



Parent Post - February 2023



Welcome to our February Newsletter!

- We hope you've had a great start to 2023. We've certainly been busy with the team delivering our courses, workshops & coffee-mornings. Details of our Spring 2023 provision are on pages 3 & 4.
- Partner workshops & services are detailed from page 5 onwards and our recommended reading/mental health & wellbeing information is from page 11 onwards.



Find us on FACEBOOK:
Welwyn Garden City & Hatfield Schools Partnership



- Please take a look at our website for details of help & support available:

<https://wgc-hatfield-schoolspartnership.com/>

Other Support Service Contacts are available via our website too.

We'd like to wish you all a relaxing half-term! We will return on 20th February.

Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk



Children's Clothing Bank

We offer a range of nearly-new and good-quality children's clothing for families in need. Please contact your School Family Worker or use the contact details below for further information:



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk



Hygiene Bank

We run a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contact details below to find out more.



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

HATFIELD FOODBANK

MAIN LOCATION

Gracemead Church
Gracemead House,
Woods Avenue,
Hatfield,
AL10 8HX

Car access is via Dellfield Road
Sat Nav use AL10 8EW

Open Tuesdays
11:30am - 2pm

PHONE

07504 627359

WEBSITE

<https://hatfield.foodbank.org.uk>

EMAIL

info@hatfield.foodbank.org.uk



An eco-community on a mission to rescue food from landfill

Every week tonnes of fresh and edible food is thrown away by supermarkets in the UK as they clear older stock to make room for the new. Fresh fruit and vegetables, bakery products and store cupboard items which still have days and weeks of life remaining are destined for landfill, adding to the ever growing problem of CO2 emissions and climate change.

Food Rescue Hub rescues this food, crates and crates of it every week, and diverts it to fill tummies, not landfill. We make this food available to our ever-growing community of food rescuers who, like us, don't want to see perfectly good food go to waste. Everyone is welcome to bring their two empty bags and come and rescue food from our Hubs, and in doing so will be contributing to halting climate change.

WGC

TUESDAYS
9.30-11AM

ATTIMORE HALL PUB
WELWYN GDN CITY
AL7 2AD

HITCHIN

THURSDAYS
9.30-11AM

HALF MOON PUB
57 QUEEN STREET
HITCHIN SG4 9TZ

STEVENAGE

SATURDAYS
9.30-11AM

THE OLD RED LION PUB
HYDEAN WAY
STEVENAGE SG2 9XR

Pay-as-you-feel

Your donation towards your rescue is what keeps our project sustainable and which allows us to recover food for you to rescue. The suggested minimum donation of £5 for two bags of shopping per rescuer but of course any amount you can contribute is very gratefully received.

Pay-it-forward

We run a scheme which enables people to pay a donation in order for someone else who may need it, to get their rescue shopping for free. All donations welcome at our Hubs or via our website. Anyone is welcome to request a pay-it-forward voucher anytime, no questions asked.

Course booking form - Behaviour -
Secondary Spring 2023



Behaviour Secondary:

21st & 28th Feb 6:30-8:30pm, Venue = online

<https://forms.office.com/e/uwygKj5XVr>

Who's in Charge?

22nd Feb—26th April (excluding Easter holiday)

12-2pm, Venue: TBC

<https://forms.office.com/e/WZYh3cUKdt>

Course booking form - Who's in
Charge? (8 week course) Spring
2023



Course booking form - SEND:
Beginning the journey Spring 2023



SEND: Beginning the journey:

13th March 12:30-2:30pm, Venue = Online:

<https://forms.office.com/e/rBDg7oo4VZ>

Understanding Anxiety in Children:

21st & 28th March 9:30-11:30am, Venue = Commonswood:

<https://forms.office.com/e/vPp8QWphFT>

Course booking form -
Understanding Anxiety in Children
(2 week course) Spring 2023



Booking form -Freedom
Programme - Make sense of
Domestic Abuse (10 week course)



Freedom Programme:

Thurs 27th April – 22nd June (not half-term)

9:30-11:30am, Venue: WGC venue

<https://forms.office.com/e/xNxxkCde7VJ>

No need to book!



