

"It is easy to forget now, how effervescent and free we all felt that summer." - Anna Godbersen, Bright Young Things

Open Day

Yesterday, the school was open for parents to visit their children's classrooms and to see the children engaging in learning activities which reflect our diverse and creative curriculum. Thank you to those who were able to attend, either, in the afternoon or the evening.

In the evening session, Mr Cano shared a few key notes before introducing the parents to the teachers for September. If you were unable hear it in person, here are the class allocations for the next academic year.

EYFS: Mrs Cooper

Year 1: Mrs Barhey

Year 2: Mrs Powers

Year 3: Mrs Nichol

Year 4: Mr Chan

Year 5: Mr Brazier

Year 6: Mrs Lancaster

This morning (Thursday) the children had the opportunity to spend some time with their new teachers and teaching assistants in preparation for September.

Annual Reports to be sent home on 18th July

On Monday 18th July, parents will be sent, via School Comms, their child's report for the year, as completed by their class teacher.

Year 6 Leavers Assembly

On Wednesday 20th July, at 2.15pm, there will be some mixed emotions at the Year 6 Leavers' assembly. At this special occasion, Oak Class pupils will say their goodbyes to the school and the Year 6 Pupil of the Year will be announced. Parents of pupils from that class are most welcome to join us for this event.

You said, we did

Following the Easter parent survey, school leaders have been meeting to agree how best we can respond to the suggestions parents have made for school improvement. The '**you said, we did**' section has been a regular feature of the newsletters this term. **You said, we did** is also the title of a new display board which has been created in the entrance lobby of the school. Why not check it out next time you are passing? It details what the school is putting in place to improve what we currently provide for pupils and parents plus the return to some post-Covid ways of working.

You said: More information needed on what the school does to support mental health and wellbeing.

We did: In this newsletter we will be sharing with parents all about our approaches to supporting mental health and wellbeing.

What we do for Mental Health -for the newsletter

At Purwell School we follow an excellent PSHE scheme, which is continuously updated with the latest topical issues linked to health and wellbeing. The scheme is called 1Decision and it covers topics such as dealing with anxiety and stress.

Alongside this scheme, we follow the principles from the *Zones of Regulation*, which is a pathway to help children better understand their emotions and identify ways they can control them. We teach children the difference between natural feelings and mental health issues. We recognise the importance of differentiating between the two.

As part the wider curriculum we teach children the principles of mindfulness, figure of 8 breathing exercises, growth mindsets.

In assemblies, we teach the meaning of *equity* (one of the new school's values) and help children understand things such as anxiety and ADHD. In class, we positively reward children and celebrate their varied achievements, ensuring that all children have something to offer, and they are all valued. For more targeted mental health support we have a dedicated LSA, Mrs Walker, who supports some of our most needy children, in 1:1 sessions, in the afternoons and we have a break-out room that some of our children use which we call the nurture room.

For more information about how mental health and well-being fits into the curriculum please follow the links below.

[Parent / Carer Zone | 1decision](#)

[THE ZONES OF REGULATION: A SOCIAL EMOTIONAL LEARNING PATHWAY TO REGULATION - Welcome](#)

For more information about how you can explore improved mental health for yourself, and your family please click on the link below. For more information on the ones of regulation please click on the link: [Explore mental health](#). At the end of every newsletter we provide contact details local agencies and workshops to support mental health. Why not check them out?

Dealing with bullying update

This week, we have had one bullying disclosure from a parent of a child in lower juniors. The parent had approached the school office and told them of an issue that had occurred in the lunch hall the previous day involving a small group of older pupils and their child. The parent called it bullying. The parent was particularly worried as their child had come home from school that day with a half-eaten box of packed lunch food and had asked the child what had happened. The allegation was that the older children had told the child to leave the table and moments later another group had laughed at them.

In response, Mr Cano spoke to all the children involved and the child's parent. It transpired that the child had been eating at a table at lunchtime and had been joined by three children from an older year group, who sat opposite them. On swinging his legs, the child accidentally kicked one of the older children under the table, who, in response, asked him to leave the table. The child packed away their unfinished lunch and left the dining hall. On their way out, they passed two children not associated with incident and claimed to have who had no knowledge of the incident as they were already engaged in conversation and laughing together. These two children do not remember the child passing them.

