



# Parent Post - July 2023



Welcome to our July Newsletter!

We hope you've had a fantastic Summer term. It's been great to see lots of you at our workshops, drop-ins and coffee-mornings and we hope you've enjoyed attending.

This issue we've included a list of 'Places where Kids can Eat for Free', so please check out page 3 for the full range of options.

We have lots of fantastic courses on offer in the Autumn term (see pages 5 & 6) and the quick booking links and QR codes for these courses are on page 4.

We'll continue to offer coffee morning sessions at some of our partner schools and details of these will be available at the start of the Autumn term on our website and Facebook page.

Partner workshops & services are detailed from page 7 onwards and our recommended reading/mental health & wellbeing information is at the end. We hope you enjoy this issue!

Page 1: Introduction & Hygiene,  
Clothing & Food Banks  
Pages 2: Food Rescue  
Page 3: Kids Eat Free list  
Page 4: Quick booking - our courses  
Page 5 & 6: Our course details  
Page 7+: Partner workshops & services



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.

Please note that the team will be available during the holidays:

\* Telephone service \*

From 10am to 2pm between 31st July & 25th August

Julie – Monday - 07398096858

Kelly – Tuesday - 079845784408

Oyin – Wednesday - 07535704255

Kim – Thursday - 07432364475

Sarah – Friday - 07584018053

We'd like to wish you all a relaxing Summer holiday! We return on Monday 4th September.

Contact: Cheryl Bodrozic  
cbodrozic@stanborough.herts.sch.uk  
07535704247



## 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](mailto: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.



# PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

## **ASDA**

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

## **TESCO**

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

## **SAINSBURYS CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

## **BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

## **THE REAL GREEK**

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

## **TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

## **TRAVELODGE**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

## **HUNGRY HORSE**

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

## **PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

## **SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

## **IKEA**

Kids get a meal from 95p daily from 11am

## **MORRISONS**

Spend £4.49 & get one free kids meal all day, every day.

## **GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

## **PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

## **BILLS**

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

## **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

## **WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

## **SA BRAINS PUBS**

Children can eat for £1 with any adult main. Valid All Day Wednesdays

## **FUTURE INNS**

Under 12's eat for free with any adult meal. During the school holidays

## **PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

## **YO! SUSHI**

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

## **TO BE CONFIRMED...**

M&S and Farmhouse Inns



## Quick Booking links – Autumn term courses & workshops

### **Title: Who's in Charge?**

Date: Mondays starting 18<sup>th</sup> Sept until 20<sup>th</sup> November

\*no sessions on 9<sup>th</sup> & 23<sup>rd</sup> Oct\*

Time: 9:30-11:30am <https://forms.office.com/e/JgKchUwZac>

Venue: TBC



### **Title: Who's in Charge? Twilight**

Date: Mondays starting 18<sup>th</sup> Sept until 20<sup>th</sup> November

\*no sessions on 9<sup>th</sup> & 23<sup>rd</sup> Oct\*

Time: Evening TBC <https://forms.office.com/e/snDkLM6qBq>

Venue: TBC



### **Title: Understanding Anxiety in Children**

Date: Weds 11<sup>th</sup> & 18<sup>th</sup> October

Time: 12:15-2:30pm <https://forms.office.com/e/sToTztTX4s>

Venue: Oak View Primary School – Garden Room



### **Title: EBSA for Parents**

Date: Tues 17<sup>th</sup> October

Time: 9:15-11:15am <https://forms.office.com/e/xiPxP67TFB>

Venue: Green Lanes Primary School



### **Title: EBSA for Professionals**

Date: Tuesday 21<sup>st</sup> November

Time: 3:30-5:30pm <https://forms.office.com/e/KAjBd7PmhB>

Venue: Online





## UNDERSTANDING ANXIETY IN CHILDREN 2-WEEK COURSE

TO HELP YOU SUPPORT CHILDREN AND YOUNG PEOPLE WHO MAY BE EXPERIENCING ANXIETY

### A FREE ONLINE COURSE FOR PARENTS/CARERS

- TO UNDERSTAND THE CAUSES OF ANXIETY
- UNDERSTAND PHYSICAL SYMPTOMS AND HOW THEY MAY PRESENT IN CHILDREN
- STRATEGIES TO HELP A CHILD MANAGE THEIR STRESS AND BUILD RESILIENCE

