

*Thought for the day: 'You can teach children a lesson for a day; but if you can teach them to learn by creating curiosity, they will continue the learning process as long as they live'. ~ Clay P. Bedford*

### Annual School Photographs

Next Monday, 17<sup>th</sup> October, the school photographer will be visiting to take photos of the children. Samples of these photos will follow and be made available to parents who may wish to purchase them. As well as individual photos, where there are siblings in school, a photo will be taken of the family group. If you have children of pre-school age whom you wish to have photographed with your school-age children, please bring all the children to the school hall, from 8.30am that day.

### Parent Teacher Consultations

These will take place on:

Wednesday 19<sup>th</sup> October until 6.00pm

Thursday 20<sup>th</sup> October until 7.00pm

Booking forms for these consultations are in the entrance lobby for all pupils, from Nursery to Year 6. A feedback board will be available for parents to leave comments and Mr Cano will be available to answer any questions.

### Christmas Shoe box appeal returns

Some of you will recall Shoebox Projects that we as a Purwell School community supported over a few years previously. Well, the appeal is back, and we are once again ready to support some of the most needy communities in Europe.

The organisers are once again the Walsworth Road Baptist Church. For them, there is an extra impetus in 2022 given that Link to Hope, the charity who run the project, have been for years active within Ukraine, including sending shoeboxes, and indeed since February this year, they have been busy supporting people displaced within Ukraine and seeking respite elsewhere.

The church has also come to know a number of families who have arrived in Hitchin, and they are running a Saturday morning session every week with refreshments, language lessons, activities for children, and more (including clothing and toiletries). We've also just helped one family with a load of furniture for a house they have been able to move into.

Further information will be sent to parents, via School Coms, next week.

### Dealing with bullying update

We have been watching relationships between two pairs of pupils in the lower juniors and the situation is improving. The children have not been getting along, but now arrangements are in place for them to play amicably in separate friendship groups. This week, a pair of children in upper juniors are also finding friendships difficult and the respecting of personal space and we are working closely with them and their parents, to improve things. We are ready to react immediately if bullying is suspected.

### Timetables Rockstars

The children in Years 2, 3 and 4, will soon be using a programme in school called 'Times Tables Rock Stars' which helps develop and reinforce knowledge of times tables and division facts for all pupils. As well as using this programme in school, all children in these classes have their own username and password to continue this practice at home.

To celebrate its launch 'Times Tables Rock Stars' we will be having a '**Rock Star Day**' on **Friday 21st October**. Children in Years 2, 3 and 4 can come to school dressed as a rock/popstar. Alternatively, they can wear their own clothes.

### **Theatre Group to deliver Democracy Workshop to Year 5 and Year 6**

A unique opportunity has been offered to children at Purwell School to learn more about Democracy through theatre. Cllr Judi Billing personally selected Purwell to be the only school to receive the funding for the workshop. The aim of the workshop is to educate children and young people on the workings of democracy both locally and nationally in the UK. By encouraging the children to debate and think of the issues surrounding a topic, they will learn how democracy works. The workshop will take place on the afternoon of Thursday 20<sup>th</sup> October.

### **PE kit**

As the weather is now turning a bit chillier, it is important that pupils have the proper outdoor PE kit in addition to their indoor kit, for outdoor lessons. This is a navy, Purwell PE sweatshirt (available from Beats, in Hitchin) and navy jogging bottoms.

### **Lost Property full of unnamed uniform items**

The lost property box is starting to fill with items that are not named and are unclaimed. Please remember to write children's names in all items that have the potential to be lost. If you know your child has lost some uniform, please come in and have a look.

### **School meals**

School meals cost £2.78 per day, £13.90 per week. Payment can be made via cash or on School Gateway. Cheques are no longer accepted.

### **Man with a van needed**

We have been kindly donated a picnic table by North Herts Council. The only downside is it needs collecting from a unit at the front of the Churchgate Shopping Centre! If you have a van, or know someone with a van, we would be hugely grateful if you could pick it up on our behalf and deliver it to the school. Before collecting you will need to phone the Town Rangers direct phone number on 01462 453335, or you can email them on [rangers@hitchinherts.com](mailto:rangers@hitchinherts.com). From there, you can arrange an agreed pick up, date/ time with the Town Rangers. Please let us know if you are able to help in this respect. Many thanks.

