

Services for Young People is here to support young people in Broxbourne & East Herts

Services for
Young People

www.servicesforyoungpeople.org
tel. 01992 588220

Text Support Service for Young People: 07860 065173

Email : sfyp.EastHerts@hertfordshire.gov.uk

Hertfordshire County Council Services for Young People (SfYP) provides targeted prevention and early intervention through youth work, information, advice, guidance and support into employment, education and training.

SfYP are committed to giving young people high quality opportunities to learn life skills and excel in their personal and social development. SfYP aims to address issues at the earliest opportunity to give young people the best chance to succeed, have a place in their community, reach their potential and make a successful transition to adulthood.

Young people can access support through our youth work projects and individual contact with a youth worker and/or careers personal adviser as and when they need it.

How we can support young people

Young people in Broxbourne & East Herts can get information, advice, guidance and support on a range of issues, including emotional wellbeing, bullying, drugs and alcohol misuse, sexual health, managing finances, education and careers planning, including things they can do now to help in finding a job or plan for their future. Young people can speak directly with qualified and experienced SfYP Youth Workers and Personal Advisers via phone or email. Young people can either text us with their name and age, **07860 065173**, call us on **01992 588220**, or email us sfyp.EastHerts@hertfordshire.gov.uk / sfyp.Broxbourne@hertfordshire.gov.uk to get this support.

Broxbourne Youth Projects – January 2022

As well as individual 1-1 support, we deliver a range of youth work projects in Broxbourne. Please see the attached poster for details of when and where these take place. They include:

Broxbourne Girls' & Young Women's Group

Mondays 6-8pm

This project provides a safe space for young women to explore issues important to young women today, such as aspirations and opportunities, confidence and self-esteem, image and identity, social media, bullying and online safety, sex and relationships. For young women aged 11-17.

Broxbourne LGBT+ Project

Mondays 7-9pm

For young people where they can meet in a safe space to explore the issues of importance to them including identity, confidence, support structures and opportunities to work with other LGBT+ young people on projects which challenge discrimination and inequality. For ages 13-17.

Broxbourne Supporting You Project

Tuesdays 6.30-8.30pm

A project for young people where low mood, anxiety or stress is interfering with their enjoyment or life and normal activities, but where they do not meet the criteria for a CAMHS referral. Young people learn basic CBT techniques which they can apply to their everyday situations and focus on lifestyle changes to improve emotional wellbeing. For ages 11-17.

Focus Project for Young People with Learning Disabilities

A group for young people with mild to moderate learning difficulties where young people participate in activities to develop life skills, independence, confidence and to have fun in a safe environment. For ages 13-24.

Ages 13-17

Tuesdays 7-9pm

Ages 18-24

Wednesdays 7.15-9.15pm

Broxbourne Youth Council

A group where young people can have their say about the issues affecting them and make a positive contribution to their local community. For ages 11-17.

Wednesdays 7-9pm

Broxbourne Healthy Relationships

Young people can join this project to help them make informed and safe choices about appropriate, safe and healthy relationships. This includes looking at current issues affecting young people, how to recognise what is and is not a healthy relationship, how to develop healthy relationships, how to keep safe online and how to report concerns about relationships. For young people aged 11-17.

Wednesdays 6-8pm

Broxbourne Emotional Wellbeing Project

A project for young people where low mood, anxiety or stress is interfering with their enjoyment or life and normal activities, but where they do not meet the criteria for a CAMHS referral. Young people learn basic CBT techniques which they can apply to their everyday situations and focus on lifestyle changes to improve emotional wellbeing. For ages 11-17.

Thursday 6-8pm

Waltham Cross Friday Night Project

Join this project to get involved in discussions about issues that may be affecting your life, such as health and wellbeing, sexual health, relationships, staying safe online, bullying, identity, self-esteem and confidence, education and training or anything else that is bothering you. For young people aged 11-17.

Fridays 7-9pm

In addition, we deliver detached youth work, engaging with young people in the community to ensure they have access to support services including support with education, training and employment, emotional and physical health, relationships, social isolation, involvement in ASB and criminal exploitation.