Creswick School

Weds 8th March 2023: 1.30-3pm (Top Tips workshop)

Weds 10th May 2023: 1.30-3pm

Weds 5th July 2023: 1.30-3pm



Please contact the school's office for further details



No need to book!



The Ryde School

Wednesday 15th March 2023 8.45-10am

Wednesday 17th May 2023 8.45-10am

Wednesday 12th July 2023 8.45-10am



Please contact the school's office for further details



No need to book!



Springmead School

Wednesday 1st March 8.45-10.30am

Wednesday 17th May 8.45-10.30am

Wednesday 12th July 8.45-10.30am

- We hope to see you for a coffee & chat!

No need to book!



Panshanger School

Monday 13th March 1.30-3pm

Monday 24th April 1.30-3pm

Monday 26th June 1.30-3pm

- Come for a coffee and a chat!

Here for you this winter

Fees only £10 for courses starting in January and February 2023*

*funding criteria apply








STEP2 SKILLS
PREPARE FOR SUCCESS IN HERTS



step2skills.org.uk
01992 556194

Learning in the community for Hertfordshire residents aged 19+

February 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introduction to Excel Workshop 4 hours FREE Stevenage 6th Feb 10am-2pm	Improving Your Skills in Excel 4 weeks £10 Online Starts 21st Feb 10am-12.30pm	Introduction to working in the Health and Social Care Sector 5 weeks £10 Stevenage Starts 22nd Feb 10am-12pm	Budget Friendly Winter Warmers Workshop 2 hours FREE Borehamwood 2nd Feb 12.30pm-2.30pm	
Brilliant Boxes 5 weeks £10 Online Starts 20th Feb 10am-12pm		Introduction to Customer Service 5 weeks £10 Stevenage Starts 22nd Feb 1pm-3pm		Level 1 Preparing to Work in Schools 10 weeks £10 Online Starts 13th Jan 9am-12pm
Digital Scrapbooking for wellbeing 5 weeks £10 Stevenage or online Starts 20th Feb 10am-12pm	Energy Efficiency and Money Management Level 1 Progression Course 60 hours £10 Online Starts 21st Feb Tuesdays and Thursdays 9.30am-12.30pm	Understanding Assertiveness Workshop 2 hours FREE Online 9th Feb 1pm-3pm	Level 1 Garment Construction - Sewing Skills 12 weeks £10 Stevenage Starts 23rd Feb 10am-12.30pm	Advanced Digital Skills for work 5 weeks £10 Stevenage Starts 24th Feb 10am-12pm
Family Photography 5 weeks £10 Online Starts 20th Feb 4pm-6pm			Explore your sewing machine 2 weeks FREE Online Starts 23rd Feb 10am-12pm	NEED HELP LOOKING FOR WORK? Local Supported Employment, funded by DWP, offers tailored support to help people with Learning Disability and/or Autism find and stay in work. Contact us: employmentsupport@hertfordshire.gov.uk 01992 556 194
Scan this QR code with your phone camera to visit our website		Key  Face to Face  Online  Accredited	Introduction to working in schools 5 weeks £10 Waltham Cross Starts 23rd Feb 1pm-3pm	Worried about costs? We can waive the £15 fee in some cases, please talk to us on 01992 556194.

Book your place at www.step2skills.org.uk/courses



POTENTIAL KIDS



EMBRACING NEURODIVERSITY

Welcome to Potential Kids

Potential Kids is an award winning charity based in Welwyn/Hatfield providing learning, social and sports opportunities to Neurodiverse children / young people (Autism, ADHD, Dyslexia, Dyspraxia, Tourette Syndrome amongst other conditions)

Activities:

We run activities for various different ages at multiple locations including:

- **Potential Kids, The Galleria Outlet Centre, Hatfield AL10 0XR** [↗](#)
- **Potential To Grow, The Galleria Car Park (North), Comet Way, Hatfield AL10 0XR** [↗](#)
- **Birchwood Leisure Center, Longmead, Hatfield AL10 0AN** [↗](#)

If you have any questions or inquires feel free to get in contact with us.

✉ info@potentialkids.org

**PASSIONATE ABOUT SUPPORTING OUR
LOCAL CHILDREN, YOUNG PEOPLE,
FAMILIES AND SCHOOLS'**

DSPL Area 5 (Welwyn and Hatfield) covers 32 primary schools, 5 secondary schools, 3 special schools and 3 nurseries.