### **Free School Meals (FSM)**

If you are in receipt of benefits, your children may be eligible for FSM. Registering for UIFSM will identify pupils in Reception and Years 1 and 2. However, you will need to apply separately for pupils in Years 3 - 6. You should complete the appropriate form on [www.hertfordshire.gov.uk/freeschoolmeals](http://www.hertfordshire.gov.uk/freeschoolmeals) to apply or contact Mrs Sharp in the office to apply on your behalf.

### **School Hall Hire**

The school hall is available for private hire for birthdays and events outside the school day. Please contact the school office for further details.



**The Girl's football team celebrate after their 2-1 victory over Wymondley.**

## PSA NEWS

### Halloween Party - Friday 21<sup>st</sup> October, 5:30 - 7:30pm

Bring all the family (and your decorated pumpkins!) and join in the pumpkin and fancy-dress competitions at the Purwell Halloween Party! Bar, spooky crafts, tuck shop, disco, spooky games, face painting, tattoos & glow sticks available to purchase on the night. Primary age children £3.50. Adults and younger siblings join free! Key Stage 1 Children must have parental supervision.

### Pumpkin Trail - Monday 31<sup>st</sup> October, 5pm - 6:30pm

The hunt begins at Purwell Corner, Benchley Hill! Are you up to the challenge to spot all the Purwell Pumpkins dotted around the estate? A map of the trail can be purchased for £1. Pulled pork baps/tea/coffee/mulled wine available for a donation.

### Christmas Cracker Event - TBC

Join us for our Christmas disco and the best bits from the Christmas fayre in one brand new event! More details coming soon

## Dates for Autumn Term 2022

### October

Monday 17 <sup>th</sup>	Braiswick photographer taking individual and family portraits
Wednesday 19 <sup>th</sup>	Parent Consultations
Thursday 20 <sup>th</sup>	Parent Consultations
	Democracy workshop for Y5 and Y6
Friday 21 <sup>st</sup>	Rockstar dressing up day for pupils in Year 2, 3 and 4. <b>NEW</b>
	PSA's Halloween Disco, 5:50-7:30pm <b>NEW</b>
<b>24<sup>th</sup> - 28<sup>th</sup> Oct</b>	<b>Half term</b>

Monday 31 <sup>st</sup>	School closed for Inset Day
	PSA Halloween Pumpkin Trail 5pm-6:30pm <b>NEW</b>

### November

Thursday 3 <sup>rd</sup>	Christmas Shoebox collection <b>NEW</b>
Sun 6 <sup>th</sup> - Fri 11 <sup>th</sup>	Kingswood Residential trip for Year 5 and 6

### December

Friday 2 <sup>nd</sup>	School closed for Occasional Day
Wednesday 7 <sup>th</sup>	Christmas School Lunch
Monday 19 <sup>th</sup>	EYFSKS1 Christmas production (afternoon and evening)
Tuesday 20 <sup>th</sup>	KS2 Christmas production (afternoon and evening)
Wednesday 21 <sup>st</sup>	1:30pm Christmas assembly with carol singing
	<b>Term ends at 2pm</b>

Thursday 5 <sup>th</sup> January	Pupils return to school
13 <sup>rd</sup> - 17 <sup>th</sup> February	Half-term
Friday 10 <sup>th</sup> March	School Closed for Inset Day
Wednesday 29 <sup>th</sup> March	Parent Consultations
Thursday 30 <sup>th</sup> March	Parent Consultations
Friday 31 <sup>st</sup> March	Last day of term (2pm finish)

## Dates for Summer Term 2023

Monday 17 <sup>th</sup> April	School closed for Inset Day
Tuesday 18 <sup>th</sup> April	Pupils return to school
Monday 1 <sup>st</sup> May	May Bank Holiday
29 <sup>th</sup> May - 2 <sup>nd</sup> June	Half-term
Wednesday 28 <sup>th</sup> June	Sports Day
Friday 30 <sup>th</sup> June	School closed for Inset Day
Friday 21 <sup>st</sup> July	Last day of term (2pm finish)



## Become a Purwell School Governor!

There are two vacancies on the Governing Body for parent governors.

We are seeking people who have an enquiring mind and are keen to contribute to the effective day-to-day running of the school and the educational achievements of its pupils.

We need people who can bring further skills, experience and objectivity to decision making in our meetings.

We would be particularly interested in parents who have financial, legal, ICT or Health and Safety backgrounds, although this type of experience is not essential.