The parent acknowledged that these were the likely sequence of events, and their child was especially sensitive and was likely to have associated the children's laughing with what had occurred moments before to them at the table. To support the child for future occasions, should they ever arise, they have been reminded of the importance of informing supervising adults at the time things occur and reassured them that they will be listened to and not ignored.

As the sequence of events with the child began with them accidentally kicking one of the older pupils, they may have been reluctant to do so, for fear of getting in trouble. They were reminded that accidents happen all the time and they would not have been in trouble for it.

As this was an isolated incident, it cannot be considered as bullying. The school's definition of bullying is meeting ALL the following three criteria.

Being unkind

On purpose

Over and Over.

An appeal to parents who use social media

Part of our duty of care is to provide parents with school related information and definitions of matters that relate to our policies and procedures. What we consider to be bullying, and what is not bullying, is very much part of this shared understanding. So, we would like parents to be very careful, and absolutely certain, when they use the word bullying, particularly when they feel they must discuss their concerns on

social media before, or instead of, approaching the school with their worries. The word bullying is a loaded and emotive word and must only ever be used accurately and with all the facts known. It is natural to feel upset if your child has a problem at school with other children, however, in these situations it is imperative (and fair) that parents contact the school in the first instance and allow time for an investigation to be carried out before sharing on social media.

Sports Day Success

A huge thank you to all the relatives who joined us for Sports Day, on the last Friday of June. It was a hugely enjoyable day for all involved, helped by mild, if a little windy, weather conditions. All the pupils participated keenly in the events, earning points for their teams in the process. Our Green team retained the trophy that it won last year, by a very narrow margin, from last year's winners the Blue team.

Purwell Rocks - Saturday 16th July 12-9pm

Leaflets have been widely circulated and tickets can be booked online to PSA account, cash to the office, or from [Eventbrite.co.uk](https://www.eventbrite.co.uk). Just type in Purwell Rocks. Buy your tickets now, as it's 'more on the door'. Volunteers are needed to help at the event, so please sign up to the doodle poll or let Amanda or Kay know. Volunteers are needed for the night before, the day of the event and the day after; and anyone who is good at cooking barbecue items is also much needed! Donations for the cake stall and toys we can sell on for donations are requested and should be brought in on Friday 15th July please.

Music line up for the day includes Steel Pans, bands, duos, R&B and pop soloists, dancers and DJs! Our famous BBQ, vegan falafels from Mr Burke, Thai curry from Aaron & Torrans mum, Indian curry from Shriya's mum, veggie chilli from Sidney's mum and Jamaican food from Howard & Crystals dad's cousin!

Our gratitude to our parent volunteers

I want to offer a well-deserved shout-out to the school community bodies who have volunteered their time this year in supporting the school. Both, the Governing Body, and PSA work incredibly hard throughout the year and make a huge difference to the life at school. Unfortunately, much of that work often goes unnoticed and unappreciated, but the work they do brings huge benefits to the school. THANK YOU!

If you are considering joining the Governing Body or want to be more involved in the parents' association, then please contact the school office for more information.

Road Closure

There will be Micro Surfacing Works in Wilshire Crescent on 21st July to Sunday 24th July and 26th August to 31st August. The notice has been schoolcommed out to all for more information.

Dates for Summer Term 2022

Thursday 14 th July	-	Meet my next teacher morning
Saturday 16 th July	-	Purwell Rocks Festival
Monday 18 th July	-	Annual reports go out to parents
Wednesday 20 th July	-	Year 6 Leavers assembly, 2:15pm
Thursday 21 st July	-	Mountfitchet Castle visit
Friday 22 nd July	-	Last day of term - Finish at 2pm



Have a glorious summer break and we look forward to welcoming the children back on Thursday 1st September.