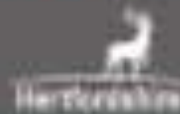
<http://www.dspl5.co.uk/>

Monthly Pop-up Clinic's

Providing mental health support, weight management programmes, addiction support, volunteering opportunities and personal development advice and support and much more!



healthyhub.welhat.gov.uk



**WELWYN
HATFIELD**
Welwyn Hatfield Council

ADD-vance

The ADHD and Autism Trust

About Us

ADD-vance is a dedicated group of professionals, who also happen to be parents of children affected by ADHD and/or Autism. Our mission is to support the families of children affected by these conditions and the professionals involved in their care. We want to increase understanding, provide support and change perceptions of these complex neurological conditions, so as to improve the wellbeing and reduce the social isolation of these young people and their families.



 01727 833963

Monday to Friday: 9am – 1pm



herts@add-vance.org

Find the support you need at the Families First Portal

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links



hertfordshire.gov.uk/familiesfirst



"I am struggling to cope with everything at present, so feeling overwhelmed."

"I'm worried about money"

"I'm worried about my child's behaviour in school and at home"

"I need reassurance and support"

Angels

AUTISM & ADHD SUPPORT

for parents/carers of children with ADHD and/or on the Autistic Spectrum

Do you need Support, Information, Advice and Strategies on ADHD and Autism?

We provide:

- Parent support group meetings led by a facilitator face to face and virtually over Zoom where you can chat with other parents and share ideas and experiences
- Evening support group meetings over Zoom
- Speaker Sessions and Workshops on ADHD and Autism
- Angels 1 to 1 – individual appointment with Specialist Support Practitioners to help with particular issues at home and school
- Website and Facebook page, plus a private moderated Facebook group for members

Contact us:

01462 685150

info@angelsupportgroup.org.uk

www.angelsupportgroup.org.uk



MENU



Supporting families in Hertfordshire

We are an award winning Hertfordshire based charity supporting families of children and young people who are on the Autistic Spectrum (ASD), have Attention Deficit Hyperactivity Disorder (ADHD) or other neurodiverse conditions.

admin@spaceherts.org.uk

Building Confidence and Empowerment

- Training
- Workshops
- Conferences
- Support Groups
- Virtual Support
- Facebook Group
- Lending SPACE
- Inclusive activities
- Training for Professionals

LGBT+ Project

Serenity LGBT+ Project
Call or email for details of where and when this project takes place
For young people aged 13-17

Mondays

Woodhall Project
Ludwick Family Centre, Hall Grove, Welwyn Garden City, AL7 4PH
Monday 4pm-6pm
For young people aged 11-17

Tuesdays

Emotional Wellbeing Project
Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP
Tuesday 3.15pm-5.15pm
For young people aged 11-17

Hatfield Street Project
Tuesday 3.15pm-5.15pm
For young people aged 11-17

Girls' and Young Women's Project
Focolare Centre, 69 Parkway, Welwyn Garden City, AL8 6JG
Tuesday 6pm-8pm
For girls and young women aged 11-17

Stand Up Project
Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP
Tuesday 6pm-8pm
For BAME young people aged 11-17

Wednesdays

SING Autism Project
Focolare Centre, 69 Parkway, Welwyn Garden City, AL8 6JG
Wednesday 5.30pm-7.30pm
For young people with Autism aged 13-17

Emotional Wellbeing and Supporting You Project
WGC Young People's Centre, Welwyn Garden City, AL8 6AH
Wednesday 6pm-8pm
For young people aged 11-17

Thursdays

Hatfield Thursday Project
Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP
Thursday 3.15pm-5.15pm
For young people aged 11-15

Welwyn Hatfield Youth Council
Welwyn Hatfield Borough Council, The Campus, Welwyn Garden City, AL8 6AE
Thursday 4pm-6pm fortnightly
For young people aged 11-17

Welwyn Hatfield Young People's Forum
Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP
Thursday 5.30pm-7.30pm
For young people aged 13-17

Breakout LD Project 13-17
Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP
Thursday 7pm-9pm
For young people aged 13-17 with mild to moderate learning disabilities