A Governing Body's responsibility is to work in partnership with the Headteacher to promote continuous improvement in the performance of the school. Aligned to its improvement role, the Governing Body also supports and challenges the performance of both the Headteacher and the school.

Typically, a governor's duties will average around 6 hours a month. Hertfordshire governors are fortunate to be supported in their role by relevant training courses.

If you are interested and wish to enquire further, please contact the school office either in person or on 01462 432950 and collect a nomination form. Or, if you have any questions please speak to Mr Cano, Headteacher, or any of the existing Governors. Alternatively, you can email [admin@purwell.herts.sch.uk](mailto:admin@purwell.herts.sch.uk)

We look forward to hearing from you!

<b><u>Parent and family support</u></b>	Key Topics
Course/Booking	
<p>HNF Banding Descriptors and Provision Tool Briefing Session For all schools and settings, parents, carers, professionals and LA staff 28 September 12pm to 2pm at Herts Development Centre <a href="#">HNF Banding Descriptors and Provision Tool Tickets, Wed 28 Sep 2022 at 12:00   Eventbrite</a></p>	Banding Descriptors
<p><a href="#">Bookings1 - NESSie IN ED, CIC</a> - Supporting Children with ASD/ADHD Girls &amp; Woman 27 September 1pm to 2:30pm Forum for parents.</p> <p><a href="#">Bookings1 - NESSie IN ED, CIC</a> Supporting Children with ASD/ADHD Emotionally Based School Avoidance 5 October 7:30pm to 9pm</p>	Autism / ADHD Girls & Women School Avoidance
<p>Autism Hertfordshire Transition Service for 16-20 year olds. Autism Hertfordshire are offering a transition support service to young autistic adults and their families. Workshops, Social Groups, Parent/Carer Support Sessions. Contact <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> 01727 743246</p> <p>Transitions service is open to anyone with an autism diagnosis aged 16-20. We provide workshops and courses, as well as a fortnightly social group. For more information, the link to our website is here: <a href="#">Support for Adults in Hertfordshire » Autism Bedfordshire</a></p> <p>Helpline which is open Monday to Friday, 9am until 5pm. The telephone number is 01727 743246. This is open to anyone for information, advice and guidance on all aspects of Autistic Spectrum Conditions.</p>	Transition 16-20 – Autism
<p><a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.</p>	School Avoidance
<p>Clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register <a href="#">Togetherall</a></p>	Peer Support for 16+ feeling low/depressed
<p>Free online workshops for parents, carers and older siblings of young people struggling with body image and/or their relationship with food. Register interest, programme for parents/carers with YP struggling with body image/eating disorder. <a href="#">Skills for Carers - First Steps ED</a></p>	Body image/eating disorder
<p>CAMHS Online Support Group – Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS – speak to people who understand, learn more about strategies to help, support for yourself. <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a> 01992 58 69 69. <a href="#">CAMHS Online Support Group (carersinherts.org.uk)</a></p>	Support for parents – CAMHS/Step2
<p><a href="#">Understanding ADHD and Autism - FREE 6 WEEK COURSE IN NORTH HERTS Tickets, Fri 16 Sep 2022 at 10:00   Eventbrite</a></p>	Understanding ADHD/Autism – in person
<p><a href="#">Understanding Autism - FREE ONLINE WORKSHOP Tickets, Mon 19 Sep 2022 at 10:00   Eventbrite</a></p>	Understanding Autism
<p><a href="#">ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 20 Sep 2022 at 13:00   Eventbrite</a></p>	Online support Secondary Aged

