

Supporting the wellbeing of primary-aged children is crucial for their overall development. Here are some agencies, apps, and resources available in the UK and specifically in Hertfordshire that can assist:

National Agencies and Resources:

Childline: A free, confidential service where children can talk about any issue they're facing.

Website: [childline.org.uk](https://www.childline.org.uk)

Phone: 0800 1111

YoungMinds: Offers mental health support and resources for young people and their parents.

Website: [youngminds.org.uk](https://www.youngminds.org.uk)

Anna Freud Centre: Provides resources for schools and parents to support children's mental health.

Website: [annafreud.org](https://www.annafreud.org)

Hertfordshire-Specific Agencies and Resources:

Healthy Young Minds in Herts: Offers information on emotional health and wellbeing support for young people, parents, carers, professionals, and schools in Hertfordshire.

Website: [healthyyoungmindsinherts.org.uk](https://www.healthyyoungmindsinherts.org.uk)

Safe Space: A counselling and mentoring service providing children and young people across Hertfordshire with a safe space to explore issues affecting their lives.

Website: [Safe Space](https://www.safe-space.org.uk)

Children's Wellbeing Practitioners Service: Offers support for children experiencing mild to moderate mental health difficulties in Hertfordshire.

Website: [hct.nhs.uk](https://www.hct.nhs.uk)

Wellbeing Apps for Children:

Chill Panda: Helps children manage anxiety through breathing techniques and games.

Website: [Chill Panda](https://www.chillpanda.com)

Ollee

Ollee is a free digital friend designed to support children aged 8–11 in understanding and managing their emotions. Developed by Parent Zone in collaboration with BBC Children in Need's A Million & Me initiative, Ollee facilitates conversations between children and their parents or carers on various topics, including school, family, friends, and the internet.

Key Features:

- **Emotion Exploration:** Children can select a topic and express how they feel about it—such as happy, angry, sad, or confused. Ollee then provides tailored advice to help them process these emotions.
- **Parent-Child Connectivity:** Parents can link their accounts with their child's, allowing them to see the advice Ollee offers and fostering open discussions about feelings and experiences.
- **Wellbeing Activities:** The app includes engaging videos that guide children through mindful activities like guided breathing and positive visualization.

Ollee is accessible via web browsers and is also available as a mobile app:

- **Web Version:** [Ollee Web App](#)
- **iOS:** [Download on the App Store](#)
- **Android:** Download on Google Play

By using Ollee, children can better articulate their feelings, and parents can gain insights into their child's emotional world, strengthening their relationship and promoting mental well-being.

For a visual introduction to Ollee, you can watch this video:

<https://youtu.be/UHDOhYfpXSE>

Additional Resources:

- **CAMHS Resources:** A comprehensive website with free downloadable books, weblinks, apps, and videos on various topics related to children's emotional and mental health.

Website: camhs-resources.co.uk

BBC Children in Need Wellbeing Resources: Offers activities and resources to support the mental health and wellbeing of children and young people.

Website: bbcchildreninneed.co.uk

These resources aim to support the mental and emotional wellbeing of primary-aged children. It's essential to explore and find the ones that best suit your child's needs.

DSPL9 Parent/Carer Monthly EBSA Support Sessions: DSPL9 offers monthly support sessions for parents and carers of children struggling with school attendance due to anxiety. These sessions provide a platform to share experiences and receive guidance from professionals. For more details, please visit the [DSPL9 website](#).

ADD-vance: A Hertfordshire-based charity dedicated to supporting families affected by ADHD and Autism. ADD-vance provides online support groups, training courses, workshops, and specialist coaching for parents, carers, and professionals. More information is available on the [DSPL9 Local Support for Parents page](#).

Hertfordshire SENDIASS: An impartial Special Educational Needs and Disabilities Information, Advice, and Support Service offering free, confidential assistance to parents and young people.

- **Phone:** 01992 555847
- **Email:** info@hertssendiass.org.uk

Children's Wellbeing Practitioner (CWP) Service: Part of Hertfordshire's Public Health School Nursing, the CWP Service has recorded a two-part webinar focused on supporting children and young people struggling with school attendance due to anxiety. These webinars offer practical advice and strategies for parents. Watch the webinars on the [Just Talk Herts website](#).

Hertfordshire Local Offer: Provides information about education, health, and social care services for children and young people with Special Educational Needs and Disabilities (SEND). It's a valuable resource for understanding the support available in Hertfordshire. Explore the Local Offer [here](#).

Engaging with these resources can provide guidance and support as you navigate your child's educational journey. If you have further questions or need additional assistance, consider reaching out directly to DSPL9 or the specific organizations mentioned above.

<https://www.hertfordshire.gov.uk/microsites/local-offer/services-for-children-and-young-people/mental-health-and-wellbeing.aspx>

<https://thetoolbox.mindler.co.uk/carers-zone>

Looking for support and resources to help your child or young person with Autism or ADHD?

Here you'll find information on workshops, local organisations, and national services designed to assist you.

<https://www.justtalkherts.org/news-and-campaigns/mental-health-support-for-hertfordshire-children-and-young-people.aspx>

<https://www.southwesthertspartnership.org.uk/directory>



SWHP Newsletter 204
Parenting Course Calc

<https://www.dspl9.uk/>

Families First is the term used in Hertfordshire for services that work together to support families who need extra help. These are also known as early help services.

We all experience difficulties at some point. Families First can help you find early help and information to prevent issues from getting worse.

If you need more help than your usual support network - for example your health visitor, school, doctor or family centre - we can work with you and your family to create a package of support. Ask for support.

<https://www.hertfordshire.gov.uk/microsites/families-first/families-first.aspx>

The family centre service can help from before your baby's born, right through to thinking about starting school. We have centres throughout Hertfordshire.

<https://www.hertsfamilycentres.org/family-centres.aspx>

<https://www.hertsfamilycentres.org/info-and-advice/timeline.aspx#five>

Families in Focus is a Hertfordshire-based community interest company, that provides online evidence-based, award-winning therapeutic parenting courses and transforming parenting since 2007.

<https://www.familiesinfocus.co.uk/parent-courses/current-parent-courses/>

Empower is a free six month project that aims to improve young people's mental health using physical activity. Each session is 90 minutes in length and consists of 60 minutes of physical activity, typically in the form of a sport session such as dodgeball, football, basketball, badminton, or dance. Following the physical activity, we complete a 30-minute wellbeing workshop, which is a facilitated conversation between participants, Watford FC Community Sports and Education Trust Coaches and a NESSie psychotherapist.

Project overview.

The aim of Empower is to improve young people's wellbeing by helping our participants to:

Manage their emotions and understand their triggers.

Increase their resilience and protective factors.

Gain a further support network.

<https://www.watfordfccsetrust.com/project/empower/>



Empower-Registration-Form_May_23 (7).pdf