2facenetwork.org.uk</p>
Family Lives	<p>A leading national charity providing help and support to anyone caring for children – parents, grandparents, step-parents, relatives – for families living together as well as apart.</p>	<p>Helpline Tel: 0808 800 2222 www.familylives.org.uk</p>

	A highly trained team of parents who understand the challenges, advising families on issues big and small to ensure that life is better for all.	
Family Services Directory	This Directory brings together information about services for children, young people, their parents and carers. It also links information sources in Hertfordshire with directories in neighbouring areas. The Directory can tell you who a service is aimed at, where you can find it and whether you can just turn up or need to make special arrangements.	www.hertsdirect.org/fsd
Headway (Hertfordshire)	Headway reaches out to survivors of acquired head injuries, e.g. as a result of an accident or a stroke, their carers and families throughout Hertfordshire so reducing the isolation felt by so many survivors and the people who care for them. Headway's services for those over the age of eighteen include support, information, activities and breaks. Headway also supports parents of children with acquired head injuries.	Tel: 01462 491244 enquiries@headway-herts.co.uk
Hertfordshire Action on Disability (HAD)	HAD supply equipment to disabled people. They provide information and advice on products and allow you to try products at their mobile advice centres around Hertfordshire. They also offer a 24 hour	The Woodside Centre, The Commons, Welwyn Garden City AL7 4DD. Tel: 01707 324581 www.hadnet.org.uk

	<p>transport service and self-drive hire vehicles. You are also able to take assessments and driving lessons at their Mobility Centre. They also offer counselling, for disabled people, by disabled people.</p>	
<p>Hertfordshire Additional Needs Database (HAND)</p>	<p>HAND is a register of children and young people with an additional need or disability, aged between 0 and 19 years of age. 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. The HAND data is also used to provide a picture of the needs of the young population, so that these needs can be effectively planned for.</p>	<p>Additional Needs Information Officer, Tel: 01992 556984 hand@hertsc.gov.uk www.hertsdirect.org/hand <i>Changes to your child's details held on the Database:</i> Claudia Houghton Tel: 01992 556984 Claudia.houghton@hertsc.gov.uk Vicky Warby Tel: 01992 555847 Victoria.warby@hertsc.gov.uk</p>
<p>Hertfordshire County Council</p>	<p>Support for people with a disability available through Hertfordshire County Council website</p>	<p>Tel: 0300 123 4042 www.hertsdirect.org/disability</p>
<p>Hertfordshire Convalescent Trust</p>	<p>The Hertfordshire Convalescent Trust aims to make grants to people living in Hertfordshire where convalescence or a recuperative holiday is needed but unaffordable due to low income. Grants can be given to the chronically sick and their carers as well as those recovering from operations or incapacitated by periods of mental or physical illness. The Trust may be able to put you in touch with</p>	<p>140 North Road, Hertford, Herts SG14 2BZ Tel: 01992 505886</p>

	other charitable organisations who may be able to help, even if they can't.	
Hertfordshire Dial a Ride	Dial a Ride is a door to door transport service for the elderly or people of any age, including children, who have difficulty travelling due to permanent disability or illness. Children up to the age of 14 will need to be accompanied by an adult. The scheme is available to residents of Hertfordshire who have a permanent disability, are in receipt of a mobility allowance or those who qualify on age.	Tel: 01707 343600 dialaride@hertsc.gov.uk
Hertfordshire Equipment Service	Provides 'loan' equipment to meet the clinical and social needs of the residents of Hertfordshire following assessment by a health or social care professional. This enables people with a permanent or substantial disability/illness to remain in their own homes and communities in a way that promotes independence. HES are responsible for purchasing, delivering, installing, collecting, decontaminating and the servicing and repairing of all standard and non-standard stock within a defined range.	Tel: 01707 292555 gary.tiernery@hertsc.gov.uk
Hertfordshire Wheelchair Service (East and North Herts)	This county wide service undertakes assessments and provides manual and powered wheelchairs to eligible patients for their permanent use. Clients are normally referred to the service by their GP, but can	17-19 South Mundells, Welwyn Garden City AL7 1EP Tel: 01707 382000

	contact their local centre to request an appointment.	
Hertfordshire PASS	Hertfordshire PASS aims to be 'a user-driven charity using employment and self directed support to enable disabled people to live more independently'. <i>Its key projects are:</i> WorkABILITY – helps to support young disabled people aged from 16 to 25 to “overcome barriers to work”. Payroll – for disabled people who employ their own carers, including telephone support by disabled people for disabled people.	Unit 2, Brownfields, Welwyn Garden City AL7 1AN Tel: 01707 321442 pass@hertspass.com www.hertspass.com Support Co-ordinator – Katie@hertspass.com Access Co-ordinator – Andrew@hertspass.com Placements Co-ordinator – Patrick@hertspass.com
Home-Start	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.	Sally Patterson Tel: 01727 833810 office@homestartstalbans.org.uk www.homestartstalbans.org.uk
Mencap St Albans	Aims to increase public awareness and understanding of the problems that children and adults with a learning disability face and at the same time help and advise Parents and Carers. It organises events throughout the year to allow people with a learning disability to socialise in a positive, supportive environment and to let parents meet others who have shared similar experiences.	St Albans Mencap, Unit 5, 181 Verulam Road, St Albans, Herts AL3 4DR Tel: 01727 800035 enquiries@stalbansmencap.org.uk www.stalbansmencap.org.uk
Parent Carer Forum	An open, termly meeting of parents and professionals to discuss issues relating to children with disabilities and their families,	Claudia Houghton, Additional Needs Information Officer Tel: 01992 556984 claudia.houghton@hertsc.gov.uk Working

	with the Agenda for each meeting being set by the parents.	Wednesday, Thursday, Friday
Parent Partnership Service	Aims to help parents, schools and other professionals listen to each other, work closely together and make sure that all children and young people get the most out of their time at school. They offer local confidential helplines if you would like to talk about your child's special educational needs; give impartial information and guidance on special educational needs to parents, carers and professionals; try to help if there is a disagreement with the school or local authority about the way a child's needs are being met; do their best to find other relevant statutory and voluntary services if you need further support.	Dawn Owen Tel: 01920 411152 dawn.owen@hertscc.gov.uk (term time) Helena Marks Tel: 01442 217143 www.hertsdirect.org/parentpartnership
Parent Centred Support	Information, support and guidance for parents. Workshops, courses and training offered.	14 Woodstock Road South, St Albans, AL1 4QQ Tel: 07794 128717 Email: Parentinfo01@yahoo.co.uk
Parenting Courses & Workshops	A range of courses and workshops to support the needs of all families of children with special needs and/or disabilities Contact your local Children's Centre	(see page 34)
PHAB	PHAB has supported a network of clubs across the UK run by members for the members "to promote and encourage people with and without physical disabilities to come	www.phabstalbens.co.uk

