

Mondays

Hertford & Ware Young People's Participation Project

Ware Young People's Centre,
Marsh Lane, Ware SG1 9QB

Monday 6-8pm

For young people aged 11-17 who want to make a difference in their community

Tuesdays

Ware Street Project

Tuesday 3.15-5.15pm

For young people aged 11-17

Ware Tuesday Night Project

Ware Young People's Centre,
Marsh Lane, Ware, SG12 9QB

Tuesday 6-8pm

For young people aged 11-17

Bishop's Stortford Asylum Seekers Project

Birchwood School, Parsonage Lane,
Bishop's Stortford, CM23 5BD

Tuesday 6.30-8.30pm

For asylum seekers aged 11-17

Bishop's Stortford Street Project

Wednesday 3.30-5.30pm

For young people aged 11-17

Wednesdays

Ware Girls' and Young Women's Project

Ware Young People's Centre,
Marsh Lane, Ware, SG12 9QB

Wednesday 5.30-7.30pm

For young women aged 11-17

Bishop's Stortford Young People's Participation Project

Birchwood School,
Parsonage Lane,
Bishop's Stortford, CM23 5BD

Wednesday 7pm-9pm

For young people aged 11-17



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Thursdays

Healthy Relationships Project

Birchwood School,
Parsonage Lane,
Bishop's Stortford, CM23 5BD

Thursday 4.30-6.30pm

For young people aged 11-17

East Herts LGBT+ Project

Call or email for details

Thursday 5.30-7.30pm

For LGBT+ aged 13-17

Sawbridgeworth Project

The Bullfields Centre, Cutforth Road,
Sawbridgeworth, CM21 9EA

Thursday 7.15-9.15pm

For young people aged 11-17

M&M LD Project

Birchwood School,
Parsonage Lane,
Bishop's Stortford, CM23 5BD

Thursday 7.30-9.30pm

For young people aged 13-17 with mild to moderate learning disabilities

LGBT+ Online Project

Online via Microsoft Teams

Thursday 8-9pm

For LGBT+ aged 18-24

Fridays

Hertford Street Project

Fridays 3.30-5.30pm

For young people aged 11-17

Hertford Friday Night Project

Hertford Young People's Centre,
Zoo Cafe, Pioneer Hall, 11a Ware Road,
Hertford SG13 7DZ

Fridays 6.30-8.30pm

For young people aged 11-17

Buntingford Project

Buntingford Young People's Centre,
The Technical Institute, Baldock Road,
Buntingford, SG9 9AA

Fridays 7.15-9.15pm

For young people aged 11-17

Bishop's Stortford Friday Night Project

Birchwood School, Parsonage Lane,
Bishop's Stortford, CM23 5BD

Fridays 7.30-9.30pm

For young people aged 11-17

Duke of Edinburgh (DofE) Award

Ware Young People's Centre, Marsh Lane,
Ware SG1 9QB

Every third Friday

4-5pm (14-17 years)

5-6pm (18-24 years)

Scan to view the latest list of projects



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

Services for
Young People



Pathways to Success

**ARE YOU LOOKING FOR A JOB, APPRENTICESHIP,
VOLUNTEERING OR FURTHER EDUCATION?**

ARE YOU AGED 15 – 24?

**SIGN-UP AND WE CAN HELP YOU GET THE JOB
OR TRAINING YOU WANT.**

**WORK EXPERIENCE, INCENTIVES,
CV, INTERVIEWS, JOBS!**

 **CALL** 0300 123 7538
TEXT 07860 022943
EMAIL SFYP@HERTFORDSHIRE.GOV.UK

**Services for
Young People**

Scan to find out more about
Pathways to Success on our
website



Why join Pathways to Success?

Services for Young People can help you to improve your chances of finding a job, training or college course by:

Connecting you with your very own Personal Adviser who will support you with identifying and achieving your next steps

Working with you to identify, develop and promote your personal strengths and skills to future employers

Supporting you with a 5 to 15 day work experience placement

Helping you write your CV, obtain a reference from your work experience employer and prepare for interviews

Coaching you so you can build your confidence and develop the best techniques for getting a job or apprenticeship

Finding job vacancies and opportunities available to you

About Pathways to Success

Part-funded by the European Social Fund (ESF), Pathways to Success is a tailored programme which combines careers activities that are proven to enable entry into Education, Employment or Training (EET) for young people who are not in education, employment or training (NEET) or are at risk of becoming so. The programme runs until 31 December 2023.

Who are Services for Young People?

Hertfordshire County Council's Services for Young People provide free youth work projects, information, advice, careers guidance, work-related learning and wider support for all young people in Hertfordshire.

Access Point Projects

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:

- Careers advice
- Training & apprenticeships
- Independent living skills
- Emotional wellbeing & mental health
- Sexual Health Services
- Free condoms
- Pregnancy tests
- Screening for Chlamydia & Gonorrhea
- Finances and housing
- 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 leavers aged 18-24 and for young people aged 13-24 with any type of disability.

Planning for your future

Our Personal 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.

Text CAREERS to 07860 065173 to connect with one of our team.

Bishop's Stortford's Access Point Project is currently closed for refurbishment. Our personal advisers are still available by phone or online for appointments every Thursday 3-6pm. Please call 01992 588220 to arrange



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EMAIL sfyp.eastherts@hertfordshire.gov.uk



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Five ways to wellbeing

It's been a tough couple of years, and exam season is approaching, so you might be feeling down or worried. The following tips have been researched by New Economics Foundation, and recommended by the NHS:

Connect: Social relationships are important for good mental health. Stay connected to your friends and family and surround yourself with people who value who you are. Find time to speak face to face – don't always rely on social media or messaging apps.

Be Active: Exercise endorphins are a great mood booster! Studies show lower rates of anxiety and depression in people who regularly exercise. It doesn't even have to be very intense – a walk with a friend or some online exercise classes are a great place to start.

Take notice: Also known as mindfulness, savouring the moment and living in 'the now' helps you to appreciate what you have, understand yourself better and make more informed life choices.

Learn: We know you do lots of learning at school or college, but there are plenty of other activities that can benefit your mental health. You could read a new book, listen to a podcast or research something you're interested in.

Give: People who help others are more likely to feel happy, so try out some acts of kindness which boost your wellbeing as well as making others feel good, too.



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