<p>See website for full Autumn Term <a href="#">Programme</a></p> <p>September:</p> <p>Parent/Carer Support Group 19 September (online)</p> <p>Money Advice unit: Benefit Advice 22 September 10am to 12pm (Stevenage)</p> <p>Parent/Carer Support Group 22 September 10am to 12pm (Stevenage)</p> <p>Workshop Applying for an EHC needs assessment and Q&amp;A 27 September 10am to 12pm (online)</p> <p>Parent/Carer Support 29 September 10am to 12pm (Stevenage)</p>	<p>Autism/ADHD Healthcare</p> <p>Benefit Advice</p> <p>Applying EHC needs assessment</p> <p>Support Groups</p>
<a href="#">Puberty and Neurodiversity Tickets, Thu 15 Sep 2022 at 19:00   Eventbrite</a>	Autism/ADHD/Neurodiverse Conditions - Puberty
<a href="#">Teen/Adult Lamp Art Session Tickets, Fri 16 Sep 2022 at 19:00   Eventbrite</a>	For Teens / Interactive Art
<a href="#">Online Cookery Session Tickets, Mon 19 Sep 2022 at 17:30   Eventbrite</a>	Online cookery
<a href="#">Check In and Chat - Susan Brooks - EP Tickets, Wed 21 Sep 2022 at 19:00   Eventbrite</a>	Online check in and chat
<a href="#">Tourette's and ASD Talk Tickets, Mon 26 Sep 2022 at 19:00   Eventbrite</a>	Autism / Tourettes
<p>Alongside our usual Parenting Courses, Supporting Links are pleased to be offering the following 8 workshops this coming Autumn Term. These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.</p>	
<a href="#">ASD &amp; ADHD: Anxiety and Stress. For parents/carers in Herts (536) Registration, Thu 29 Sep 2022 at 19:30   Eventbrite</a>	Autism/ADHD – Anxiety / Stress
<a href="#">Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(539) Registration, Mon 3 Oct 2022 at 12:30   Eventbrite</a>	Autism/ADHD – Coping with Change
<a href="#">Talking ASD and ADHD: Tech Use (541). For parents/carers in Herts. Registration, Tue 11 Oct 2022 at 19:30   Eventbrite</a>	Autism/ADHD – Tech use
<a href="#">Talking ASD &amp; ADHD: Responding to Anger. For parents/carers in Herts (537) Registration, Thu 20 Oct 2022 at 09:30   Eventbrite</a>	Autism/ADHD - Anger
<a href="#">Talking ASD and ADHD: The teenage years. For parents/carers in Herts (540) Registration, Wed 2 Nov 2022 at 19:30   Eventbrite</a>	Autism/ADHD – Teenage years
<a href="#">Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (542) Registration, Thu 10 Nov 2022 at 12:30   Eventbrite</a>	Autism/ADHD – School Avoidance
<a href="#">Talking ASD &amp; ADHD: Anxiety and Stress. For parents/carers in Herts (535) Registration, Wed 23 Nov 2022 at 09:30   Eventbrite</a>	Autism/ADHD – Anxiety / Stress

[Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online \(6 weeks\)](#)

Thursday 15th September to 20th Oct, 9.30 – 11.30

Tuesday 4th October to 15th November, 9.30-11.30

Tues 8th November to 13th December 7.30pm – 9.30pm

Wednesday 9th November to 14th December, 9.30 – 11.30

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential. Sessions will cover : \* ADHD - a whole-family issue / \* Understanding your child's behaviour / \* Helping your child manage their feelings and outbursts / \* Balancing support of siblings / \* Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

[Getting on with your Pre Teen/Teenager \(6 weeks\) – Online \(6 weeks\)](#)

Thursday evening 6th Oct to 17th November 7.00pm - 9.00pm

This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of: \* Risky behaviour online through social media / \* Attraction to or involvement in gangs / \* Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for the online referral form. Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to [services@familylives.org.uk](mailto:services@familylives.org.uk) with the password sent in a separate email. Parents can also email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call us on 0204 522 8700 or 0204 522 8701 for more information.

Confident Children – for parents/carers of children with ADHD/Autism

Getting on with Pre-Teen / Teenager

[Helpline](#) We offer a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). Please call us on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm

[Live Chat](#) Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between 10.30am to 9pm. You can contact us about any family or parenting issue. To start a chat, you can click on the '[Live chat' button](#) when the service is available. Please note, the service is closed on weekends and bank holidays.

[Email](#) You can contact [askus@familylives.org.uk](mailto:askus@familylives.org.uk) about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.

[Forum](#) Our [forums](#) are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life. If you are concerned about a post or experiencing technical issues, you can [email us](#). [www.facebook.com/FamilyLivesHertsandBeds](https://www.facebook.com/FamilyLivesHertsandBeds)

Help / Live Chat / Contact

Complete guide to parenting children with SEND

10 Week Course. Parent/Carer of children aged 2 to 11 with all SEND

Wednesday Mornings via Zoom 9:30am to 11:30am - September 14, 21, 28. October 5, 12, 19. November 2, 9, 16, 23

OR

Wednesday Evenings via Zoom 6:30pm to 8:30pm - September 14, 21, 28. October 5, 12, 19. November 2, 9, 23

Bookings

: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) [www.familiesinfocus.co.uk/send-courses](http://www.familiesinfocus.co.uk/send-courses)

