

Additional Support Services

For further support around issues of familial alcohol and substance use, these websites might be of use:

The STARS (Support Therapeutic, Advocacy and Outreach Services). A hub of information, support and guidance on parental drug and alcohol misuse and its impact upon children and families. www.parentsusingdrugs.org.uk

Parentline Plus offers support and information to anyone parenting a child. 0808 800 2222 or www.parentlineplus.org.uk

Alcohol Concern's Parenting and Alcohol Project has developed resources and training for alcohol and parenting professionals on working with problem drinking parents. www.alcoholandfamilies.org.uk/parenting.htm

NACOA (National Association of Children of Alcoholics) provides information and advice to children and young people affected by parental alcohol misuse. www.nacoa.org.uk

Adfam offers information to families of alcohol and drug users www.adfam.org.uk

The National Family and Parenting Institute undertakes research, details support available, trials new support methods. www.nfpi.org.uk

Contact Us


If you feel that you would like to speak with staff member about the service and what HertSpeak offers, please contact us on:

Phone: 01438 312055/
07918 641 535

Email: simone@coretrust.org

Text: 07918 641 535



The CoreKids is provided by 
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HertSpeak

A CoreKids Service



Reconnecting families



HertSpeak supports families to overcome alcohol misuse together

Who do we help?

Are you working with anyone from within a family where there are children affected by parental alcohol use?

If the answer is yes then HertSpeak may be able to help you.

HertSpeak is a new project funded by Comic Relief specifically for children, parents and families where problematic parental substance use may be an issue.

Through the HertSpeak project we aim to work in a family focused way to help children be safe and healthy, adults to be effective parents, and families to communicate.

Our aim is to offer the family emotional and practical support to build upon existing parenting skills and relationships. We are an impartial service and do not take sides with any party.



What can we offer to families?

We offer a support package for the family as a whole as well as for individuals based on their needs. Services include:

- **Family therapy sessions:** support for both parent and child/ children to manage the very real difficulties they are facing. A trained Family Therapist will help them to improve communication, strengthen family relationships, and prevent family breakdown
- **Child therapy:** 1-2-1 talk based session for older children
- **Couples therapy:** for couples sharing the care of a child together. Helps them prioritise the needs of the child/children and explore relationship issues, increasing family togetherness
- **Parenting 1-2-1:** offered to enhance parenting skills and offer practical and emotional support with parenting
- **Play therapy:** helps build children's self esteem and allows them the opportunity to express their feelings in a safe environment
- **Play coaching:** Play coaching is a way of strengthening the bond between parent and child through supporting the parent to develop play techniques and to have special playtime with their children.

Who can we see?

HertSpeak can support:

- Parents with current or past alcohol use issues
- Children who have been affected by parental alcohol use
- Anyone with a caring role for a child affected by parental alcohol use

Families are made up in lots of different ways, and we welcome them all, including, carers, non parental family members, families from BME communities and same sex parents. We can be a positive influence on any family affected by parental alcohol use.

HertSpeak is based in Stevenage, but we can work with families locally to where they live.

HertSpeak is free to any family we work with.