Academic Dates for 2022/2023

Autumn Term 2022

Thu 1 st September	Children return to school
Fri 23 rd September	School closed for Inset Day
Mon 24 th Oct-Fri 28th	Oct Half term
Mon 31 st October	School closed for Inset Day
Fri 2 nd December	School closed for Occasional Day
Wed 21 st December	Last day of term - Finish at 2pm

Parents and Family Support

NEW EVENTS:

- **NEW** [Children's Pottery Painting Tickets, Thu 4 Aug 2022 at 10:00 | Eventbrite](#)
- **NEW** [Children's Sandcastle Art Session Tickets, Fri 5 Aug 2022 at 17:00 | Eventbrite](#)
- **NEW** [SPACE to Drive Tickets, Sat 6 Aug 2022 at 11:30 | Eventbrite](#)
- **NEW** [Teen/Adult Waterfall Art Session Tickets, Fri 19 Aug 2022 at 19:00 | Eventbrite](#)
- **NEW** [Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online \(6 weeks\)](#)
- **NEW** [Getting on with your Pre Teen/Teenager \(6 weeks\) – Online \(6 weeks\)](#)
- **NEW** [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 28 Jul 2022 at 18:00 | Eventbrite](#)
- **NEW** [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 4 Aug 2022 at 10:00 | Eventbrite](#)
- **NEW** [Supporting Adolescents with Sleep Difficulties Tickets, Tue 9 Aug 2022 at 12:00 | Eventbrite](#)

NESSie & Local Schools Partnerships (Family Support Workers)

REMINDER: Parent Workshop - Support for School Anxiety

Does your child sometimes feel very anxious about going to school and have periods absent from school because of this? This informal online workshop will help you gain an understanding of why this has developed, give you strategies for early intervention, and offer an opportunity to share experiences and ideas.

Monday, 18 July 10am to 11:30am (online - booking essential), follow up sessions in August 2022.

[Nessie Public Booking Platform \(procfu.com\)](#)

WORKSHOPS & NETWORKING

REMINDER PARENT/CARER WELLBEING EVENT

Providing a FREE opportunity for parents/carers of autistic people to explore their own wellbeing.

There will be stalls, Mind, mental health services, PHower- advocacy, health hub, Watford FC and more as well as tasters in Mindfulness, dance, drumming and acupuncture! FREE refreshments and CAKE! Parking available on site.

8 July 2022, 1pm to 4pm Welwyn Civic Centre

To register: contact@carersinherts.org.uk / 01992 586969

Angels Support Group

[Home - Angels Support Group](#)

REMINDER [Microsoft Word - Angels Summer2022 programme \(angelssupportgroup.org.uk\)](#)

Titles include: (Virtual and Face to Face)

- 12 July - Techsafe Workshop - finding your tribe online (VIRTUAL) 10am to 12pm
- 14 July - Parent/Carer Support Group (FACE TO FACE - Stevenage) 10am to 12pm & (VIRTUAL) 7:30PM TO 8:30PM
- 19 July - Parent Carer Support Group (VIRTUAL) 10am to 12pm
- 21 July - Knowing your rights (FACE TO FACE - Stevenage 10am to 12pm)

NESSie and Angels Support Group

Supporting Children with Additional Needs. Funded by HCC, provided by NESSie and Angels Support Group.

- Supporting Children with ASC/ADHD: **Emotionally Based School Avoidance** [Nessie Public Booking Platform \(procfu.com\)](#)
- Supporting Children and Young People in the LGBTQ+ Community for Parents/Carers [Nessie Public Booking Platform \(procfu.com\)](#)

ADD-vance

Funded training workshops for parents and carers of children and young people with ADHD/ASC - [ADD-vance](#)

[ADD-vance Events | Eventbrite](#) SUPPORT GROUP INFORMATION: [ADD-vance](#)

- [ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 12 Jul 2022 at 13:00 | Eventbrite](#)

Space Hertfordshire

SPACE Hertfordshire runs many free online workshops for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

<https://spaceherts.org.uk/events/>

- [Starting SPACE Tickets, Fri 8 Jul 2022 at 10:00 | Eventbrite](#)
- [Online Cookery Session Tickets, Mon 11 Jul 2022 at 17:30 | Eventbrite](#)
- [Autism and Complex Needs Workshop Tickets, Thu 14 Jul 2022 at 10:00 | Eventbrite](#)
- [Teen/Adult Summer Sunset Art Session Tickets, Fri 15 Jul 2022 at 19:00 | Eventbrite](#)
- [Online Cookery Session Tickets, Mon 1 Aug 2022 at 17:30 | Eventbrite](#)
- **NEW** [Children's Pottery Painting Tickets, Thu 4 Aug 2022 at 10:00 | Eventbrite](#)
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Supporting Links:

[Supporting Links Home](#) Alongside our usual Parenting Courses, Supporting Links are pleased to be offering the following workshops. These are open to parents and carers of children with ASD and/or ADHD across Hertfordshire, funded by the Local Authority.