	<p>together on equal terms, to achieve complete integration into the wider community". As a group, we work in the St. Albans area in Hertfordshire. 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!</p>	
<p>SNIPS (Special Needs Information and Parenting Support)</p>	<p>Support for parents and carers of school age children with additional needs. A drop-in session on alternate Wednesdays in term time from 1.30pm-3.00pm in The Orchard Room at Peartree Primary School, Peartree Lane, Welwyn Garden City AL7 3XW. Come & chat, learn from each other, get advice from speakers and share experiences over a cuppa.</p>	<p>Jan Kitchin Tel: 01707 332470</p>
<p>Transition Team</p>	<p>Accept referrals from schools. The Transition team works with young people and their families to ensure a smooth transition from children's to adult care services. The team will offer a countywide service to young people aged 14 to 25 years, who are known to the Disabled Children's Services, Community Learning Disability (CLDTs) and Elderly and Physically Disabled teams (EPD).</p>	<p>Sue Darker Tel: 07730 304351 sue.darker@hertscc.gov.uk or Sheila Reynolds Tel: 01992 555746 / 07946 532705 sheila.reynolds@hertscc.gov.uk</p>
<p>Youth Connexions Hertfordshire (LDD Team)</p>	<p>The LDD Team is part of Youth Connexions Hertfordshire and works with young people with learning difficulties and or other disabilities from the age of 13 up to 25. Young</p>	<p>Tel: 01462 704901 aadutyadviser@hcs.co.uk www.connexions-hertfordshire.co.uk</p>

	people are supported by Personal Advisers who can help young people make successful transitions from school to further education and training. We also support young people looking for employment.	
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Aspergers Syndrome:

Arventa Healthcare	Formed by a group of care professionals experienced in working with young people with Autism and Asperger syndrome, Arventa runs The Hawksmere Centre – Healthcare and Education for Young People with Autism, which is the UK’s first Child and Adolescent Mental Health Service (CAMHS) exclusively for young people with Autism and Aspergers Syndrome. This specialist service provides a person-centred care package enabling young people with ASC to continue their education whilst receiving intensive assessment, therapeutic intervention and support in a safe and secure environment.	Hawksmere Centre, Shepherds Way, Brookmans Park, Hertfordshire, AL9 6NN Tel: 01707 29 15 00 info@arventahealthcare.com www.arventahealthcare.com
Aspergers 4 Herts	Supports children, adults and family members affected by Aspergers Syndrome who live in Hertfordshire.	www.aspergers4herts.org
Brookdale Care	Brookdale Care is an independent provider of hospital, residential care and supported living services for adults with Autistic Spectrum	14 Parkway, Welwyn Garden City AL8 6HG Tel: 01707 332244 info@brookdalecare.co.uk / www.brookdalecare.co.uk

	Disorders (ASD).	
Child Development Team	Carry out general child development assessments, including those for autism and ADHD	QEII Hospital Tel: 01707 328111 Ext. 5085
HOPE for Autism in Herts	Meetings offering support, information and advice run by and for the Parents and Carers of children with Autistic Spectrum Disorders and Aspergers Syndrome. Meetings held on the second Tuesday of every month at St Albans Children's Centre, Church Crescent, St Albans AL3 5JB	Tel: 01442 390642 www.hopeforautism.org HopeforAutismWH@yahoo.co.uk
National Autistic Society	Offers people with autism and Asperger Syndrome, their families and carers, information, advice and support.	Tel: 0845 070 4004 www.nas.org.uk
School of Education	Free termly meetings for health professionals, teachers, parents and sufferers to discuss Aspergers Syndrome and ADHD. Suitable for adults and adolescents only (no children).	Lynn Bhanja Tel: 01707 285739 l.bhanja@herts.ac.uk
Spectrum Girls	A social group for high functioning Autistic / Aspergers Syndrome girls of all ages. The Club provides an opportunity to become a member and access the Members List so that Spectrum Girls can find penpals, cybermates and/or join the group at social events, family trips, weekend breaks, etc.	Lesley Zorlakki Tel: 07714483485 spectrumgirls@sky.com
StopGap	StopGap is a year long specialist programmerun byHCSfor young people inHertfordshire aged 16-25 with	Watford: Tel: 01923 630408 Stevenage: Tel: 01438 728938 Broxbourne: Tel: 01992 466930 stopgap@hcs.co.uk

	Asperger's Syndrome or social and communication difficulties. The programme offers learners: courses in functional skills, employability skills and citizenship at NVQ level 1; participation in art therapy, drama therapy, work experience and volunteering opportunities; an individual key worker. Referrals to StopGap are usually made to HCS via a Youth Connexions Personal Adviser or school or college.	www.hcsprovek.co.uk/stopgap
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Attention Deficit Disorder (ADD) & Attention Deficit Hyperactivity Disorder (ADHD):

ADDISS	The National Attention Deficit Disorder Information and Support Service. Provides people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals.	Tel: 020 8952 2800 info@addiss.co.uk www.addiss.co.uk
ADD-vance	A voluntary organisation set up to support parents and carers of children with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorders (ASD). They offer a telephone helpline, support group meetings, a library, information, coaching, trips & outings and courses. Support groups are held Monthly, 7.30pm - 9.30pm at The St Albans	Ann Ross Tel: 01727 833963 Herts@add-vance.org www.add-vance.org

	Children's Centre, Church Crescent, St Albans, AL3 5JB (On the 1st Wednesday) and Hertford Selections Children's Centre, Welwyn Road, Hertford, SG14 2DG (on the 4th Thursday).	
Child Development Team	Carry out general child development assessments, including those for autism and ADHD.	QEII Hospital Tel: 01707 328111 Ext. 5085
School of Education	Free termly meetings for health professionals, teachers, parents and sufferers to discuss Aspergers Syndrome and ADHD. Suitable for adults and adolescents only (no children).	Lynn Bhanja Tel: 01707 285739 l.bhanja@herts.ac.uk

Autistic Spectrum Disorders (ASD):