**DATES:** Weds 11th & 18th October

**TIME:** 12:15-14:30

**VENUE:** Oak View Primary School, Hatfield - in the Garden Room

To book a place, please use the QR code or go to: <https://forms.office.com/e/sTOTztTX4s>



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Who's In Charge?

### A FREE 8 WEEK CHILD TO PARENT VIOLENCE (CPV) PROGRAMME.

- TO PROVIDE SUPPORT TO PARENTS/CARERS WHOSE CHILDREN ARE ABUSIVE OR VIOLENT TOWARDS THEM OR WHO APPEAR TO BE OUT OF PARENTAL CONTROL.

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS, THEN A FOLLOW UP SESSION AFTER A 2 MONTH BREAK.

**DATES:** Mondays 18th Sept - 20th Nov

(no session on 9th or 23rd Oct)

**TIME:** 9:30-11:30am

**VENUE:** TBC in WGC

To book a place, please use the QR code or go to this link: <https://forms.office.com/e/JgKchUwZac>



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Who's In Charge?

### A FREE 8 WEEK CHILD TO PARENT VIOLENCE (CPV) PROGRAMME.

- TO PROVIDE SUPPORT TO PARENTS/CARERS WHOSE CHILDREN ARE ABUSIVE OR VIOLENT TOWARDS THEM OR WHO APPEAR TO BE OUT OF PARENTAL CONTROL.

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS, THEN A FOLLOW UP SESSION AFTER A 2 MONTH BREAK.

**DATES:** Mondays 18th Sept - 20th Nov

(no session on 9th or 23rd Oct)

**TIME:** Twilight session times TBC

**VENUE:** TBC in WGC

To book a place, please use the QR code or go to this link: <https://forms.office.com/e/snDkLM6qBq>

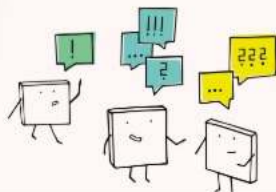


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## UNDERSTANDING & MANAGING EBSA- EMOTIONALLY BASED SCHOOL AVOIDANCE



### FREE WORKSHOP FOR PARENTS/CARERS

- WHAT IS EBSA?
- EXPLORE ANXIETY AND IMPACT ON SCHOOL.
- HOW CAN I HELP MY CHILD?
- HOW CAN I EMPOWER MY CHILD?
- WHO CAN SUPPORT MY CHILD?
- WHO CAN SUPPORT ME?
- TOP TIPS

**DATE:**  
**Tues 17th October**

**VENUE:**  
**Green Lanes  
Primary School**

**TIME: 9:15-11:15am**



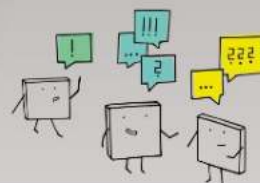
**To Book a Place please go to this link  
or click on the QR:**

**<https://forms.office.com/e/xiPxP67TFB>**

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## UNDERSTANDING & MANAGING EBSA- EMOTIONALLY BASED SCHOOL AVOIDANCE



### FREE ONLINE WORKSHOP FOR PROFESSIONALS

- WHAT IS EBSA?
- EXPLORE ANXIETY AND IMPACT ON SCHOOL
- HOW CAN I HELP STUDENTS?
- HOW CAN I EMPOWER STUDENTS?
- TOP TIPS