- [Talking ASD and ADHD: Responding to Anger. For parents/carers in Herts \(512\) Registration, Wed 13 Jul 2022 at 09:30 | Eventbrite](#)

We accept referrals or parents can self-refer and book places via Eventbrite. [Supporting Links Events | Eventbrite](#)

Family Lives

[Parenting and Family Support - Family Lives \(Parentline Plus\) | Family Lives](#)

NEW - AUTUMN TERM

Family Lives are delivering 5 Online parenting groups, funded by Herts County Council, in the Autumn term for targeted parents/carers. [email for flyers or see website]

NEW [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

NEW 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.

Parents can email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.

Families in Focus

[Current parent courses – Families in Focus](#)

[Autism, ADHD & neurodevelopmental conditions/needs courses Spring 2022 / Parent Networks / Handling anger in child with Autism/ADHD]

Funding from Early Help, Hertfordshire Children's Services. All our courses are evidence based and have a continue to deliver effective, evidence based support to parents caring for neurotypical and neurodiverse children across Hertfordshire. Our SEND courses are accessible for parents who's children may already have a diagnosis and for the may who are on assessment pathways across Hertfordshire Health Services. Parent can access these free session by joining Families in Focus private Facebook page: <https://www.facebook.com/groups/184975381651870/>

[Parent Network – Families in Focus](#)

Email: bookings@familiesinfocus.co.uk

Transition planning during the holidays for back to school 11 July 10am to 12pm

Support and planning for getting out and about in the summer holidays (under 11s) 13 July 9:30am to 11:30am

Guide to Hertfordshire SEN support services 14 July 10am to 12pm

Surviving the summer holidays with children with SEND 14 July 7pm to 9pm

Wills and Trusts with Richard Horwood, Longmores Solicitors 19 July 7pm to 9pm

Let's pop the kettle on - SEND chat, giggles and a cuppa 20 July 9:30am to 11:30am

Families Feeling Safe

Supporting families with **Protective Behaviours**

[Families Feeling Safe • Families Feeling Safe](#)

HCT Children's Wellbeing Practitioners

[Children's Wellbeing Practitioners Service | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](https://hct.nhs.uk)

Includes supporting self-esteem, ability to self regulate, sleep and many more.

[HCT Children's Wellbeing Practitioners Events | Eventbrite](#)

- [Supporting Your Child With Sleep Difficulties Tickets, Tue 12 Jul 2022 at 10:00 | Eventbrite](#)
- [Supporting Adolescents with Sleep Difficulties Tickets, Tue 12 Jul 2022 at 18:00 | Eventbrite](#)
- [Supporting your child's emotional wellbeing and ability to self-regulate Tickets, Wed 13 Jul 2022 at 18:00 | Eventbrite](#)
- [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 14 Jul 2022 at 10:00 | Eventbrite](#)
- [Adolescent Self-esteem Workshop Tickets, Wed 27 Jul 2022 at 11:00 | Eventbrite](#)
- [Supporting Your Child's Self-esteem Tickets, Thu 28 Jul 2022 at 10:00 | Eventbrite](#)
- **NEW** [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 28 Jul 2022 at 18:00 | Eventbrite](#)
- **NEW** [School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 4 Aug 2022 at 10:00 | Eventbrite](#)
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Up on Downs

[UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire](#)

We will be running our usual family support meetings at the Hitchin Youth Trust, Walsworth Road, Hitchin, SG4 9SP between 2-4pm on Saturday July 9th and August 13th.