ADD-vance	A voluntary organisation set up to support parents and carers of children with Attention Deficit Disorder (ADD), Attention Deficit Hyperactivity Disorder (ADHD) and Autistic Spectrum Disorders (ASD). They offer a telephone helpline, support group meetings, a library, information, coaching, trips & outings and courses. Support groups are held Monthly, 7.30pm - 9.30pm at The St Albans Children's Centre, Church Crescent, St Albans, AL3 5JB (On the 1st Wednesday) and Hertford Selections Children's Centre, Welwyn Road, Hertford, SG14 2DG (on the 4th Thursday).	Ann Ross Tel: 01727 833963 Herts@add-vance.org www.add-vance.org
Arventa Healthcare	Formed by a group of care professionals	Hawksmere Centre, Shepherds Way,

	<p>experienced in working with young people with Autism and Asperger syndrome, Arventa runs The Hawksmere Centre – Healthcare and Education for Young People with Autism, which is the UK’s first Child and Adolescent Mental Health Service (CAMHS) exclusively for young people with Autism and Aspergers Syndrome. This specialist service provides a person-centred care package enabling young people with ASC to continue their education whilst receiving intensive assessment, therapeutic intervention and support in a safe and secure environment.</p>	<p>Brookmans Park, Hertfordshire, AL9 6NN Tel: 01707 29 15 00 info@arventahealthcare.com www.arventahealthcare.com</p>
AS Friends Support Group	<p>For mums, dads, carers & grandparents of children with autism or communication difficulties. 3rd Monday of the month (term time), 7.30pm – 9.30pm at Oak Tree Children's Centre, Oak Room, Holwell Road, Welwyn Garden City AL7 3RP. £1 donation to cover room hire & refreshments.</p>	<p>Lesley Zorlakki Tel: 07714483485 admin.oaktree@hertschildrenscentres.org.uk</p>
Autism Alert Card	<p>The Autism Alert card, carried by a person with autism and used where they may find communication difficult, is designed to tell people about the condition and asks them to show respect and tolerance. It comprises a wallet containing a leaflet of key facts about autism, and a credit-card style insert for writing emergency contact details. One card</p>	<p>National Autistic Society Tel: 0845 070 4004 www.nas.org.uk</p>

	costs £2.50 plus p&p.	
Brookdale Care	Brookdale Care is an independent provider of hospital, residential care and supported living services for adults with Autistic Spectrum Disorders (ASD).	14 Parkway, Welwyn Garden City AL8 6HG Tel: 01707 332244 info@brookdalecare.co.uk / www.brookdalecare.co.uk
Child Development Team	Carry out general child development assessments, including those for autism and ADHD.	QEII Hospital Tel: 01707 328111 Ext. 5085
Early Bird Parenting Programme (Hertfordshire)	A free twelve week programme, held at various locations throughout Hertfordshire, consisting of small group sessions and home visits. The course covers managing autism, communication, behavi-ours, routines and play. The course is open to a maximum of 6 families and is a self referral programme.	Claire Fawczenko or Nicola Gubbins Tel: 01923 268176
EYAS (Early Years Autism Support)	Support for pre-school aged children who have been referred to and are known to the Specialist Advisory Service.	Specialist Advisory Service ,The Woodside Centre, The Commons, Welwyn Garden City AL7 4EN Tel: 01707 320697
HARC Herts Autistic Resource Centre	Hertfordshire branch of the National Autistic Society. Support and information for families across age groups / across spectrum / across Herts	Tel: 07836 667394 support@harc-online.org.uk www.harc-online.org.uk
Hertfordshire NAS Resource Centre	Providing an ever-increasing range of services for people with autism in Hertfordshire.	Alison Carpenter Tel: 01442 247046 alison.carpenter@nas.org.uk
HOPE for Autism in Herts	Meetings offering support, information and advice run by and for the Parents and Carers of children with Autistic Spectrum Disorders and Aspergers Syndrome. Meetings held on	Tel: 01442 390642 www.hopeforautism.org HopeforAutismWH@yahoo.co.uk

	the second Tuesday of every month at St Albans Children's Centre, Church Crescent, St Albans AL3 5JB	
National Autistic Society	Offers information, advice and support to people on the spectrum and their families.	Tel: 0845 070 4004 www.nas.org.uk
PHEAT (Parents of Hertfordshire for Early Autism Intervention Today!)	A parent run support group to help parents make informed choices.	PHEATinHerts@aol.com
Spectrum Girls	A social group for high functioning Autistic / Aspergers Syndrome girls of all ages. The Club provides an opportunity to become a member and access the Members List so that Spectrum Girls can find penpals, cybermates and/or join the group at social events, family trips, weekend breaks, etc.	Lesley Zorlakki Tel: 07714483485 spectrumgirls@sky.com
Talk About Autism	An online social networking community for parents, carers and people with autism.	www.treehouse.org.uk/talk-autism
The Autism File	A quarterly magazine dealing with all aspects of autism.	Tel: 020 8979 2525 info@autismfile.com www.autismfile.com

Cerebral Palsy:

SCOPE	National disability organisation for people with cerebral palsy to achieve equality. Scope's work is focussed around early years, education, daily living and work.	Tel: 0808 800 3333 response@scope.org.uk www.scope.org.uk
Star Scope (St Albans and Region)	Provides support and assistance to people who have cerebral palsy, their parents,	Sue Bird Tel: 01727 839687 familysuebird@hotmail.com

	families and carers. They provide information on, and signposting to, services locally and nationally (both statutory and voluntary) and provide small financial grants to purchase necessary equipment and aids. They hold regular coffee mornings to which all are welcome.	
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Downs Syndrome:

Down's Syndrome Association	A national charity providing information, support and advice for those with Down's Syndrome and their families.	Tel: 0845 230 0372 www.downs-syndrome.org.uk
Early Development Group	Informal and on-going every Friday, 1.30pm – 3.00pm, term time, at Applecroft Children's Centre, Applecroft School, Applecroft Road, Welwyn Garden City AL8 6JZ.	Anne Peck Tel: 01707 384865
Up On Downs	Up on Downs is a Parent run organisation which supports families of children with Downs Syndrome. It supports Parents by sharing information and creating opportunities for families to socialise and learn together. It supports children by arranging specific activities and by working with other agencies to increase awareness of Downs Syndrome and improve the opportunities available to people with the condition.	Acacia House, Chiltern Road, Hitchin SG4 9PJ Tel: 01462 630459 enquiries.nhdowns@yahoo.co.uk www.upondowns.co.uk

Dyslexia:

British Dyslexia Association	The British Dyslexia Association (BDA) is a national charity and their vision is that of a dyslexia friendly society that enables dyslexic people of all ages to reach their full potential.	Tel: 0845 251 9002 www.bdadyslexia.org.uk
Dyslexia Matters	Provides advice, support and information to parents of dyslexic children, dyslexic adults and any other interested people.	Jackie Harber Tel: 01462 631627 (<i>after 6pm weekdays, anytime weekends</i>) info@dyslexiamatters.co.uk
Hertfordshire Dyslexia Association	The Hertfordshire Dyslexia Association holds meetings on various aspects of dyslexia at regular intervals. The aim of the organisation is to support and to inform parents, dyslexic children and adult dyslexics.	Margaret Murphy Tel: 01727 867399 – 12pm-2pm & 8pm-10pm michael.paterson@tiscali.co.uk
Specific Learning Difficulties Base Windermere JMI Primary School	The SpLD Base at Windermere serves the Primary schools in the district with outreach support to meet the needs of pupils with specific literacy and numeracy needs.	By School referral

Dyspraxia:

Dyspraxia Foundation	The foundation aims to support individuals and families affected by dyspraxia, to promote better diagnostic and treatment facilities for those who have dyspraxia, to help professionals in health and education to assist those with Dyspraxia and to promote awareness and understanding of dyspraxia.	Tel: 01462 454 986 (10am – 1pm) Mon – Fri dyspraxia@dyspraxiafoundation.org.uk www.dyspraxiafoundation.org.uk
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Herts Dyspraxia Support Group	The group's aim is to provide support for those with Dyspraxia and their families through regular meetings, which allow members to interact with others who have experience of the condition. The Group offers a monthly Newsletter, a telephone helpline, monthly parents' group meeting, a lending library and family social activities. Support Group Meetings are held on the first Tuesday of each month at the St. Albans Children's Centre, Church Crescent, St Albans AL3 5JB. This meeting is for parents and carers of dyspraxic children.	info@hertsdyspraxia.org.uk www.hertsdyspraxia.org.uk
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Epilepsy:

The National Society for Epilepsy (NSE)	Provides information on many aspects of living with epilepsy. Offers a confidential helpline, written resources and emotional support.	Tel: 01491 601 400 www.epilepsynse.org.uk
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Fragile X-Syndrome:

The Fragile X Society	The Fragile X Society provides support and information to fragile X families from those who share and understand their concerns and needs; educate and inform the public and professionals about fragile X in order to raise	Tel: 01371 875100 www.fragilex.org.uk
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	awareness and understanding of the syndrome and so improve the care of all people affected by fragile X; encourage research into all aspects of fragile X and publicise the results.	
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Hearing Impairment:

Audiology Department		QEII Hospital (Welwyn Garden City) Tel: 01707 328111 ext 4166 Tel: 01707 365413 (direct line)
CHICKS	A group for children with hearing impairment	Specialist Advisory Service, The Woodside Centre, The Commons, Welwyn Garden City AL7 4EN Tel: 01707 320697
Hertfordshire Hearing Advisory Service (HHAS)	Free help and advice to people with or associated with hearing loss, free county wide Hearing Support Service to improve access, Demonstration Room for hands on equipment, a Resource Centre where help is available and a Hearing Screening Service available on the 3rd Saturday of each month.	The Woodside Centre, The Commons, Welwyn Garden City AL7 4SE Tel: 01707 324 582 (Voice) Tel: 01707 390 644 (Fax) Tel: 01707 375 486 (Minicom)
National Deaf Children's Society (NDCS)	Provides advice, information and support to deaf children and their families.	Family Officer for Hertfordshire is Pip Johns Tel: 0808 800 8880 www.ndcs.org.uk
Paediatric & Adult Hearing and Balance Clinic (Lister Hospital / QEII Hospital)	This is a Consultant led clinic that tests children and adults with hearing loss, speech and language tinnitus (noise in the head) and balance, vertigo and dizziness problems.	Lister Hospital Tel: 01438 781055 QE II Hospital Tel: 01707 328111
RNID (Royal National Institute for Deaf People)	RNID helps people identify whether they have a hearing loss, they campaign for change,	Tel: 0808 808 0123 www.rnid.org.uk

	provide services and training, and actively support scientific and technological research.	
The Phoenix Group for Deaf Children	Phoenix is a charity that works with children and young people up to the age of 25 who have a hearing impairment.	Sue Jay Tel: 01462 722142 / 07748 690989 info@phoenixgroup.org.uk www.phoenixgroup.org.uk Office hours are 9.30 – 5.00pm. <i>An answer phone service is available when workshops are being undertaken and all calls and emails are responded to as quickly as possible.</i>
Sign Health	A national charity set up to help with the needs of deaf people in the community focusing on mental and physical healthcare.	5 Baring Road Beaconsfield, Bucks HP9 2NB Telephone 01494 687600 Textphone 01494 687626 Fax: 01494 687622 SMS/Text message: 07966 976749 www.signhealth.org.uk

Tourette Syndrome:

Tourettes Action	Provides help to sufferers and their families offering information and support, promoting research into better treatments and fighting ignorance, misunderstanding and prejudice. Telephone helpline ad information.	Helpline Tel: 0845 458 1252 www.tsa.org.uk
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Speech Impairment:

Association of All Speech Impaired Children	Charity representing children and young	Tel: 0845 3 55 55 77
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(AFASIC)	adults with communication impairments, enabling them to overcome their difficulties.	www.afasicengland.org.uk
Invalid Children's Aid Nationwide (I can)	Charity that helps children with speech and language difficulties. Provides specialist therapy and education, information for parents and training advice for professionals.	0845 2254071 www.ican.org.uk

Visual Impairment:

Doves	Doves are early years' groups run by the Specialist Advisory Service for parents and carers of those babies and pre-school children (0-4 years) where a visual impairment is the primary need.	Specialist Advisory Service, The Woodside Centre, The Commons, Welwyn Garden City AL7 4EN Tel: 01707 320697 Jackie Osborne, SEN Advisory Teacher (Visual Impairment) jackie.osborne@hertscc.gov.uk or Barbara Harrison, SEN Advisory Teacher (Visual Impairment) barbara.harrison@hertscc.gov.uk
Hertfordshire Society For The Blind (HSB)	HSB is an independent local registered charity providing services and information to blind and partially sighted people throughout Hertfordshire, as well as to their families, carers and any organisations with an interest or involvement in people with a visual impairment.	The Woodside Centre, The Commons, Welwyn Garden City AL7 4SE Sight-Line: 01707 324680 office@hertsblind.com www.hertsblind.com
RNIB (The Royal National Institute of Blind People)	Supporting blind and partially sighted people. Helpline	Tel: 0303 123 999 www.rnib.org.uk

Mental Health:

Arventa Healthcare	Formed by a group of care professionals experienced in working with young people with Autism and Asperger syndrome, Arventa runs The Hawksmere Centre – Healthcare and Education for Young People with Autism, which is the UK’s first Child and Adolescent Mental Health Service (CAMHS) exclusively for young people with Autism and Aspergers Syndrome. This specialist service provides a person-centred care package enabling young people with ASC to continue their education whilst receiving intensive assessment, therapeutic intervention and support in a safe and secure environment.	Hawksmere Centre, Shepherds Way, Brookmans Park, Hertfordshire, AL9 6NN Tel: 01707 29 15 00 info@arventahealthcare.com www.arventahealthcare.com
Brookdale Care	Brookdale Care is an independent provider of hospital, residential care and supported living services for adults with Autistic Spectrum Disorders (ASD).	14 Parkway, Welwyn Garden City AL8 6HG Tel: 01707 332244 info@brookdalecare.co.uk www.brookdalecare.co.uk
Earthworks	Earthworks St Albans is a registered charity that offers trainees, often with learning difficulties or mental health problems, work experience and training in horticultural and land-based skills.	West Lodge, Hill End Lane, St. Albans, Hertfordshire - Tel: 01727 847 311 www.earthworksstalbans.co.uk
Hertfordshire Partnership NHS Foundation Trust	Out of hours Mental Health Helpline	Tel: 01438 843322
Herts Mind Network	Counselling service for anyone aged 18 years and over.	Tel: 08444 77 22 12 info@hertsmindnetwork.org

		www.hertsmindnetwork.org
Mind for better mental health	Mind helps people take control of their mental health. We do this by providing high-quality information and advice, and campaigning to promote and protect good mental health for everyone.	Info Line Tel: 0845 766 0163 www.mind.org.uk
Recovery in Sight (for better mental health)	The Recovery In-Sight Centre aims to progress the standard of care provided to all people in their recovery from mental distress by offering advice and training services to mental health teams and training and self-help services to service users and carers.	The Recovery In-Sight Centre, University of Hertfordshire, 4 Bishops Square, Business Park,, Hatfield AL10 9NE Tel: 01707 284808 / Tel: 01923 239489 contact@recoveryin-sight.com www.recoveryin-sight.com
Rethink	Working together to help everyone affected by severe mental illness.	Tel: 0845 456 0455
Step 2	Supporting professionals to improve the mental health and emotional wellbeing of children and young people in Herts	Marsha Mungo-Okolie, Step2, 3 North Road, Stevenage, Herts SG1 4AT Step2@hchs.nhs.uk Tel: 01438 730570
Turning Point Hertsreach St Albans	Hertsreach St Albans provide open access and structured services to anyone affected by their own or someone else's drug or alcohol use.	Tel: 01727 893344
Viewpoint	Viewpoint hold local forums and meetings to take service user views and suggestions to mental health service providers. They also attend statutory meetings and work with organisations to encourage service user participation at all levels.	Leslie Billy Tel: 07505156109 leslie@hertsviewpoint.co.uk www.hertsviewpoint.co.uk
YoungMinds	YoungMinds is the UK's only national charity	Parents Helpline Tel: 0808 802 5544

	committed to improving the mental health and emotional well-being of all children and young people.	www.youngminds.org.uk
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Counselling:

Breakspeare Counselling Service	For parents, other family members or carers of a child or adult with learning disabilities.	Tel: 01923 269125 <i>The number is an answerphone, be prepared to leave your name and a contact number and a short message.</i> counselling@breakspeare.herts.sch.uk
British Association for Counselling and Psychotherapy (BACP)	Through its work BACP ensures that it meets its remit of public protection whilst also developing and informing its members. Its work with large and small organisations within the sector ranges from advising schools on how to set up a counselling service, assisting the NHS on service provision, working with voluntary agencies and supporting independent practitioners.	Tel: 01455 883316 www.bacp.co.uk
Psychological Therapy Service	The Psychological Therapy Service is an established NHS counselling service offering different types of brief, focused counselling at GP surgeries in the Welwyn and Hatfield area. They offer integrative, humanistic and psychodynamic counselling, and Cognitive-Behavioural Therapy. Patients need to be referred by their GP	141 Hollybush Lane, Welwyn Garden City AL7 4JS Tel: 01707 336820

SABN	Bereavement Counselling for children, young people and adults. Resources and information, training, one to one support.	St Albans City & District Bereavement Network, PO Box 671, St Albans, Herts, AL1 3ZX Tel. 01727 841841
St Albans Consultancy	Counselling for young people.	Anesta Edge Tel: 01727 769937
The Base	Open for 11-19 year olds. Range of activities including free and confidential counselling.	High Street, London Colney, AL2 1JQ Tel: 01727 821639 Email: info@baseproject.org.uk
Winston's Wish	A charity for bereaved children. We help children live after someone close to them dies. Resources, information, website for those bereaved as well as professionals and teachers.	Helpline: 08452 03 04 05 www.winstonswish.org.uk
Youth Talk	Free and confidential counselling service for young people	Tel: 01727 868684 www.youthtalk.org.uk

Mentoring / Befriending:

Community Service Volunteers (CSV)	The CSV can provide volunteers to offer mentoring and befriending services.	Tel: 0207 643 1385 rsvpinfo@csv.org.uk www.csv.org.uk
Contact a Family	Contact a Family is a UK charity for families with disabled children. We offer information on specific conditions and rare disorders.	Helpline: 0808 808 3555 Textphone: 0808 808 3556 helpline@cafamily.org.uk www.cafamily.org.uk
Youth Connexions	Mentoring for young people aged 13-19 years. Youth Connexions offers this service for any young person willing to meet either in school or out of school. Referral procedure.	Emma Greenwood. Tel: 01992 901535 emma.greenwood@hertsc.gov.uk

Financial Information:

Credit Union	St Albans and District Credit Union is a not-for-profit community bank offering access to fair cost, flexible loans.	St Albans and District Credit Union, 135 Hatfield Road, St Albans AL1 4JX Tel: 01727 859135 email: office@stadcu.org www.stadcu.org
Council Tax Discounts and Exemptions	Disabled residents will be entitled to a one band reduction.	Council Tax team Tel: 01727 866100
Disability Employment Officer	For information only about benefits available to you.	Eve Selvarajan Tel: 01707 344035
Disabled Person's Tax Credit (DPTC)	Disabled Person's Tax Credit (DPTC) is a tax credit payable to people with an illness or disability who are in work. It is available to people who are working at least sixteen hours a week and who have an illness or disability which puts them at a disadvantage in getting a job.	Tel: 0845 300 3900 www.hmrc.gov.uk
Family Fund	The Family Fund gives grants for things that make life easier and more enjoyable for the disabled child, young person and their family, such as washing machines, driving lessons, computers and holidays.	Family Fund Tel: 0845 130 4542 Textphone: 01904 658085 www.familyfund.org.uk
Jobcentre Plus	Provides a wide range of information and services, like benefits, loans and grants and help with finding a job.	St Albans Jobcentre Plus 54-56 Victoria Street, St Albans AL1 3HZ Tel:01727 773900 www.jobcentreplus.gov.uk
Money Advice Unit	The Money Advice Unit is part of Hertfordshire County Council's Adult Care Services. Advice about all money matters.	Tel: 01992 555555 www.hertsdirect.org/benefits