**DATE:**  
**Tues 21st November**

**VENUE: Online**

**TIME: 3:30-5:30pm**

**To Book a Place please go to this link  
or click on the QR:**

**<https://forms.office.com/e/KAjBd7PmhB>**

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# SUMMER HOLIDAY 2023



## BOOKINGS:

[potentialkids.org.uk/activities](http://potentialkids.org.uk/activities)

Date		Sessions	Time	Location
1st	Tue	Water Play/Bubble Play Bush Craft	10.00-12.00 13.00-15.00	PK Garden
2nd	Wed	Fun Rings	16.00-17.00	Gosling Sports
4th	Fri	Minecraft On Site	18.30-20.30	PK Hub
8th	Tue	Park & Picnic Meet Up Woods/Lake/Fields/Play Area - No booking	13.00-15.00	Gobions Open Space AL9 7RW
9th	Wed	Trampolining	17.45-19.00	Gosling Sports
10th	Thu	Learn to Fish 8yrs +	9.30-11.30 14.30-16.30	Manor Farm SG18 9BB
10th	Thu	Soft Play at FUNZONE	19.00-20:45	Birchwood Leisure Center
13th	Sun	Minecraft On Site and On Line	13.00-15.00	PK Hub
16th	Wed	Basket Weaving Soap Making/Wax Melts	10.00-12.00 13.00-15.00	PK Garden
16th	Wed	Fun Rings	16.00-17.00	Gosling Sports
18th	Fri	Community Connect Drop In - Cool Spaces	11.00-13.00	PK Garden
18th	Fri	Minecraft On Site	18.30-20.30	PK Hub
23rd	Wed	Trampolining	16.45-18.00	Gosling Sports
24th	Thu	Water Play/Bubble Play Pizza & Mocktails	10.00-12.00 13.00-15.00	PK Garden
25th	Fri	Community Connect Drop In - Cool Spaces	11.00-13.00	PK Garden
30th	Wed	Scented Bags Bush Craft	10.00-12.00 13.00-15.00	PK Garden
3rd	Sun	Learn to Fish 8yrs +	11.00-13.00	Manor Farm SG18 9BB

# POTENTIAL KIDS



Learning, Social & Communicational Support for everyone through our inclusive programmes

Opportunities for Duke of Edinburgh or Work Experience with PK

**PK Hub & Garden**



**PK Garden**

Therapeutic Gardening 1:1 & Group Sessions available

Neurodivergent  
PK TECH TEAM



**MINECRAFT**

PK Offer  
Tutoring  
Teaching  
Mentoring  
Therapies  
1:1 & Group Work  
Alternative provision  
EOTAS



**STEAM**  
Science Technology Engineering Arts Mathematics

**Danecroft Stables**

**SUMMER PROGRAM**  
**SUNDAY - 6th, 13th, 20th & 27th**  
**FRIDAY - 4th & 18th**  
**1:1 Horse Riding**  
**Groundworks/Care**  
**Equine Therapy Sessions**

Contact us for further information on any of our Activities or Educational Services at [info@potentialkids.org](mailto:info@potentialkids.org)



## Career Insights BY INDUSTRY EXPERTS



Issue 7

June - August 2023

FREE

### ADULT EDUCATION

What's on in your area?  
Hear from learners on their  
learning journeys

### EMPLOYMENT SUPPORT

How we're helping residents  
into employment, education  
& training

[www.step2skills.org.uk](http://www.step2skills.org.uk)



**STEP 2 SKILLS**  
PREPARE FOR SUCCESS IN HERTS



## Crystal Challenge

FREE Workshop  
Waltham Cross | 2 hours

Learning in the community for Hertfordshire residents aged 19+

Work together as a family to  
solve puzzles and win crystals

This 2 hour free workshop is aimed at  
families with children between 5 and 10  
years old. Together you will:

Navigate through 5 Global Zones solving  
number, shape and logic puzzles to win  
crystals. The more crystals you have, the  
more time you have in the Orb Pond at the  
end to win the biggest crystal of them all.  
Adults and children will work together to  
develop their Maths and Thinking Skills.  
Success will depend on a Growth Mindset and  
good Teamwork.

