

Services for Young People is here to support young people in Welwyn Hatfield

Services for
Young People

www.servicesforyoungpeople.org

tel. 01992 588220

Text Support Service for Young People: 07860 065173

Email : sfyp.WelwynHatfield@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 Welwyn Hatfield 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.WelwynHatfield@hertfordshire.gov.uk to get this support.

Youth Projects – January 2022

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

Autism Project

Mondays 5.30-7.30pm

The Autism project is for young people to have supportive discussions with youth workers and other young people who have autism. As part of our enjoyable and engaging programme, we discuss relationships, health, emotional wellbeing and developing skills for independent living. For young people aged 13-17 with Asperger's Syndrome or on the Autistic Spectrum.

LGBT+ Project

Mondays 6-8pm

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.

Emotional Wellbeing Project

Tuesdays 3.15-5.15pm

A project to support young people with the challenges and pressures they are facing in life and discuss how they can look after their own emotional and mental wellbeing. The sessions are run by supportive SfYP youth workers and designed to help boost self-esteem, confidence and sense of wellbeing. For ages 11-17.

Girls' & Young Women's Group

Tuesdays 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.

Welwyn Hatfield Youth Forum

Thursdays 5.30-7.30pm

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.

LD Project for Young People with Learning Disabilities

Thursday 6-8pm

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 13-17.

Supporting You & Emotional Wellbeing Project

Wednesdays 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.

Hatfield Friday Project

Fridays 7-9pm

Young people can get involved in discussions about issues that may be affecting their life, including aspirations and opportunities, confidence and self-esteem, health and wellbeing, anxiety and stress, sexual health, relationships, staying safe online, bullying and education. For young people aged 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 Welwyn Hatfield can call 01992 588220 to find out more information, or email sfyp.WelwynHatfield@hertfordshire.gov.uk

Useful Information for young people

Attached is a pdf poster for young people which includes:

- Details of SfYP youth work projects in Welwyn Hatfield
- 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 Welwyn Hatfield

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.WelwynHatfield@hertfordshire.gov.uk