Shaw Trust	Shaw Trust is a national charity that provides training and employment services to disabled and disadvantaged people.	Tel: 0808 180 2003 www.shaw-trust.org.uk
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Activities:

Activate Forum	Activate Forum brings together individuals and organisations with the common goal of developing and promoting disability sport and physical activity.	Claire Smith, Secretary Tel: 01707 384305 enquiries@welhatsports.org.uk www.welhatsports.org.uk/aboutactivate.htm
ActOne ArtsBase	ActOne ArtsBase is a thriving company and charity providing inclusive dance and performance training for disabled and non disabled people across Hertfordshire. We provide weekly dance training sessions (DanceBase), a trainee programme for aspiring dance performers and teachers and summer holiday activities for young people of all ages as well as touring performances and workshops to children and young people who may otherwise be excluded from taking part in dance. DanceBase is a weekly dance theatre session for disabled and non-disabled children and young people aged 5+. Sessions have a unique atmosphere where difference and individuality are celebrated. DanceBase takes place in Hemel Hempstead (Mondays), Ware (Tuesdays), Hatfield	Suzie Tel: 01707 338373 suzie@artsbase.org.uk www.artsbase.org.uk Office hours are between 10am and 6pm Monday to Friday

	(Wednesdays) and Stevenage (Thursdays). There are 2 groups roughly split by age. The Intermediate class for 5-11 year olds meets from 5–6.15pm and Advanced, for 12 years plus, from 6.30 8pm. ActOne put ability not disability centre stage!	
Breakout	Youth group for young people with moderate learning difficulties and disabilities aged 13–25. Meet Saturdays starting 13th September 2010, 5.30pm–8.30pm at Breaks manor. 70p entrance.	Gary Lant Tel: 07747762828 Gary.lant@hertscc.gov.uk
Charters Health Club	Our mission is to support the community by providing services that are caring, responsive, inclusive and professional	Highfield Park Centre 59 Russet Drive, St Albans, Herts AL4 0DB Tel: 01727 731540 www.watfordymca.com/charters_highfields.php
Common SENSE	A support group for parents and carers of children (0-16) who have a Special Educational Need.	Ralph and Maxine Hibbert Email: commonsense.harpenden@hotmail.co.uk
DJ's Jungle Adventure	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.	DJ's Jungle Adventure 156 St Albans Road, Sandridge, St Albans AL4 9LP Tel: 01727 844991 www.djsjungleadventure.co.uk
Disability Trampolining Courses	Open to all participants regardless of disability, these are sheltered sessions for those with special needs and requirements. Includes use of a hoist and sling to assist our less able participants. Sundays at Gosling Sports Park. 6–17 years at 5.00pm–6.00pm. 18 years+ at 6.00pm–7.00pm. Term time	Development Team, Gosling Sports Park Tel: 01707 384305

	only. Participants must be accompanied by an adult or carer to aid the session.	
Dolphins Swimming Club	A swimming club for anyone with a physical or mental disability. The club also participates in local friendlies, regional level competitions and national level competitions. £5.00 per annum membership and free admission. Every Sunday, 4.00pm–5.30pm. Stevenage Swimming Pool	Tel: 01438 811631 membership@stevenage-dolphins.org
Eagles Boccia Club	A swimming club for anyone with a physical or mental disability. The club also participates in local friendlies, regional level competitions and national level competitions. £5.00 per annum membership and free admission. Every Sunday, 4.00pm_5.30pm. Stevenage Swimming Pool	Peter Stannard Tel: 01992 558895 eaglesboccia@hotmail.co.uk
Gambado Party	On the second Friday of the month the Gambado indoor play centre holds a special autism friendly night for any child on the autistic spectrum plus Parents/ Carers and other siblings.	Gambado Watford Centre, Woodside Leisure Park Tel: 01923 892140 www.gambado.com
Guides Group	For children with special needs. Every Tuesday, 3.30pm – 5.30pm at Lakeside School, Lemsford Lane, Welwyn Garden City AL8 6YN. Carer must stay. Children from St Albans are very welcome.	Laura Hall Tel: 01707 377099 07840 620772
Harvesters Football Club	U12s & U18s teams for boys and girls. Inclusive training sessions on Sundays.	Oaklands Lane, Smallford, St Albans AL4 0HR Tel: 01727 866187 / 01923 241799

		harvestersfc@btinternet.com www.harvestersfc.com
Health Walks	<p>Finesse Leisure, supported by the Countryside Management Service, are co-ordinating a programme of free walks starting at Stanborough Lakes every Sunday or the first and third Saturday of each month. The walks will take in a 45 to 60 minute-long route around the park and will be suitable for all ages and abilities.</p>	Tel: 01707 327655
Herts Disabled County Club	<p>Sir Frederic Osborn School, Herts Lane, Welwyn Garden City Sundays, 10.00am – 1.00pm</p>	<p>Richard Hill Tel: 07818431144 welwyncc@gmx.com</p>
Knebworth Sports Club	<p>A morning of multi sports activities. For adults with learning disabilities, physical disability and special needs. Activities include badminton, goalball, boccia, table cricket, Wii fit and new age kurling. Birchwood Leisure Centre, Hatfield Thursday, 10.30am – 12.30pm (term time only). £4.</p>	<p>Philip Gray Tel: 01438 235438 Knebworth.sc@ntlworld.com www.ksclub.org.uk</p>
Lakeside Multi Sports Club	<p>A sports club for children aged 8-13 with learning difficulties offering a wide range of exciting and challenging indoor and outdoor sporting activities delivered at the right pace and level. The Club is organised by Child UK and Lakeside School and is run by experienced staff on secure premises. Thursdays, 3.45pm-5.15pm at Lakeside</p>	<p>Lakeside School Tel: 01707 327410 admin@lakeside.herts.sch.uk</p>