**Thursday 27th July**

**Duration:** 2 hours  
**Time:** 10am-12pm **or**  
1.30pm-3.30pm

**Fee:** FREE

**Venue:** St. Joseph's Church -  
Waltham Cross

**Address:** 204 High St,  
Waltham Cross, EN8 7DP

Want to learn more? We  
offer courses on:

- Arts & Crafts
- Health & Wellbeing
- Employability & Work Skills
- ICT & Digital Skill
- Family Learning
- Accredited Learning

Book your place at [www.step2skills.org.uk/courses](http://www.step2skills.org.uk/courses)

**STEP 2 SKILLS**  
PREPARE FOR SUCCESS IN HERTS





**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/>

**BE KIND.  
BE HEALTHY.  
BE INSPIRING.**

**B YOU<sup>th</sup>**

**96 Shenley Road Community Hub  
Borehamwood WD6 1EB**

**16th May every Tuesday  
5:30pm to 6:30pm**

**B beezee  
bodies**



If you are aged 13-17 and live or go to school in Hertfordshire, you can join our group at 96 Shenley Road Community Hub...for free! We will meet every Tuesday for 10 weeks starting 16th May 2023

**SIGN UP ONLINE TO JOIN A B-YOU(th) GROUP NEAR YOU! [www.beezeebodies.com/teens](http://www.beezeebodies.com/teens)**

# 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!

**Healthy  
hub**  
Welwyn Hatfield



[healthyhub.welhat.gov.uk](http://healthyhub.welhat.gov.uk)



# HERTS SUMMER PARKS

12-16yrs

COMING SOON TO  
**WELWYN GARDEN CITY**  
KING GEORGE V PLAYING FIELDS

## FREE ACTIVITIES

### WHERE?

King George V  
Playing Fields  
Beehive Lane  
Welwyn Garden  
City  
AL7 4BP

Climbing Wall  
Bubble Football  
Graffiti workshop  
Arts and Crafts  
Frisbee Golf  
Basketball  
And much more!

### WHEN?

Thu 3 August  
Thu 10 August  
Thu 17 August  
Thu 24 August  
**4pm-7pm**

Free food vouchers available if you attend activities

Register your  
interest here





## 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](http://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@angelssupportgroup.org.uk](mailto:info@angelssupportgroup.org.uk)

🌐 [www.angelssupportgroup.org.uk](http://www.angelssupportgroup.org.uk)



## 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](mailto:teamadmin@hertsmindnetwork.org)**

You can also visit our website:

**W: [www.hertfordshiremind.org](http://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](http://www.hertfordshiremind.org)



# Carers Support



## SUMMER TERM 2023



### POSITIVE PATHWAYS

For young people involved in or at risk of involvement in crime and anti-social behaviour.

### REACH OUT PROJECT

For those showing early and low-level signs of dangerous risk-taking behaviour. A programme of one-to-one and groupwork support for young people at risk of exploitation including Child Sexual Exploitation (CSE).

### WELWYN HATFIELD LGBT+ PROJECT

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

[www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org)

## MONDAY

### WOODHALL PROJECT

Ludwick Family Centre,  
Hall Grove,  
Welwyn Garden City, AL7 4PH  
Monday 4.00 – 6.00pm  
For young people aged 11 to 15

## TUESDAY

### EMOTIONAL WELLBEING PROJECT

Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP  
Tuesday 3.15 – 5.15pm  
For young people aged 13 to 17

### HATFIELD STREET PROJECT

Tuesday 3.15 – 5.15pm  
For young people aged 11 to 17

### GIRLS' & YOUNG WOMEN'S PROJECT

Foculare Centre, 69 Parkway,  
Welwyn Garden City, AL8 6JG  
Tuesdays 6 – 8pm  
For young women aged 11 to 17