- Sat 9 July Family Support Meeting Hitchin Youth Trust, 111 Walsworth Road SG4 9SP 2.00-4.00pm
- Sun 17 July Waterways Experiences Canal Boat Trip Nash Mills Recreation Centre, Hemel Hempstead HP3 9TE 10.45am-3.00pm
- Sat 30 July Standalone Farm Visit Wilbury Way, Letchworth Garden City, SG6 4JN 10.30am
- Sat 13 Aug Family Support Meeting Hitchin Youth Trust, 111 Walsworth Road SG4 9SP 2.00-4.00pm
- Mondays Teen Fitness Group Via Zoom at 5.00pm
- Thursdays Teen Zoomers Our Teen Social Communication Group meeting via Zoom at 6.30pm
- Saturdays Speech Development Groups Meeting Saturday mornings at Hitchin and London Colney

Family Centre SEND Drop-In

[North Herts Spring 2022 timetable \(hertsfamilycentres.org\)](https://hertsfamilycentres.org)

First Thursday of each month – booking via Eventbrite [Herts Family Centre Service - North Herts District Events | Eventbrite](#)

[School nurses in Hertfordshire \(hertsfamilycentres.org\)](https://hertsfamilycentres.org)

Carers In Hertfordshire

CAMHS Online Support Group - Talking to your Teenager [suitable if child is accessing CAMHS service]

Learn to communicate more effectively with your teenager, gain a better understanding of the teen brain.

5 July 7pm to 9pm

Bookings: [CAMHS Online Support Group - Talking to your Teenager \(carersinherts.org.uk\)](https://carersinherts.org.uk)

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

Mental Health Support

[If your child is too anxious to go to school \(hertfordshire.gov.uk\)](https://hertfordshire.gov.uk)

School Avoidance/Anxiety - Webinar and Resources: [Children's Wellbeing Practitioners Service | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)

Parents' Guide to CAMHS: [Parents' Guide to CAMHS | Guide for Parents | YoungMinds](#)

Just Talk Herts

[Just Talk \(justtalkherts.org\)](https://justtalkherts.org)

[Emotional wellbeing information and resources to help young people in Hertfordshire \(justtalkherts.org\)](https://justtalkherts.org)

[School nurses in Hertfordshire \(hertsfamilycentres.org\)](https://hertsfamilycentres.org)

[NHS England » What to do if you're a young person and it's all getting too much](#)

[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](#)

[Home :: Hertfordshire and West Essex Healthier Together \(hwehealthiertogether.nhs.uk\)](#)

[Services for Mental health and wellbeing \(hertfordshire.gov.uk\)](#)

[Just Talk \(justtalkherts.org\)](#) Links, Resources, Information for Mental Health and wellbeing.
[SEND documents and resources \(hertfordshire.gov.uk\)](#)

Young People

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 [Ambitious staff](#) 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 [request to join the youth network](#).

[Join the Ambitious Youth Network \(ambitiousaboutautism.org.uk\)](#)

[Guest Blog SFYP - Moving on from school \(hertfordshire.gov.uk\)](#)

[Exam and Revision Stress \(justtalkherts.org\)](#)

[Services for Young People](#)

[Invasion of Ukraine - wellbeing resources for parents - BBC Bitesize Parents' Toolkit - BBC Bitesize](#)

SEND Support

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:

<https://youtu.be/hmcGbFqmsl8>

- [Deaf and Hearing Support Service \(hertfordshire.gov.uk\)](#)
- [SEND documents and resources \(hertfordshire.gov.uk\)](#)
- [The Dyslexia-SpLD Trust - Parents](#)

Herts Parent Carer Involvement

[Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](https://hertsparentcarers.org.uk)
[Webinars | Herts Parent Carer Involvement \(hertsparentcarers.org.uk\)](#)

ISL Advice Line

[ISL SEND Advice for Parents/Carers \(hertfordshirefamiliesfirst.org.uk\)](https://hertfordshirefamiliesfirst.org.uk)

[SEND news - 31 May 2022 \(hertfordshire.gov.uk\)](https://hertfordshire.gov.uk) - links to ReachOut, SEND and Local Offer Updates

SPACE Lending Library

All ages, borrow sensory, educational practical

If you live in Hertfordshire and your child has additional needs, SPACE operate [Hertfordshire's only specialist equipment lending library](#). 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 [Lending SPACE Facebook page](#) or email lendingspace@spaceherts.org.uk.

[The Hertfordshire Local Offer](#)

Ukrainian Support

[Invasion of Ukraine - wellbeing resources for parents - BBC Bitesize Parents' Toolkit - BBC Bitesize](#)