



Voices of Hertfordshire

Voices of Hertfordshire Social Media Takeover Day 2025

TOOLKIT FOR
SCHOOLS AND
AGENCIES

Hertfordshire and
West Essex
Integrated Care Board

Services for
Young People



Hertfordshire

What, when, how?

Voices of Hertfordshire are using our social media platforms to amplify the voices of young people with special educational needs and disabilities in Hertfordshire on **Wednesday 3 December** with our social media takeover.

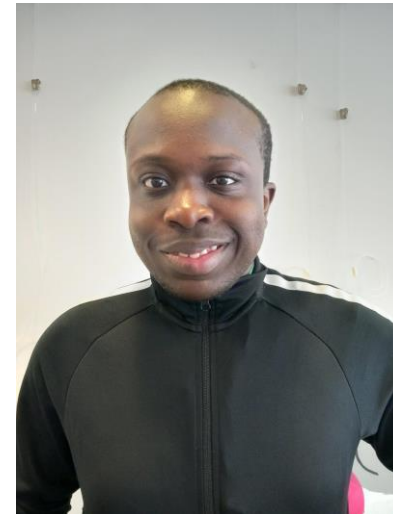
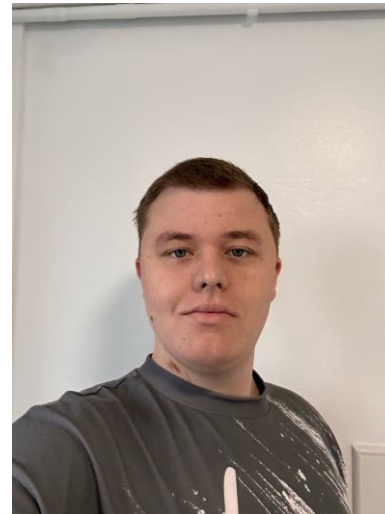
On this day, between 9am and 5pm, we will be sharing content from schools, settings, health groups and youth councils which helps share what young people think, feel and experience.

Young people with special education needs and disabilities will be running the event and there will be a chance to ask your health and education questions to leaders from across Hertfordshire.

The theme for 2025 is Hidden Disabilities!

What, when, how?

Four amazing young people will be hosting the event. They all have their own experience of hidden disabilities. Each of them is one of the Voices of Hertfordshire Experts by Experience. Emma, Timi, Freddie and CJ.



Content to create

We are looking for young people to share pictures and videos on their social media that we can amplify on our channels. This can be pictures created by children and young people, you can photograph their poems, you can record them talking about things.

Our theme for the 2025 is Hidden Disabilities. We want our young people with SEND across the county to have a platform to share what it is important to know about them.

**Hidden
disabilities**



Voices of
Hertfordshire

Content to create

Some possible examples;

Do they have a hidden disability? How do they advocate for themselves?

What support have they found most useful that others may not know about?

Do they have a hidden disability that health professionals do not know much about?

Are they preverbal but still able to share what they like / dislike? How do professionals listen to them?

The above are examples only but what can you and your young people with SEND share with changemakers from health, social care, education that will really make people sit up and listen to help shape SEND policy and practice?

Get involved

You can get involved on the day by sharing your own content and using:
#SENDtakeover2025

Please also tag us or ask us to be a collaborator on the following platforms to make sure we see your content:

Instagram: @VoicesofHertfordshire @Hertscc @hccsfyp @herts_cypt @hct_schoolnursing,

Facebook: @hertscountycouncil @HertfordshireSENDLocalOffer, @HCTCYPT

TikTok: @Hertscc

X: @Hertscc, @Herts_CYPT

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You may also like to create content for our [Voices of Hertfordshire You Tube Channel](#). This is a channel made for young people by young people, and we are looking for content.

Our SEND young people tell us that one of the most important things is being able to watch content about people like them. To help them get advice on where to look for support and also to find out more about different conditions.

If you would like to prepare content for this site, please link up with our participation lead Sam Franklin sam.franklin@hertfordshire.gov.uk by 1st December 2025

What else is happening?

Alongside sharing the content, you are sending us, our Experts by Experience will be taking the opportunity to ask leaders across the SEND partnership about how they are listening to what young people with special educational needs and disabilities in Hertfordshire have to say.

These live sessions have been booked around your playtimes, assemblies and ward rounds to enable as many classes and young people to join in as possible.

We will be holding two livestream Q&A's on Voices of Hertfordshire Instagram,

Session 1 -10.00-11.00am and Session 2 at 2pm.

If any young people you are working with have any questions, they would like to ask they can tune in live and ask them, or send them in advance to our participation lead Sam Franklin sam.franklin@hertfordshire.gov.uk by 1st December 2025

What else is happening?

Want to know which leaders will be available to ask questions of on the livestream?



Samantha Rostom HCC
Head of Improvement & Transformation



Hero Slinn HCC
Director of Inclusion & Skills



Melissa Robertson NHS
Designated Clinical Officer



Elisabet Eldred NHS
Deputy Designated Clinical Officer

What else is happening?

Want to know which leaders will be available to ask questions of on the livestream?



Mark Watkins

Executive member for Education, SEND and Inclusion



Hillary Skoczylas

Deputy Executive member for Education, SEND and Inclusion

Get involved

Keep up to date with news, get extra copies of this toolkit, get ideas of activities and read a great guest blog from one of the experts, Freddie. Here: [Guest blog: The disabilities you don't see, but we live with everyday](#)

About me

Hi! My name's Freddie Botha, I'm 20 years old, and I'm part of the [Voices of Hertfordshire](#) team as an [Expert by Experience](#). When I was 15, I had a heart transplant because of heart failure, and I've been diagnosed with Becker muscular dystrophy, which affects my muscles. Because of everything I've been through physically, I've also faced some big mental