## WEDNESDAY

### RAISING ASPIRATIONS PROJECT

WGC Young People's Centre, Oaklands College, Welwyn Garden City, AL8 6AH  
Wednesday 1.30 – 3.30pm  
For young people aged 13-16 who are home educated

## THURSDAY

### HATFIELD THURSDAY PROJECT

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

### WELWYN HATFIELD YOUTH COUNCIL

Welwyn Hatfield Borough Council, The Campus, Welwyn Garden City, AL8 6AE  
Thursday 4.00 – 6.00pm  
(Fortnightly)  
For young people aged 11 to 17

### WELWYN HATFIELD YOUTH FORUM

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

### LDD PROJECT 13-17

Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP  
Thursday 7.00 – 9.00pm  
For young people aged 13 to 17 with mild to moderate learning disabilities and/or learning difficulties

## FRIDAY

### CARE EXPERIENCED YOUNG PEOPLE'S PROJECT

Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP  
Friday 4.00 – 6.00pm  
For care experienced young people aged 16 to 21 including separated migrant young people

### WOODHALL STREET PROJECT

Friday 4.00 – 6.00pm  
For young people aged 11 to 17

### WOODHALL FRIDAY PROJECT

Woodhall Community Centre, Mill Green Road, Welwyn Garden City, AL7 3XD  
Friday 7.00 – 9.00pm  
For young people aged 11 to 17

### HATFIELD FRIDAY PROJECT

Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP  
Friday 7.00 – 9.00pm  
For young people aged 11 to 17

### DUKE OF EDINBURGH AWARD

Hatfield Young People's Centre, Breaks Manor, Link Drive, Hatfield, AL10 8TP  
Call or email for more details  
Friday 7.00 – 9.00pm  
For young people aged 14 to 24

SCAN TO VIEW FULL DETAILS OF ALL PROJECTS  
FOR YOUNG PEOPLE IN WELWYN HATFIELD



Tel: 01992 588220 Text: 07860 065173 Email: SfYP.WelwynHatfield@Hertfordshire.gov.uk

 @WelHatTeam

## INTRODUCING - THE SANDBOX

### A NEW ONLINE MENTAL HEALTH SUPPORT SERVICE FOR CHILDREN AND YOUNG PEOPLE AGED 10-25

The Sandbox is an NHS funded service supporting children and young people in Hertfordshire with their mental health and well-being. Signing up to this service is easy and doesn't require a referral from a professional. The Sandbox offers:

- **Website:** Available 24/7, the website is filled with games and support materials on mental health topics for children and young people, parents & carers, teachers and professionals.
- **Live Chat:** Available 10-8pm (Monday to Friday)
- **Therapy:** Access to online iCBT modules or 1:1 therapy via text, phone or video call based on triage of needs. Sessions are available between 7am and 10pm.

SCAN THE QR CODE TO VISIT  
THE SANDBOX



FOLLOW SANDBOX\_KAI ON  
INSTAGRAM

ORDER POSTERS & STICKERS

WATCH A SHORT FILM  
ABOUT THE SANDBOX





# ADVICE FOR PARENTS AND CARERS ON GANGS AND DRUGS

## ADVICE ON GANGS

The vast majority of young people are not involved in gangs and want nothing to do with them. However, the behaviour of a small number of young people who are involved has a significant impact on communities, their families and friends, as well as themselves.

### WHY DO YOUNG PEOPLE JOIN GANGS?

Young people join gangs for reasons which make sense to them, if not to adults. Some reasons young people may join a gang are:

- Respect and status
- To gain friends
- A sense of belonging
- Excitement
- To find a substitute family
- Power
- Protection
- Money
- Peer pressure

### SIGNS TO LOOK OUT FOR

Gangs often leave signs of their presence and your child might adopt some of these signs; either as a member or as an associate of a gang. Any sudden changes in your child's lifestyle should be discussed. Signs may include:

- Specific dress style
- Poor behaviour
- Talking differently – new slang or language with an aggressive tone
- Poor school results or skipping school
- Carrying weapons
- Unexplained injuries or sums of money/possessions
- Staying out unusually late
- Graffiti style tags on possessions
- Interest in music which glorifies weapons/gang culture

