

Welcome to our July newsletter

We hope you've had a good term and are looking forward to the Summer holiday! Please note that we offer a Summer phone-line and contact details are on page 2.

We'll be running our popular Who's in Charge course in the Autumn term as a daytime and evening course - please see pages 5 & 6 for booking details \*

Please take a look at page 3 for a list of places where kids eat free (or for £1) over the Summer holiday - enjoy!

We've also included some flyers from our partners showing additional Summer provision - please see page 7 onwards.

We'll be back in the office from Monday 1st September.

Have a lovely Summer everyone!

\* Please note that the WGC & Hatfield Schools Partnership courses are only available to our buy-in partner schools. Details of our partner schools can be found here: <https://wgc-hatfieldschoolspartnerhip.com/our-schools/>

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-schoolspartnerhip.com/>

Other Support Service Contacts are available via our website too.

Contact: Cheryl Bodrozic  
[cbodrozic@stanborough.herts.sch.uk](mailto: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](mailto: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](mailto:cbodrozic@stanborough.herts.sch.uk)



# SCHOOL SUMMER HOLIDAY PHONE-LINE

*- Monday 28th July to Friday 22nd August 2025 -  
- 10am to 2pm -*

*Please note the phone-number to call if you need help  
from our School Family Worker team:*

<b>Day</b>	<b>School Family Worker</b>
Monday	Kelly - 07984578408
Tuesday	Lindsey - 07398096858
Wednesday	Oyin - 07535704255
Thursday	Cheryl - 07535704247
Friday	Sarah - 07584018053



[www.https://wgc-hatfield-schoolspartnership.com/](https://wgc-hatfield-schoolspartnership.com/)

# HATFIELD FOODBANK

MAIN LOCATION

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

Open Tuesdays

11:30am - 2pm

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

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.

You can #rescuefood



WGC

The Attimore Hall Pub,  
Ridgeway,  
Welwyn Garden City, AL7 2AD

09.30 am - 11.00am

TUESDAY

Weekly



HITCHIN

The Half Moon Pub  
57 Queen Street  
Hitchin, SG4 9TZ

09.30am - 11am

THURSDAY

Weekly

## 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)

## OVER THE SUMMER HOLIDAY 2025



### PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

#### **ANGUS STEAKHOUSE**

Kids under 8 eat FREE daily, 12pm to 5pm

#### **ASDA**

Kids eat for £1 daily, with no adult spend

#### **ASK ITALIAN**

Kids under 10 eat for £1 during school holidays

#### **BEEFEATER**

Kids Eat FREE with Newsletter Voucher this Summer

#### **BELLA ITALIA**

Children eat for £1 with any adult main

#### **BILLS**

Kids Eat Free weekdays, 21st July - 29th Sept

#### **BREWERS FAYRE**

Kids Eat FREE with Newsletter Voucher this Summer

#### **BREWDOG**

2 Kids eat free with 1 adult, 19th July - 31st August

#### **BURGER KING**

From 28th July - 31st August, Kids Eat Free (via app)

#### **CHIQUITO**

Kids eat FREE Daily Until August 31st

#### **DOBBIES GARDEN CENTRES**

Kids eat for £1 with an adult breakfast or lunch

#### **FRANKIE & BENNY'S**

Kids Eat Free from 14<sup>th</sup> July - 31<sup>st</sup> August 2025

#### **FUTURE INNS**

Under 5s eat for free with any adult meal

#### **GORDON RAMSEY RESTAURANTS**

Kids under 10 eat FREE all day, every day

#### **HARVESTER**

Kids eat for £1, Mon - Fri via the App

#### **HUNGRY HORSE**

Kids eat for £1 on Mondays

#### **IKEA**

Kids get a meal from 95p daily from 11am

#### **LAS IGUANAS**

Kids under 12 eat FREE with 'My Las Iguanas' App

#### **MARCO PIERRE WHITE**

Kids under 12 Eat FREE daily with an adult spend

#### **MORRISONS**

Kids Eat FREE all day, every day with a £5 spend

#### **PAUSA CAFE @ DUNELM**

Kids eat FREE with every £4 spend after 3pm

#### **PREMIER INN & TRAVELODGE**

2 kids eat for FREE with 1 adult breakfast

#### **PRETO**

Kids up to age 10 eat free with 1 paying adult

#### **PUREZZA**

Kids under 10 get free pizza with every adult meal

#### **SA BRAINS PUBS**

Kids eat for £1 on Wednesdays

#### **SIZZLING PUBS**

Kids eat for £1, Every Monday to Friday, 3 - 7pm

#### **TABLE TABLE**

2 Kids Eat free breakfast daily with 1 paying adult

#### **TESCO**

Kids Eat FREE with a 60p spend until Aug 31st

#### **TGI FRIDAYS**

Kids Eat Free with any adult meal (Via App)