Guide to parenting - All SEND, children aged 2 to 11

<p>Handling Anger in your child with ADHD and/or Autism 6 Week Course. Parents of Primary Aged Children with ADHD and or Autism Thursday mornings 9:30am to 11:30am - September 15, 22, 29. October 6, 13, 20. OR Monday Evenings 6:30pm to 8:30pm - September 12, 19, 26. October 3, 10, 17 OR Thursday mornings 9:30am to 11:30am - November 3, 10, 17, 24. December 1, 8 Bookings : <a href="mailto:bookings@familiesinfocus.co.uk">bookings@familiesinfocus.co.uk</a> <a href="http://www.familiesinfocus.co.uk/send-courses">www.familiesinfocus.co.uk/send-courses</a></p>	<p>Handling Anger ADHD and/or Autism Primary Aged</p>
<p><a href="http://Join the Ambitious Youth Network (ambitiousaboutautism.org.uk)">Join the Ambitious Youth Network (ambitiousaboutautism.org.uk)</a> The Ambitious about Autism youth network is a fun and friendly space for autistic young people, between the ages of 16-25, to meet other autistic young people and be themselves. It offers them a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel. Young people will be able to take part in peer support sessions which are held on Tuesday and Thursday evenings between 5:45-6:45 over Zoom. These sessions are a chance to meet new autistic young people across the country, share experiences and find volunteering, work experience and employment opportunities. Sessions are a safe environment where you can stay within your comfort zone, there is no pressure to turn on your camera or microphone. You can choose to participate or just observe. The sessions are led by <a href="#">Ambitious staff</a> trained in safeguarding, who you may contact at any point if you are uncomfortable or feel unsafe. Every session has a different theme, past sessions have included arts and crafts, comedy night, DJ sessions, language lessons, and a monthly general knowledge quiz. Youth network members over the age of 18 also have a chance to instant message each other on the platform. To access the peer sessions, you will need to <a href="#">request to join the youth network</a>.</p>	<p>Autism / Youth</p>
<p>The courses are fully funded by HCC for families who have needs in Hertfordshire. Please would you kindly promote the following courses to parents and carers and to other colleagues on your networks. For all enquiries and to make a referral, please email <a href="mailto:enquiries@familiesfeelingsafe.co.uk">enquiries@familiesfeelingsafe.co.uk</a>  For Dads, Step-Dads and male carers <a href="#">A FREE ONLINE course for Dads, Step-Dads and Carers • Families Feeling Safe</a> Online Tuesday evenings 7.30pm - 9.00pm 13, 20, 27 Sept, 4, 11 &amp; 18 Oct 2022</p>	<p>Protective Behaviours – Male Carers</p>
<p>For Mums, Dads &amp; Carers <a href="#">A FREE course for Mums, Dads, Step-parents and Carers • Families Feeling Safe</a> Stevenage at The Oak Suite, Peartree Spring Primary School, SG2 9GG Wednesdays 9.30am—11.30am 21, 28 Sept, 5, 12, 19 Oct, 2, 9, 16 &amp; 23 Nov 2022 Bushey at The Hub, Bournehall Primary School, WD23 3AX Tuesdays 11.30am – 1.30pm (arrival 11-11.15am) 20, 27 Sept, 4, 11, 18 Oct, 1, 8 &amp; 15 Nov 2022</p>	<p>Protective Behaviours – Parents/Carers</p>
<p><a href="#">School Transitions: Managing Anxiety &amp; Worries in Children &amp; Young People Tickets, Thu 8 Sep 2022 at 18:00   Eventbrite</a></p>	<p>School Transition</p>
<p><a href="#">Supporting Your Child With Sleep Difficulties Tickets, Tue 13 Sep 2022 at 10:00   Eventbrite</a></p>	<p>Sleep Difficulties</p>
<p><a href="#">Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 14 Sep 2022 at 10:00   Eventbrite</a></p>	<p>Self-Regulation</p>
<p><a href="#">Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Wed 21 Sep 2022 at 18:00   Eventbrite</a></p>	<p>Wellbeing – 11 to 16 years</p>
<p><a href="#">Adolescent Self-esteem Workshop Tickets, Wed 28 Sep 2022 at 18:00   Eventbrite</a></p>	<p>Adolescent Self-Esteem</p>
<p><a href="#">Supporting Your Child's Self-esteem Tickets, Thu 29 Sep 2022 at 10:00   Eventbrite</a></p>	<p>Self Esteem</p>