Fridays

Raising Aspirations
WGC Young People's Centre, Welwyn Garden City, AL8 6AH
Friday 1.30pm-3.30pm
For young people aged 14-16 who are home educated

Woodhall Street Project
Woodhall, Welwyn Garden City
Friday 4pm-6pm
For young people aged 11-17

Breaks Manor Friday Project
Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP
Friday 7pm-9pm
For young people aged 11-17

Woodhall Friday Night Project
Woodhall Community Centre, Mill Green Road, Welwyn Garden City, AL7 3XD
Friday 7pm-9pm
For young people aged 11-17

Duke of Edinburgh (DofE) Award
Phone 01992 588220 or email sfyp.welwynhatfield@hertfordshire.gov.uk for details. *For young people aged 14-24*

Scan to view the latest list of projects



CALL 01992 588220 TEXT 07860 065173
EMAIL sfyp.welwynhatfield@hertfordshire.gov.uk



 @hccsfyp
 @WelHatTeam

Services for Young People

www.servicesforyoungpeople.org

Enabling Young People to Succeed

How to contact us

To access carers support, you need to be 18 or over and living in Hertfordshire.

To find out more about the service or to talk to us about the support that we can provide, please contact us on:

T: 0203 727 3600

E: teamadmin@hertsmindnetwork.org

You can also visit our website:

W: www.hertfordshiremind.org

About Hertfordshire Mind Network

We deliver essential mental health support in Hertfordshire, providing a diverse range of services from our seven Wellbeing Centres and other venues across all ten districts of the county.

Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer dedicated services for 5-18 year olds.

We create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their whole life and wellbeing.

Our services are based on the principle of self-help with a strong emphasis on prevention, personal development, self-management and improving health and wellbeing.

For more information on the range of services Hertfordshire Mind Network offer, please visit www.hertfordshiremind.org



Carers Support

Recommended reading—please read the full article here:

<https://talk.iwf.org.uk/wp-content/uploads/2021/05/A-guide-for-parents-and-carers-v7.pdf>



MAKING SURE YOUR HOME DOESN'T HAVE AN OPEN DOOR TO CHILD SEXUAL ABUSERS

A guide for parents and carers



The guidance has three parts:

• **Part One**

Helps you understand more about online child sexual abuse: what it is, who does it, and how it happens. It also tells you more about the ways children use social media, to explain why simply 'banning' it doesn't work.

• **Part Two**

Answers the question: 'What can I do?' and gives you clear, practical advice to help keep your children safe.

• **Part Three**

Tells you what to do if you **suspect or know** that a child is being sexually abused online, and lists specialist organisations that can also help.

Mental Health & Wellbeing Information:



Looking after your mental health and wellbeing

Information for Children and Young People

Websites

Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website hosts helpful resources about current issues. The site is updated frequently, so keep checking back.

<https://www.justtalkherts.org/>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All the content has been produced by school nurses, other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for parents and carers)

Apps / National websites

There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation.

<https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/>

Information, advice and guidance

Herts Mind Network have a **helpline** for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website

<https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is **01923 256391**. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is a **text messaging service** for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Secondary school pupils can also follow the School Nurse Team on Instagram at **teenhealth.hct**.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. You can contact a Youth

Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing yc@hertfordshire.gov.uk or visit <https://www.ychertfordshire.org/>

School – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance.

Further support

If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access **0800 6444 101**. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety (so you can let your parents or carers know about it too). You can visit <https://www.northessexiapt.nhs.uk/hertfordshire> for more information about the service and to self-refer.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) http://www.yctsupport.com/ Telephone 01279 414 090	Youth Talk (St Albans) http://youthtalk.org.uk/ Telephone 01727 868684
Rephael House (Welwyn and Hatfield) https://www.rephaelhouse.org.uk/ Telephone 020 8440 9144	Signpost (Watford and Hemel areas) http://signpostcounselling.co.uk/ Telephone 01923 239495

Kooth is an **online counselling** service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

Already working with a Service?

If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

Need help now?

If you, a friend or family member are experiencing a mental health crisis, please call: **0800 6444 101**. This line is open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999 and ask for an ambulance.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**

April 2021