#### **THE REAL GREEK**

Kids under 12 eat FREE Sundays with £10 spend

#### **TOBY CARVERY**

Kids eat for £1 all day (weekdays) until Aug 29th

#### **WHITBREAD INNS**

2 kids eat for FREE with 1 adult breakfast

#### **YO! SUSHI**

Kids eat free all day (weekdays) in school holidays

#### **ZIZZI**

Kids eat free this summer holidays (ex Saturdays)

# PARENT/CARER WORKSHOP

Please note that the WGC & Hatfield Schools Partnership courses are only available to our buy-in partner schools. Details of our partner schools can be found here:

[Our Partner Schools – Welwyn Garden City & Hatfield Schools Partnership](https://www.wgc-hatfieldschoolspartnership.com/our-schools/)



Who's in Charge?

**A FREE\* 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD**

**COURSE COVERS:**

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

**DATES:**  
Thursdays from 2nd Oct - 27th Nov 2025  
(no session during half-term)

**TIME:** 12:30 - 2:30pm

**LOCATION:**  
Waterside Academy

**PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS**

Book here:

<https://forms.office.com/e/c2u6Yb8Kt3>

To book a place, please use the QR code or go to this link: <https://forms.office.com/e/c2u6Yb8Kt3>



\*Please note that this course is only available for free to our partner schools, details of which can be found here: <https://www.wgc-hatfieldschoolspartnership.com/our-schools/>



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- COOPERATIVE FAMILY RELATIONSHIPS

**DATES:**  
Monday evenings from 13th Oct to 8th Dec  
(no session during half-term)

**TIME:** 6:30 - 8:30pm


**LOCATION:**  
St Philip Howard School

**PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS**

Book here:

<https://forms.office.com/e/nmUYCV3LRW>

To book a place, please use the QR code or go to this link: <https://forms.office.com/e/nmUYCV3LRW>



\*Please note that this course is only available for free to our partner schools, details of which can be found here: <https://www.wgc-hatfieldschoolspartnership.com/our-schools/>



# PARENT/CARER WORKSHOP

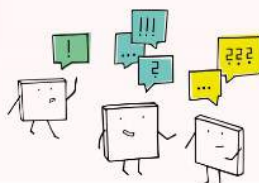
Please note that the WGC & Hatfield Schools Partnership courses are only available to our buy-in partner schools.

Details of our partner schools can be found here:

[Our Partner Schools – Welwyn Garden City & Hatfield Schools Partnership](#)



## UNDERSTANDING EBSA- EMOTIONALLY BASED SCHOOL NON- ATTENDANCE



Book here:

<https://forms.office.com/e/45J4WagxRt>

### FREE WORKSHOP FOR PARENTS/CARERS

- WHAT IS EBNSA?
- 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:**  
**Thurs 27th Nov 2025**

**VENUE:**  
**Oak View Primary School**

**TIME: 9:30am - 12:00pm**

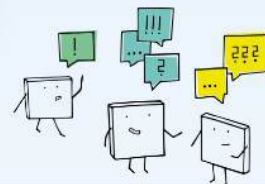
To Book a Place please go to this link or click on the QR:  
<https://forms.office.com/e/45J4WagxRt>



\*Please note that this course is only available for free to our partner schools, details of which can be found here:  
<https://wgc-hatfieldschoolspartnership.com/our-schools/>



## UNDERSTANDING EBSNA- EMOTIONALLY BASED SCHOOL NON-ATTENDANCE



### FREE ONLINE WORKSHOP FOR PROFESSIONALS

- WHAT IS EBSNA?
- EXPLORE ANXIETY AND IMPACT ON SCHOOL
- SCHOOL ATTENDANCE
- HOW CAN I HELP MY STUDENT?
- HOW CAN I EMPOWER MY STUDENT?
- WHO CAN SUPPORT MY STUDENT?
- WHO CAN SUPPORT ME?
- TOP TIPS