Online Education Programme for parents/carers of secondary aged young people who are attending CAMHS Clinic/Step2. 6-week course, online Wednesdays 7:30pm to 9pm 28 September to 9 November (break for half term 27 Oct). Book: nhdspl@wilshere.herts.sch.uk	Secondary Accessing CAMHS/Step2 Support for parents
<a href="#">Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – (HPFT or Step 2)</a> – delivered by Carers in Herts- parents need to book on but its free  <a href="#">CAMHS Online Support Group (carersinherts.org.uk)</a>	Support Groups
<a href="#">UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire Family Support Meeting - Up On Downs</a>	Down Syndrome – Family Support Meeting
Local Offer This short video (less than a minute) is designed to give an understanding of what the Local Offer website is, and what kind of information and resources they can find on there. You can see the video on Youtube here: <a href="https://youtu.be/hmcGbFqmsl8">https://youtu.be/hmcGbFqmsl8</a>	Local Offer
Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin young People's Centre. Ages 13-17 Wednesdays, 6:30pm to 8:30pm / Term Time Only / Bookings always needed - FREE Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD sfyp.northherts@hertfordshire.gov.uk / 01438 843340 or text: 07860 065 178 <a href="#">Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin Young People's Centre   The Services for Young People North H...</a>   <a href="#">Services for Young People Listings</a>	Young People with Learning Disabilities
First Thursday of each month – booking via Eventbrite <a href="#">Herts Family Centre Service - North Herts District Events   Eventbrite</a>  <a href="#">School nurses in Hertfordshire (hertsfamilycentres.org)</a>	Family Centre SEND Drop-In School Nurses
Herts Disability Sports Foundation is proud to promote the development of disability sport in Hertfordshire. We provide a wide variety of sports activities for people with a disability and pride ourselves on being able to adapt activities to suit the needs of the participants. We work with Individuals, groups, schools and businesses. See website to find activities.	Disability Sports
Young Minds – young people's mental health <a href="#">Parents' Guide to CAMHS   Guide for Parents   YoungMinds</a>	Young People's Mental Health
<a href="#">If your child is too anxious to go to school (hertfordshire.gov.uk)</a> School Avoidance/Anxiety - Webinar and Resources: <a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a>	Too anxious to go to school
<a href="#">Togetherall</a> clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register	Peer support 16+
Just Talk Herts <a href="#">Just Talk (justtalkherts.org)</a> <a href="#">Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)</a>	Resources

<p>Join Dates Spring 2023</p>	<p><a href="#">NHS England » What to do if you're a young person and it's all getting too much</a>  <a href="#">NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health</a>  <a href="#">Home :: Hertfordshire and West Essex Healthier Together (hwehealthiertogether.nhs.uk)</a>  <a href="#">Services for Mental health and wellbeing (hertfordshire.gov.uk)</a>  <a href="#">Skills for Carers - First Steps ED</a></p> <p><a href="#">Contact a SEND service (hertfordshire.gov.uk)</a>  <a href="#">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a>  <a href="#">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a>  <a href="#">Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a>  <a href="#">Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a>  <a href="#">Preparing for adulthood (hertfordshire.gov.uk)</a>  <a href="#">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a>  <a href="#">Caring for your health into adulthood (hertfordshire.gov.uk)</a>  <a href="#">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a>  <a href="#">SEND documents and resources (hertfordshire.gov.uk)</a>  <a href="#">The Dyslexia-SpLD Trust - Parents</a></p> <p>All ages, borrow sensory, educational practical          If you live in Hertfordshire and your child has additional needs, SPACE operate <a href="#">Hertfordshire's only specialist equipment ending library</a>. Visit them to: borrow sensory, educational and practical resources for free          get some friendly advice and help on equipment for your child's specific needs          find a listening ear for emotional and practical support          benefit from signposting: knowledge and understanding of local resources, as well as community and statutory services          Stay for a drink and a chat with the SPACE team and other parents /carers. Children are welcome! Mondays, Wednesdays and Saturdays 9.30am - 12.30pm - Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE For more information or queries please follow our <a href="#">Lending SPACE Facebook page</a> or email <a href="mailto:lendingospace@spaceherts.org.uk">lendingospace@spaceherts.org.uk</a>.</p>	<p>Support</p> <p>Body Image</p> <p>SEND Support</p> <p>Lending Library</p>	<p><u>our</u> for Term</p>
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