



Registered Charity no. 1085491

Local offices:  
**01992 586969 – Hertford**  
**01442 253344 – Hemel Hempstead**  
**01462 456660 – Hitchin**

[contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)  
[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

## **Factsheet PC2 Organisations and Contacts of use to Parent Carers**

### **National**

#### **Contact a Family**

**0808 808 3556**

[www.cafamily.org.uk](http://www.cafamily.org.uk)

Provide information, advice and support. Have a helpline, and produce excellent factsheets and information packs on all aspects of bringing up a child with a disability

#### **Parentline Plus**

**0808 800 2222**

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

Support to anyone parenting a child. Run useful workshops on a range of different subjects. Many are also available as telephone groups for those who can't get out.

#### **Benefit Enquiry Line**

**0800 882200**

[www.dwp.gov.uk](http://www.dwp.gov.uk)

#### **Association of Charity Officers 01707 651777**

[www.aco.uk.net](http://www.aco.uk.net)

Can provide individuals with information about charities and benevolent funds that give financial assistance for a wide variety of purposes.

#### **Citizens Advice Bureau**

**020 7833 2181**

[www.adviceguide.org.uk](http://www.adviceguide.org.uk)

Provide independent advice on your rights and other issues, and signpost you to other agencies where necessary. Can also give details of your local CAB.

#### **Children's Legal Centre**

**01206 877910**

[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

Provides information about the law and policy affecting children and young people. Free legal information available through the website.

#### **Care Quality Commission**

**03000 616161**

[www.cqc.org.uk](http://www.cqc.org.uk)

The Care Quality Commission, inspects and reports on health and social care services. Website has lists of residential schools, colleges and family centres which have been inspected.

#### **Young Minds**

**0207 336 8445**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Charity which works to improve the mental health of all children and young people.

#### **CBF**

**01634 838739**

[www.thecbf.org.uk](http://www.thecbf.org.uk)

Challenging Behaviour Foundation provides information and support to parents for individuals with severe learning disabilities and challenging behaviour

#### **Advisory Centre for Education 0808 800 5793**

[www.ace-ed.org.uk](http://www.ace-ed.org.uk)

Offers free advice and information on all aspects of education, including: exclusions, bullying, special educational needs and appeals. Can signpost parents of disabled children on to other organisations providing educational advice and practical support, such as **IPSEA (0800 018 4016)** and **Network81 (0870 770 3306)**.

#### **Computers for the Disabled**

**01268 284834**

[www.cftd.co.uk](http://www.cftd.co.uk)

Can provide low cost computers to anyone who has a disability, including children with ADHD or dyslexia.

*The information contained on this sheet is correct at the time of issue.  
Carers in Hertfordshire takes no responsibility for any inaccuracy in facts supplied to them*

*May 2010*

## Local

**Children, Schools and Families** 0300 123 4043 [www.hertsdirect.org/specialneeds](http://www.hertsdirect.org/specialneeds)

**Herts Travellink** 01438 737252 [www.hertslink.org/travellink](http://www.hertslink.org/travellink)  
Information about all health, education and community related transport services.

**Young in Herts Children's Information Service** Tel: 01438 737502  
[www.hertsdirect.org/caresupport/childfam/younginherts](http://www.hertsdirect.org/caresupport/childfam/younginherts)  
Provides information about childcare and children's leisure services in your local area

**Young Carers Project** 01992 586969 [www.koolcarers.org.uk](http://www.koolcarers.org.uk)  
Provides information, support and free activities for young people who help care for someone who is ill, disabled, has mental health problems or abuses drugs/alcohol.

**Hertfordshire Action on Disability** 01707 324581 [www.hadnet.org.uk](http://www.hadnet.org.uk)  
Hertfordshire Action on Disability provides information, advice, practical services and equipment for people with disabilities.

**Parent Partnership** 01992 588550 [www.hertsdirect.org.uk](http://www.hertsdirect.org.uk)  
Provide Special Educational Needs information, guidance and support for parents.

**POhWER** [www.pohwer.net](http://www.pohwer.net)  
North & East Herts Team 01438 740162 South & West Herts team 01923 859186  
Provides advocacy to help you access services, address issues or make complaints.  
Advocates attend meetings, write letters, make phone calls and research information.

**Child & Adolescent Mental Health Services (CAMHS)** [www.hertsparts.nhs.uk](http://www.hertsparts.nhs.uk)  
CAMHS treat emotional and behavioural problems in young people. Service available through referral only – contact your GP or other health professional.

**Parental Drug Awareness Service** 01707 393934  
Information & support for parents concerned about drug, alcohol or solvent misuse.

**Herts & Beds Pastoral Foundation** 01727 868585 [www.hbcf.co.uk](http://www.hbcf.co.uk)  
Provide a counselling service to the community.

**Breakspeare Counselling Service** 01923 269125  
Counselling service for parents of someone with learning disabilities. Can also provide counselling for other family members.

**Local organisations specific to disability** (if your child's disability is not represented here and you would like to know of an organisation that can provide you with information and support, please contact us).

Mencap (Learning Disabilities)	0808 8081111	<a href="http://www.mencap.org.uk">www.mencap.org.uk</a>
Scope (Cerebral Palsy)	0800 800 3333	<a href="http://www.scope.org.uk">www.scope.org.uk</a>
HARC (Autistic Spectrum Disorders)	07836 667394	<a href="http://www.harc-online.org.uk">www.harc-online.org.uk</a>
Hertfordshire Society for the Blind	01707 324680	<a href="http://www.hertsblind.com">www.hertsblind.com</a>
Deaf Children's Society	0808 800 8880	<a href="http://www.ndcs.org.uk">www.ndcs.org.uk</a>
Add-vance (ADD and ADHD)	01727 833963	<a href="http://www.add-vance.org">www.add-vance.org</a>
Up on Downs	01462 630459	<a href="http://www.upondowns.co.uk">www.upondowns.co.uk</a>
Dyspraxia Foundation	01462 454986	<a href="http://www.dyspraxiafoundation.org.uk">www.dyspraxiafoundation.org.uk</a>

**Specialist Advisory Service**

01707 320697

[www.hertsdirect.org/caresupport/specialneeds/learning/specialisteducation/advisoryteacher](http://www.hertsdirect.org/caresupport/specialneeds/learning/specialisteducation/advisoryteacher)

The Specialist Advisory Service provides support for Hertfordshire's children with special needs and disabilities and consists of specialists in:

- Autistic Spectrum Disorder
- Deafblindness
- Hearing Impairment
- Physical and neurological impairment
- Speech and language difficulties
- Visual Impairment

**Champion Children's Centres 0-5 year olds**

There is a champion Children's centre in each of the 10 Hertfordshire districts. These centres should be able to give the best support and information to parents of children 0-5 with disabilities:

District	Name of Children's Centre	Telephone Number
Stevenage	Broadwater	01438 230444
North Herts	Barleyfields	01438 821651
Dacorum	Orchard	01442 822421
St Albans	Harpenden	01582 714211
Broxbourne	Allsorts	01992 901056
East Herts	Churchfields	01992 583244
Welwyn/Hatfield	DeHavilland	01707 346624
Hertsmere	The BECC	02083 864038
Watford	Berrygrove	01923 484312
Three Rivers	Rickmansworth	01923 772094