WELWYN  
HATFIELD

WORKING BETTER TOGETHER

## ADVICE ON DRUGS AND ALCOHOL

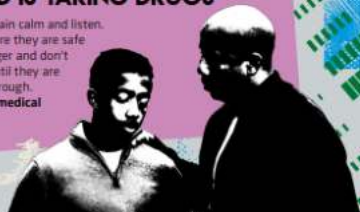
All drugs carry risks. In young people, the effects can be especially unpredictable and dangerous. The consequences of being charged with drug offences include a criminal record and a custodial sentence, both of which can impact negatively on future life choices.

### WHAT YOU SHOULD LOOK FOR

- Loss of interest in sports or favourite activities
- Lack of interest in appearance or personal hygiene
- Dramatic mood swings, excessive tiredness, lethargy, changes in appetite
- Sudden changes in established friendship groups
- Taking time off school
- Dilated pupils, red eyes, bad skin
- Spending, stealing or borrowing money, coupled with a refusal to explain how/why.

### WHAT TO DO IF YOU SUSPECT YOUR CHILD IS TAKING DRUGS

Don't panic. Try to remain calm and listen. Offer support, make sure they are safe of any immediate danger and don't pressure them, wait until they are ready to talk things through. Get help and if it is a medical emergency call 999.



## USEFUL CONTACTS

To report a crime and other concerns that do not require an emergency response, call 101. Always call 999 in an emergency

**Safer Neighbourhood Policing Team** – you can contact your local Safer Neighbourhood Team for advice by calling 101. Or alternatively, to find their details please visit [www.police.uk](http://www.police.uk) and use the search tool

**Welwyn Hatfield Community Safety Partnership (CSP)** – contact your local CSP to report an issue or for information on how to signpost/support a vulnerable young person by emailing [feelsafe@welhat.gov.uk](mailto:feelsafe@welhat.gov.uk)

**Crimestoppers** – a free, confidential service where you can report information about a crime anonymously. Freephone: 0800 555 111

**Hertfordshire Services for Young People** – for more information and support for young people, or to make a referral visit [www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org), call 0300 123 7538 or email [SFYP@hertfordshire.gov.uk](mailto:SFYP@hertfordshire.gov.uk)

**YMCA** – for youth groups in the local area or support visit [www.oneymca.org](http://www.oneymca.org) or [general@oneymca.org](mailto:general@oneymca.org)

**Family Lives** – get advice on all aspects of parenting, open 24 hours a day, 7 days a week. 0808 800 2222 or visit at [www.familylives.org.uk](http://www.familylives.org.uk)

**ChildLine** – offers a free confidential helpline and online service dedicated to children and young people. 0800 1111

**Hertfordshire Safeguarding Children Board** – if you're worried about a young person being abused or mistreated or if you are a young person being abused or mistreated. 0300 123 4043

**CGL** – drug and alcohol support service 01707 256532 [herts@cgl.org.uk](mailto:herts@cgl.org.uk)

**Hertfordshire Wellbeing Service** – for support with mental health and wellbeing visit [www.hpft.nhs.uk](http://www.hpft.nhs.uk)

**Talk to Frank** – free confidential drugs information and advice line, 0300 123 6600 or visit [www.talktofrank.com](http://www.talktofrank.com)

**The Living Room** – addiction therapy and support for individuals and families [www.livingroomherts.org](http://www.livingroomherts.org)



## WHAT CAN YOU DO?

- Talk to your child and listen
- Encourage them to get involved in positive activities and to think about their future employment
- Get involved in your child's school activities
- Know your child's friends and their families
- Always know where your child is and who they are with
- Help them to cope with pressure and how to deal with conflict without use of violence
- Speak to them about the serious consequences that occur from violent or illegal behaviour
- Help them to understand the dangers of being in a gang and find constructive alternative ways to use their time
- Keep lines of communication open
- Be aware of what your child is doing on the internet
- Look for ways of disciplining your child that does not involve harshness, anger or violence
- Work with other parents and schools to watch their behaviour
- Contact local organisations that provide mentoring and other support for young people
- Talk about your child's behaviour with their school and other parents