**DATE:**  
**Weds 12th November**

**VENUE: Online**

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

Please scan the QR or use the link below to book:  
<https://forms.office.com/e/bnnUg8pRcA>

\*Please note that this course is only available for free to our partner schools, details of which can be found here:  
<https://wgc-hatfieldschoolspartnership.com/our-schools/>



Book here:

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



# Summer Holidays

## 2025

### SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
29 <sup>th</sup> Tue	Fun in the garden 4+ Garden Cooking	11.00-12.30
31 <sup>st</sup> Thur	Gosling - FUN RINGS 8+yrs	17.30-18.30
<b>AUGUST</b>		
1 <sup>st</sup> Fri	Pony Morning at Danecroft Stables 6-11yrs	10.00-12.00
2 <sup>nd</sup> Sat	Lee Valley White Water Center Water Wipe Out 8+yrs	10.30- 11.45
5 <sup>th</sup> Tue	Fun in the garden 4+ Water Fight	11.00-12.30
7 <sup>th</sup> Thur	Gosling - FUN RINGS 8+yrs	16.00-17.00
8 <sup>th</sup> Fri	Inflatables 8+ Hatfield Leisure Centre	17.00-18.00
12 <sup>th</sup> Tue	Fun in the Garden 4+ Mad Science	11.00-12.30
15 <sup>th</sup> Fri	Pony Morning at Danecroft Stables 6-11yrs	10.00 - 12.00
16 <sup>th</sup> Sat	Lee Valley White Water Center TBC 8yrs+	TBC
19 <sup>th</sup> Tue	Fun in the Garden 4+ Photo Scavenger Hunt	11.00-12.30
21 <sup>st</sup> Thu	Gosling - FUN RINGS 8+yrs	16.00-17.00
26 <sup>th</sup> Tue	Fun in the Garden 4+ Bushcraft	11.00-12.30
30 <sup>th</sup> Sat	Lee Valley White Water Center Water Wipe Out 8yrs+	10.30-11.45

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

# POTENTIAL KIDS

BOOKINGS at [potentialkids.org.uk/events](http://potentialkids.org.uk/events)

#### PK Hub & Garden



Therapeutic Gardening 1:1 & Group Sessions. Volunteers Needed



Pony Days



Visit us here



#### OUR OFFER

Sports & Social Activities  
Tutoring  
Mentoring  
Therapies  
1:1 & Group Work  
Alternative Provision Provider  
EOTAS

Communication, Learning & Social Support for All



## Beezee FAMILIES

# Looking for free rainy day activities?

Hertfordshire

The summer holidays are just around the corner and while we're hoping for more sunshine, you never know.

Looking for ways to get the kids moving more and using screens less? We're here to help!

Check out our rainy day activities.

Our **FREE** healthy lifestyle programme, **Beezee Families**, can help you get moving, find tasty recipes, and have fun no matter the weather!

Get a **FREE** summer activity pack



Find out more on our website

Make an indoor obstacle course



Have a dance party



Host an indoor picnic



Play sink or float



Find a see-through container, fill with water and get experimenting!

Try a new healthy recipe



Write a play and perform it



Go on a puddle walk



Don't forget the wellies!



Scan the code to sign up today

...or click here to get started



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)



**HERTS  
SUMMER  
PARKS**

**WELWYN  
HATFIELD**

Hertfordshire's  
Holiday Activity Programme  
**HAPPY**

  
Department  
for Education

# FREE PARKS FESTIVAL WITH FOOD



Coming to

# WELWYN GARDEN CITY

AGES 12-16

## WHERE

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

## WHEN

4th August  
11th August  
18th August  
3pm - 6pm

Register your  
interest here



Free takeaway vouchers available if you attend activities





# HATFIELD COMMUNITY FAIR

12 AUGUST



**BIG** 2025  
SUMMER



WELWYN  
HATFIELD



# BIG 2025 SUMMER

28 JUL-17 AUG



## ENJOY FUN ACTIVITIES THIS SUMMER IN WELWYN HATFIELD



#BIGSummer

**ONE**



WELWYN  
HATFIELD





# Need a cheap healthy recipe to make this weekend?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle with time AND finding something everyone will eat. Sounds familiar?

Check out our healthy pizza below for a taste of our recipe selection!