Young people can enquire about joining an online project, and parents/professionals wishing to refer a young person in Broxbourne can call 01992 588220 to find out more information, or email sfyp.broxbourne@hertfordshire.gov.uk

East Herts Youth Projects – January 2022

As well as individual 1-1 support, we deliver a range of youth work projects in East Herts. Please see the attached poster for details of when and where these take place. They include:

Hertford & Ware Youth Forum

Bishop's Stortford Youth Forum

These are groups where young people can have their say about the issues affecting them and make a positive contribution to their local community. For ages 11-17.

Mondays 6-8pm

Wednesdays 7-9pm

East Herts Emotional Wellbeing Project

Mondays 6-8pm

A project for young people where low mood, anxiety or stress is interfering with their enjoyment or life and normal activities, but where they do not meet the criteria for a CAMHS referral. Young people learn basic CBT techniques which they can apply to their everyday situations and focus on lifestyle changes to improve emotional wellbeing. For ages 11-17.

East Herts Girls' & Young Women's Group

Wednesdays 5.30-7.30pm

This project provides a safe space for young women to explore issues important to young women today, such as aspirations and opportunities, confidence and self-esteem, image and identity, social media, bullying and online safety, sex and relationships. For young women aged 11-17.

East Herts Healthy Relationships

Thursdays 4.30-6.30pm

Young people can join this project to help them make informed and safe choices about appropriate, safe and healthy relationships. This includes looking at current issues affecting young people, how to recognise what is and is not a healthy relationship, how to develop healthy relationships, how to keep safe online and how to report concerns about relationships. For young people aged 11-17.

East Herts LGBT+ Project

Thursdays 5.30-7.30pm

For young people where they can meet in a safe space to explore issues of importance to them including identity, confidence, support structures and opportunities to work with other LGBT+ young people on projects which challenge discrimination and inequality. For ages 13-17.

Sawbridgeworth Project

Thursdays 7.15-9.15pm

This project is for young people to get involved in discussions about issues that may be affecting their lives, such as health and wellbeing, sexual health, relationships, staying safe online, bullying, identity, self-esteem and confidence, education and training or anything else that is worrying them. For ages 11-17.

Bishop's Stortford Friday Project

Fridays 7.30-9.30pm

A project where young people can get involved in discussions about issues that may be affecting their lives, such as health and wellbeing, sexual health, relationships, staying safe online, bullying, identity, self-esteem and confidence, education and training or anything else that is worrying them. For ages 11-17.

In addition, we deliver detached youth work, engaging with young people in the community to ensure they have access to support services including support with education, training and employment, emotional and physical health, relationships, social isolation, involvement in ASB and criminal exploitation.

Young people can enquire about joining an online project, and parents/professionals wishing to refer a young person in East Herts can call 01992 588220 to find out more information, or email sfyp.EastHerts@hertfordshire.gov.uk

Useful Information for young people

Attached below are two pdf posters, one for Broxbourne and one for East Herts, which includes:

- Details of SfYP youth work projects in each area
- Information on our Pathways to Success programme for young people aged 15-24 who are looking for a job, apprenticeship or further training opportunities
- How young people can start planning for their futures and access SfYP services to support them with this
- Tips for keeping safe online

Need more support?

If you are a young person and want support over anything think about who you can talk to. It could be a family member or a friend, but don't forget our personal advisers and youth workers can lend a listening ear and help you access the support you need.

SfYP Text Service for Young People in Broxbourne & East Herts

Young people aged 11-19 can text 'SUPPORT' with their name and age to **07860 065173** to speak with a trained youth worker about any worries or concerns they have, or text 'CAREERS' to arrange a chat with a personal adviser to talk through their future plans. Young people will receive a response from one of our team.

Alternatively, contact us on **01992 588220 8am-5pm** or email us your concern and a youth worker or personal adviser will call you back: sfyp.EastHerts@hertfordshire.gov.uk / sfyp.Broxbourne@hertfordshire.gov.uk