## IF YOUR CHILD IS ALREADY INVOLVED

- If your child is already involved in a gang, they may be scared and not want to talk about it. It is important that they know you want to listen and support them. Make sure they know they have a choice.
- Ask them what you can do to help. Try to agree about what they should do next. Work with them to find solutions and choices.
- Seek help from local community organisation or youth services, who can offer specialist help.

Committing crime and ending up with a criminal record will affect the rest of your child's life. Having a criminal record can prevent a young person getting a job, going to university and even travelling abroad.



## ALTERNATIVE LIST OF HELP

**In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.**

**ChildLine:** Help and advice from a trained counsellor for under 19's, through their helpline and webchat anytime, about anything. Tel: 0800 1111. [www.childline.org.uk](http://www.childline.org.uk)

**Samaritans:** 116 123 free to call anytime any age about anything.

**Papyrus:** Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text webchat HopeLine UK 0800 0684141. <https://www.papyrus-uk.org/>

**Shout:** Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258. [www.giveusashout.org](http://www.giveusashout.org)

**Young Minds:** In urgent need text free 24/7 to 85258 [www.youngminds.org.uk](http://www.youngminds.org.uk)

**NHS - Hertfordshire NHS Foundation Trust** - Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line. Anytime, any age 0800 6444 101

## ONLINE HELP

**SANDBOX** - Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online. <https://sandbox.getcerebral.co.uk/>

**Stop. Breathe. Think.** Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258 <https://www.stopbreathethink.org.uk/>

**With YOUTH** (Mind Hertfordshire CYP)- children and young people's digital wellbeing service 5-18 years <https://www.withyouth.org/>

**Big White Wall/Scape:** On-line service for mild Mental Health issues for over 18's, 24/7 [www.bigwhitewall.com](http://www.bigwhitewall.com)

**Stayalive.app** - an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. [www.stayalive.app](http://www.stayalive.app)

## HELP LINES

**Young Minds Helpline** - 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. [www.hertfordshiremindcyp.org](http://www.hertfordshiremindcyp.org)

**Just Talk** - helping young people in Hertfordshire to talk about their mental health - [www.justtalkherts.org](http://www.justtalkherts.org)

**Health for Teens** - advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services. [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**Saneline:** Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness - including family, friends and carers [www.sane.org.uk](http://www.sane.org.uk) Tel 0300 304 7000. Open from 4pm to 10pm.

**The Mix:** Under 25s Free information and support for mental health issues 0808 808 4994 [www.themix.org.uk](http://www.themix.org.uk)

**Anxiety UK:** Help and support for anxiety [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## COUNSELLING

**Contact your GP who can assess your needs and make a referral if appropriate.**

**NHS - Hertfordshire Partnership NHS Foundation Trust** - SPA (Single Point of Access) can put you in touch with NHS mental health services. If you call them, they will help, get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322 [www.hpft.nhs.uk](http://www.hpft.nhs.uk)

**Mind in Mid Herts:** Over 16's counselling and group work 03303 208100 [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk) - covers Hertford, St Albans, Stevenage, and Hatfield

**Talk in Herts** - Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to maximum of £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

**The Counselling Foundation - St Albans Centre:** 18-25 years self-referral, sliding scale charge between £5-£50, GP referral for 16-17 years for free sessions 01727 856693 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690 [www.counsellingfoundation.org](http://www.counsellingfoundation.org)

**School Counselling** - please speak to your individual school, college & University.

**Safe Space Counselling in Schools:** The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5-19-year-olds. 01992 588796 Professional to make referral.



## OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

**YCT** – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in Harlow and 11-19 years old in locations across East, North & West Hertfordshire including Waltham Abby, Stansted, Hoddesdon, Ware, Bishops Stortford, Stevenage, Letchworth 01279 414 090.  
<https://yctsupport.com/>

**Signpost Counselling** offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495.  
<https://oneymca.org/signpost>

**Raphael House** 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144.  
<https://www.rephaelhouse.org.uk>

### Finding private counsellors:

**ACP:** Association of Child Psychotherapists  
[www.childpsychotherapy.org.uk](http://www.childpsychotherapy.org.uk)

**BACP:** British Association of Counselling & Psychotherapy  
[www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists)

**UKCP:** UK Council for Psychotherapy  
[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

**Counselling Directory:**  
[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

## SPECIFIC HELP

**The Ollie Foundation** – suicide prevention (information and training)

[www.theolliefoundation.org](http://www.theolliefoundation.org)

**Grief Encounter:** Support with bereavement of a sibling/ parent 0808 802 0111  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

**CRUSE** Support with bereavement 0808 808 1677  
<https://www.cruse.org.uk/>

**Winston's Wish** – support with bereavement, children, and young people up to age of 35. 08088 020 021,  
<https://www.winstonswish.org>

**The WISH Centre** ( Harrow) 020 3137 9044, free service for young people for self-harm.  
[www.thewishcentre.org.uk](http://www.thewishcentre.org.uk)

**Young Carers in Hertfordshire** – practical and emotional support to young people with caring responsibilities. [www.ycih.org](http://www.ycih.org)  
01992 58 69 69

**Herts Young Homeless** – advice and practical support for 16-24-year-olds who are homeless or worried they might become homeless. Tel: 18-24 years call 08000 355 775. For 16-17-year-olds call 03003 230130 [www.hyh.org.uk](http://www.hyh.org.uk)

**FRANK** Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300 123 6600

**A-Dash:** Help with drug/alcohol issues for under 18s  
<https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire/>

**Spectrum:** Help with drug/alcohol issues/recovery for over 18's in Hertfordshire  
<https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

**The Living Room:** Daytime group therapy sessions for any addiction, 18+, 0300 365 0304  
<https://www.livingroomherts.org/st-albans-huh>

**Night Light Crisis Service:** Over 18s, Fridays - Monday between 7pm - 2am - Out of hours mental health service 01923 256391  
<https://www.stayalive.app/find-help-now/resources-by-area/england/hertfordshire/night-light-crisis-service-hertfordshire/>

**Eating disorders:** Support for anyone suffering from an eating disorder  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**First steps ED** – 5-17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+)  
[www.firststepsed.co.uk](http://www.firststepsed.co.uk)

**ADD-vance** – support for ADHD and autism 01727 833963  
<http://www.add-vance.org/>

**Palms Hertfordshire** – Positive behaviours, autism, learning disability and Mental health service. 01727 582122  
<https://www.hct.nhs.uk/our-services/palms/>

**Herts SARC** – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net  
[www.hertssarc.org](http://www.hertssarc.org)

**Herts Domestic abuse Helpline.** 0808 808 8088 9am-9pm Mon-Fri and 9am-4pm weekends

**National Domestic Abuse Helpline** 0808 2000 247

# Mental Health & Wellbeing Information:

Looking after your mental health and wellbeing

## Information for Children and Young People



### Websites

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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

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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

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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](mailto: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

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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) <a href="http://www.yctsupport.com/">http://www.yctsupport.com/</a> Telephone 01279 414 090	Youth Talk (St Albans) <a href="http://youthtalk.org.uk/">http://youthtalk.org.uk/</a> Telephone 01727 868684
Rephael House (Welwyn and Hatfield) <a href="https://www.rephaelhouse.org.uk/">https://www.rephaelhouse.org.uk/</a> Telephone 020 8440 9144	Signpost (Watford and Hemel areas) <a href="http://signpostcounselling.co.uk/">http://signpostcounselling.co.uk/</a> 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?

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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?

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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