## Ingredients:

1x8 inch tortilla wrap (or you can use pitta bread)

Tomato passata

30g grated light mozzarella or cheddar



Toppings of your choice, such as:

- Peppers
- Ham
- Mushrooms
- Spinach
- Sweetcorn
- Tomatoes
- Pineapple

## Method

- Place tortilla/pitta bread on a plate and spread tomato passata over it
- Add your chosen toppings
- Sprinkle with the grated cheese
- Microwave on high until the cheese is just melted (45 seconds), or place in a pre-heated oven at 200/gas mark 6 for 5-10 minutes
- Leave to cool for a few minutes and then enjoy!

## Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today

Our courses are for families with children aged 3+ and above their ideal weight.

Scan the code

...or click here  
to find out more

Sign up today!



[hrt.maximusuk.co.uk](http://hrt.maximusuk.co.uk)

**Beezee**  
**FAMILIES**

  
Hertfordshire

24-1300

  
Hertfordshire

## SUPPORTING YOUNG PEOPLE IN WELWYN HATFIELD

Services for  
Young People

### WHAT IS SERVICES FOR YOUNG PEOPLE (SFYP)?

Services for Young People is part of Hertfordshire County Council and provides free youth work projects, information, advice, careers guidance, work-related learning and wider support for young people in Hertfordshire.

### WELWYN GARDEN CITY & HATFIELD ACCESS POINT PROJECTS

SFYP Access Point Projects provide young people with access to free and confidential information, advice, guidance and sexual health services.

You can come in and talk to us about:

- Jobs and careers
- Training & apprenticeships
- Independent living skills
- Emotional wellbeing and mental health
- Sexual health services:
  - ✓ Free condoms
  - ✓ Free pregnancy testing
  - ✓ Free chlamydia and gonorrhoea testing
- Finances and housing
- Alcohol, drugs or substance misuse

All young people in Hertfordshire aged 13-19 are welcome at any of our Access Point Projects. They are also available for care experienced young people aged 18-24 and for young people aged 13-24 with any type of disability.

**Welwyn Garden City Young People's Centre**  
Block A Oaklands College  
The Campus  
College Way  
Welwyn Garden City  
AL8 6AH

**Hatfield Young People's Centre**  
Breaks Manor  
Link Drive  
Hatfield  
AL10 8TP

### PLANNING YOUR FUTURE

Our Advisers can support you with researching your future career options, identifying your skills and strengths, deciding your goals, and even suggesting new possibilities that you might not have previously considered.

Ask at your school, or if you are not in school, work or training, visit the Welwyn Garden City or Hatfield Access Point Projects to talk to one of our team.



Enabling young people to succeed

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



@HCCSFYP





## 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 my child's behaviour in school and at home"*

*"I'm worried about money"*

*"I need reassurance and support"*



JOIN OUR FREE, FUN COOKING COURSES  
...all you need is a kitchen and a phone!



## SAVE MONEY, COOK BETTER THAN THE TAKEAWAY

FREE & FUN cooking courses AT HOME  
Cook great food in just 2 weeks!  
Impress your friends & family

CHANA MASALA      ITALIAN PASTA SAUCE      MIDDLE EASTERN PILAF



SCAN ME

Exciting meals can be quick, fun, easy and cheap to cook with our FREE (ingredients included), flexible, home based short courses.

To register: <https://bagsoftaste.org/students/>  
Tel: 07813 678660  
Email: [adele.buckland@bagsoftaste.org](mailto:adele.buckland@bagsoftaste.org)

**DSPL** | Delivering Special Provision Locally  
*Achieving quality outcomes*

**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/>





If you're young and feeling a bit low, or worried, find the help you need in Herts.



[www.hertfordshire.gov.uk/youthmentalhealth](http://www.hertfordshire.gov.uk/youthmentalhealth)



# Mental health support for all children and young people in Hertfordshire

## Talk to someone!

**Always remember: it's OK to not be OK. Talking shows strength, not weakness.**

If you or your child need support with improving emotional wellbeing / mental health, there are lots of self-help resources and services available in Hertfordshire all year round.

Please always ask for support if you need it. Don't ever struggle alone.

**Click below for further information:**

[Mental health support for all children and young people in Hertfordshire](http://www.hertfordshire.gov.uk/youthmentalhealth)



# Mental health support and advice



Includes information about mental health and some of the resources and services that can help you.

Click below for further information:

[hcc\\_mental\\_health\\_support\\_advice\\_booklet.pdf](#)



## 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](mailto: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