	School, Lakeside School, Lemsford Lane, Welwyn Garden City AL8 6YN. £2.50 per child per session.	
Lakeside School Swimming Club	For children of all ages with a physical disability. Shallow, warm pool is great for early swimming skills and hydrotherapy. It can also be a wonderful sensory experience. If public pools aren't suitable come and try ours! Classes run by an experienced swimming teacher. Wednesdays, 3.45pm - 4.45pm Lakeside School, Lemsford Lane, Welwyn Garden City AL8 6YN.	Lakeside School Tel: 01707 327410
Mogozout	Mogozout is Hertfordshire's youth opportunity search engine, designed and built for young people in Hertfordshire aged 11–19	www.mogozout.org
PHAB	PHAB has supported a network of clubs across the UK run by members for the members "to promote and encourage people with and without physical disabilities to come together on equal terms, to achieve complete integration into the wider community". As a group, we work in the St. Albans area in Hertfordshire. 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!	www.phabstalbens.co.uk
Platypus Swimming Club	The Platypus Swimming Club enables people with disabilities and volunteer helpers of all	Roz Jones, Secretary Tel: 01707 330843 or Joan Barratt, Chairman Tel: 01707 264275

	<p>ages and abilities including non-swimmers from the town of Hatfield and the surrounding areas to enjoy the benefits of swimming in safety and privacy. The current members range from very young children with congenital and/or mental disabilities, to accident and stroke-victims, those with arthritis, MS, learning difficulties, visual impairment and 80 year olds suffering simply from the effects of old age. The club meets on Sundays from 11.00am to 1.00pm at Hatfield Swim Centre</p>	
<p>Riding for the Disabled Association (Digswell Place)</p>	<p>Digswell Place is a purpose built, voluntarily run stable for adults and children with most kinds of disability (please note, there is no hoist available so we are unable to offer riding to some disabilities). The scheme offers a service to young people aged 3 to 19 years old, who have learning disabilities of varying severity. Some service users may also have physical or sensory disabilities and/or behaviour that is challenging.</p>	<p>Digswell Place Stables, Rectory Road, Welwyn Garden City AL8 7SU Tel: 01707 332159 www.digswellplacerrda.org.uk</p>
<p>SNAP Hertfordshire Limited Special Needs Activities and Play</p>	<p>The schemes are based in local schools and run from 10.00am – 3.00pm, Monday to Friday in the holiday periods and one Saturday per month during term time. Contact Darren for more info or to book. SNAP also has a Father & Child Club and a</p>	<p>Dale Sloan (Play & Leisure Services Manager) Mobile (work) 07920 800 304 dale.sloan@snapherts.org.uk Darren Bisby-Boyd (Playscheme Coordinator - St. Albans & Hatfield) Mobile (work) 07920 426 378 darren.bisby-boyd@snapherts.org.uk</p>

	<p>sensory room. For more info or to book the sensory room contact Ben.</p>	<p>Kayleigh Johnson (Playscheme Coordinator - Dacorum & Harpenden) Mobile (work) 07979 750 699 kayleigh.johnson@snapherts.org.uk Gary Newman (Administrator & Play Worker) Mobile (work) 07979 612 363 (out of hours answer phone) snapherts@hotmail.co.uk We are located full time at the St Albans MENCAP base. 181a Verulam Road, Unit 5, St Albans, Herts AL3 4DR www.snapherts.org.uk</p>
Special Olympics	<p>Sporting activities for individuals with learning disabilities and their families, catering for all ages and ability levels</p>	<p>Chair: Ruth Nicholls Tel: 01707 323110 Club Secretary: Paula Binks Tel: 01727 784856</p>
St Albans Cricket Club	<p>Inclusive cricket coaching, May to August. Reception to Y6, Friday 6-8pm. Y7 to Y11, Sundays 10am-12 noon. Girls welcome Clarence Park, Clarence Road, St Albans. Herts AL1 4NF</p>	<p>Paul Sands Tel: 07768 225950 paul.sands@btinternet.com</p>
St Albans City Youth Football Club	<p>If you are a keen footballer with a disability, or know someone who is, we are always on the lookout for new talent. We are a pan disability team which means we can accept players of any age, with any disability such as:- Special needs education, learning disability, visually impaired, hearing or balance impaired, missing or shortened limbs, cerebral palsy, physically impaired- caused by injury or disease, mental illness.</p>	<p>info@cityyouthfc.com http://www.cityyouthfc.co.uk</p>
Tennis	<p>Mixed ability tennis sessions for anyone with</p>	<p>James Edgerley Tel: 01707 384339</p>

	any disability. Tuesdays during term time, 6.00pm – 7.00pm.	
Thames Valley Adventure Playground for children and adults with special needs	Based on a 2.5 acre site adjacent to the A4 in Taplow, near Maidenhead, the Playground is open to children and adults with all types of special needs however mild or profound, their siblings and parents/carers. Open Tuesday to Saturday all year round, Fridays are reserved for adults with special needs. People visit with families and as individuals, or with groups from schools, playschemes, day centres and residential units. Booking is essential	Tel: 01628 628599 www.tvap.co.uk
Toddle inn-clusive	A baby and toddler group with tactile, sensory and creative activities for children aged 0-5 of all abilities. An hour of free play with a craft table, then after tidying up there is a story and song time, followed by refreshments. Tuesdays 1.00pm – 2.30pm, term time only, £1 per family a week. At Christchurch Baptist, 110 Parkway, Welwyn Garden City, AL8 6HN.	Hilary Morfill Tel: 01707 321402 or 07890785618 or Diane Webb Tel: 01707 335161 or 07724104653 toddleinn@christchurchwgc.org.uk or see our Church website for further information www.christchurchwgc.org.uk
Warrenwood RDA Group	Horse riding for children with special needs. Referral needs to be made via a school.	Judy Howell Tel: 01707 652179
Welwyn Hatfield Fencing Club	All equipment supplied. Professional coaches. Hatfield Leisure Centre. Fridays. Children : 7.30pm – 8.40pm. Adults : 8.45pm - 10.30pm.	Grahame Read Tel: 01462 450788 Grahame.e.read@ntlworld.com
Youth Zone	A Youth Club for pupils of Lakeside School. A place the students can meet together outside of school and 'chill' with friends. TV, DVD,	Laura Hall Tel: 01707 377099 / 07840620772 or Judith Chamberlain Headteacher, Lakeside School Tel: 01707 327410

	stereo, internet, computers, Wii and Art & Crafts. Wednesdays, 6.30pm – 8.30pm at Hazel Grove Community Hall, Hazel Grove, Welwyn Garden City AL7 2DG.	
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Practical Information:

24 Hour Transport Service – wheelchair accessible	A fleet of adapted, fully accessible vehicles to transport disabled people to work, doctor's appointments, shopping, holidays and other leisure activities 24 hours a day.	Phil Caley Tel: 01707 375159 transport@hadnet.org.uk
Blue Badge Applications and Renewals	The Blue Badge Scheme is an important service for people with severe mobility problems that enables badge holders to park close to where they need to go. The scheme operates throughout the UK, and is administered by local authorities who deal with applications and issue badges.	Tel: 0300 123 4042 For locations of disabled bays in the area call Tel: 01707 357555
Carers' Emergency Card Scheme	Carers often worry about what would happen if they are not around to provide care. In Hertfordshire, the Carers' Emergency Card Scheme aims to give carers peace of mind. It means that if a carer is suddenly taken ill, caught in traffic or even in an accident, there will be a plan in place to help the person they care for – 24 hours a day, 365 days a year. Carers carry a card with a unique number so even if they can't tell us what needs to	Adult Care Services Tel: 0300 123 4042

	happen, provision can be made.	
Cinema Exhibitors Association Companion's Concessionary Card	An ID card for those guests wishing to take advantage of free cinema tickets for companions. This card is accepted by all major Cinema chains in the UK. The "CEA Card" entitles the holder to one free ticket for a person accompanying them to the cinema.	For further information please contact The Card Network on: 0845 123 1292 minicom/textphone 0845 123 1297 www.ceacard.co.uk
Concession Bus Pass	Anyone currently over the age of 60 or who has a qualifying disability is entitled to a bus pass which allows them free travel on local bus services at any time within Hertfordshire and at off-peak times (9.30am to 11pm, Monday to Friday) anywhere else in England.	An application form can be downloaded from www.stalbans.gov.uk/images/buspass_tcm15-1769.pdf or picked up from St Albans District Council Offices or Harpenden Town Council. Tel: 01727 819213 www.stalbans.gov.uk
Disabled Persons Railcard	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 throughout Great Britain. If you're travelling with an adult companion they also can get the same discount.	Tel: 0845 605 0525 Tel: 0845 601 0132 - Minicom/Textphone (for customers with hearing impairments) disability@atoc.org www.disabledpersons-railcard.co.uk
The National Key Scheme (NKS)	The National Key Scheme (NKS) offers independent access to disabled people to around 7,000 locked public toilets around the country. The key can be purchased from RADAR, the UK's largest disability campaigning organisation.	Tel: 020 7250 3222 Tel: 020 7250 4119 (minicom) radar@radar.org.uk www.radar.org.uk
Travel Wallet	The Hertfordshire Travel Wallet is a bright orange wallet with plastic pockets to keep	Download an application form from www.intalink.org.uk/travelwallet or contact:

	<p>everything together that helps you use public transport on your own. The Travel Wallet will let bus drivers know that you may need help on your journey. It can help you tell bus drivers what help you need using the bus and also to keep important information about the support you may need. Anyone can have a wallet if they currently use or are working towards using buses independently in Hertfordshire and are a person who has a learning disability, a person who has a physical disability or a person who has a sensory disability.</p>	<p>Gill Borg, Hertfordshire County Council on Tel: 0300 123 4040.</p>
<p>St Albans Shopmobility</p>	<p>Shopmobility is a national scheme which is designed to enable anyone with walking difficulties, whether temporary or permanent, to get out and about. The service is located at the ground floor entrance of Drovers Way car park (off Catherine Street behind BHS) Available Mondays to Saturdays 9.30am – 4pm (not on bank holidays) There is a disabled radar toilet next door.</p>	<p>Tel: 01727 819339</p>
<p>Young Carers</p>	<p>The Carers in Hertfordshire, Young Carers Project can offer Young Carers and their families: Information; Free breaks and activities for young carers; A voice on young carers' issues; Support Groups for young carers; Information and Support within</p>	<p>www.youngcarers.net www.carersinherts.org.uk</p>

	schools for young carers. Once you join the Project, you can come along and join in with all our great activities and trips – these are all free and transport is provided.	
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St Albans and District Children's Centres:

Harpenden Children's Centres		Manager: Pat Everett, Holcroft Road, Harpenden, AL5 5BQ Tel: 01582 714 210 www.hertschildrenscentres.org.uk/harpenden/
Lamer Fields Children's Centre		Manager: Sherry Roberts, Beech Hyde Primary School, Nurseries Road, Wheathamsptead, Herts, AL4 8TP Tel: 01582 834758 Mobile: 07818 408181 www.hertschildrenscentres.org.uk/lamerfields
London Colney Children's Centre		Coordinator: Julie Lannon, Alexander Road, London Colney AL2 1JG Tel: 01727 822196 Email: manager.londoncolney@hertschildrenscentres.org.uk www.hertschildrenscentres.org.uk/londoncolney/
Park Street and St Stephen's Children's Centre		Coordinator: Jeanette White, Mount Pleasant Lane, Bricket Wood AL2 3XA Tel: 01923 677954 www.hertsmere-children.co.uk/childrenscentres/parkstreet.php
Redbourn and Villages Children's Centre		Manager: Micky Waters, Long Cutt, Redbourn AL3 7EX Tel: 01582 688512 Fax: 01582 688513 Email: admin.redbourn@hertschildrenscentres.org.uk www.hertschildrenscentres.org.uk/redbourn/
Sopwell and Verulam Children's Centre		Manager: Pippa West, Mandeville Drive, St Albans, Herts AL1 2LE Tel: 01727 774090 Fax: 01727 774091

		Email: manager.svcc@hertschildrenscentres.org.uk www.hertschildrenscentres.org.uk/sopwellverulam
St Albans Children's Centre		Manager: Teresa Matcham, Church Crescent, St Albans, Herts, AL3 5JB Tel: 01727 891103 Fax 01727 891102 Email: teresa.matcham@hchs.nhs.uk www.hertschildrenscentres.org.uk/stalbans
The Alban Way Children's Centres		Manager: Lorraine Imber, Church Crescent, St Albans, Herts, AL3 5JB Tel: 01727 891103 Fax 01727 891102 Email: teresa.matcham@hchs.nhs.uk www.hertschildrenscentres.org.uk/stalbans

Local Service Delivery Partnerships:

Bowmansgreen Primary School		Head: Moira White, Telford Road, London Colney, Hertfordshire AL2 1PH Tel: 01727 767772 Fax: 01727 767770 www.bowmansgreen.herts.sch.uk
Fleetville JMI		Head: Jeremy Loukes, Hatfield Road, St Albans, Hertfordshire AL1 4LW Tel: 01727 855134 www.fleetvillejm.herts.sch.uk
Sauncey Wood Primary School		Head: John Burt, Pickford Hill, Harpenden, Hertfordshire AL5 5HL Tel: 01582 621514 www.saunceywood.herts.sch.uk