**Re. YC Hertfordshire support for young people in Broxbourne, East Herts & Welwyn Hatfield: Summer 2020 delivery**

I wanted to update you about the YC Hertfordshire projects and services taking place over the school summer holiday period where young people will have the opportunity to access support and take part in projects with their peers.

Our teams of youth workers and personal advisers will continue to support young people using online platforms and phone support, providing advice and guidance on a range of topics, including emotional wellbeing and managing anxiety, bullying, sexual health, managing finances and budgeting, independent living, exploring career options, applying for college and apprenticeships, and helping GCSE and A‘ Level students navigate through these uncertain times.

**Positive Alternatives+**

Positive Alternatives is a project for young people aged 11-17 incorporating practical sport or art sessions with interactive workshops which explore personal safety, understanding exploitation, gang culture and crime. Each session includes 2 hours of sports / arts activities delivered by specialist staff. On completion of the programme young people will receive a certificate of participation and a £30 Amazon voucher.

All programmes include ten dynamic and interactive workshop sessions delivered by qualified and experienced youth workers which focus on:

* identity and belonging
* gang culture
* stereotypes and gender
* violence
* responsibilities
* county lines
* knife crime and reducing use of weapons

We will be delivering two Positive Alternative projects this summer in each of the three borough/districts, and all sessions will be fully risk assessed to ensure they follow the latest guidance in relation to COViD-19:

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| **Dates** | **Time** | **Venue** |
| **Positive Alternatives+ 1 Broxbourne**Monday 3rd August – Friday 7th AugustAnd Monday 10th August – Friday 14th August | 1.30-4.30pm daily | Waltham Cross Young People’s Centre |
| **Positive Alternatives+ 2 Broxbourne**Monday 10th August – Friday 14th AugustAnd Monday 17th August – Friday 21st August | 3-6pm daily | Waltham Cross Young People’s Centre |
| **Positive Alternatives+ 1 East Herts**Monday 20th, Thursday 23rd, Monday 27th, Thursday 30thJuly, Monday 3rd, Thursday 6th, Monday 10th, Thursday 13th, Monday 17th, and Thursday 20th August | 5.30-8.30pm Mondays and Thursdays | The Bullfields Centre, Sawbridgeworth |
| **Positive Alternatives+ 2 East Herts**Monday 27th July – Friday 31st JulyandMonday 3rd August – Friday 7th August | 4-7pm daily | Ware Young People’s Centre |
| **Positive Alternatives+ 1 Welwyn Hatfield**Monday 27th – Friday 31st Julyand Monday 3rd – Friday 7th August | 1-4pm daily | Hatfield Young People’s Centre at Breaks Manor Youth Centre |
| **Positive Alternatives+ 2 Welwyn Hatfield**Monday 10th – Friday 14th Augustand Monday 17th – Friday 21st August | 3-6pm daily | Hatfield Young People’s Centre at Breaks Manor Youth Centre |

**Comments from young people who have taken part and their parents:**

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| *“It was really good and built up my confidence.”* | *“It’s enjoyable and educational.”* |
| *“It teaches you about the consequences of carrying a knife or being member of a gang so you can understand why it’s bad.”**“It’s opened my eyes a bit. I had no idea what county lines was until now.”* | *“I used to look at people who like carried knives, carried guns as kind of like bad people who chose that lifestyle and now, I realise they don’t always get that choice. They are just vulnerable kids who have got involved in something they shouldn’t have.”* |
| *“Positive Alternatives helps young people understand why carrying knives is wrong and not safe… helps young people understand how to stay out of trouble.”* | *“He’s really starting to think about decisions he has made in the past and now regrets them.”* |
| *“We’ve seen a big difference in our son at home, he is more understanding about the impact of his behaviour.”* | *“I’m so grateful that my son has had the opportunity to do this programme. It’s been fantastic!”* |

**Want to get involved?**

If you are a young person who wants to get involved then please email us at ych.broxbourne@hertfordshire.gov.uk or call us on 01992 588220 and mention Positive Alternatives.

**How to refer a young person to Positive Alternatives+**

If you are a parent/carer or a professional who works with young people, you can [refer a young person](https://www.ychertfordshire.org/about-yc-hertfordshire/make-a-referral/) to this programme, particularly if they are:

* not in employment, education or training
* persistently absent and/or excluded from school or an Educational Support Centre
* Vulnerable to exploitation
* experiencing poor mental health

On receipt of your referral we will be in touch with the young person and their parent/carer to arrange an initial meeting and support them onto the programme.

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**Online Projects**

Several YC Hertfordshire Online Projects will be running over the school summer holiday and will resume fully in September. Please visit our website to [refer a young person](https://www.ychertfordshire.org/about-yc-hertfordshire/make-a-referral/). As well as individual 1-1 support, we will be delivering several online group projects via virtual sessions on Microsoft Teams for young people in Broxbourne, Welwyn Hatfield and East Herts including:

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| **LGBT+ Project Broxbourne***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 LGBTQ young people on projects which challenge discrimination and inequality. For ages 13-17.* | Tuesday 20th and 27th July, and Tuesday 4th August6-7pm |
| **Broxbourne Focus Project for Young People with Learning Disabilities***A project 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**Tuesday 27th July and Tuesday 4th, 11th and 18th August 6.30-7.30pm**Ages 18-24**Wednesday 22nd and 29th July, 5th, 12th and 19th August 7.30-8.30pm |
| **LGBT+ Project East Herts***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 LGBTQ young people on projects which challenge discrimination and inequality. For ages 13-17.* | Thursday 23rd and 30th July, Thursday 6th, 13th, 20th and 27th August6-7pm  |
| **Autism Project Welwyn Hatfield***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.* | Monday 20th and 27th July, Monday 3rd, 10th and 17th August 6-7pm |   |
| **LGBT+ Project Welwyn Hatfield***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 LGBTQ young people on projects which challenge discrimination and inequality. For ages 13-17.* | Monday 20th and 27th July, Monday 3rd, 10th, 17th and 24th August 7-8pm |   |
| **Emotional Wellbeing Project Welwyn Hatfield***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 YC Hertfordshire youth workers and designed to help boost self-esteem, confidence and sense of wellbeing.* *For ages 13-17.* | Tuesday 21st and 28th July, Tuesday 5th, 12th, 19th and 26th August 4-5pm |   |
| **Welwyn Hatfield LD 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 13-17.* | Thursday 23rd and 30th July, Thursday 6th, 13th, 20th and 27th August 6-7pm |   |
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**Outdoor projects for young people in East Herts**

A 4-week programme of Outdoor Projects are taking place across East Herts parks starting the week commencing Monday 27th July 2020 thanks to funding from local partners. Young people will have the opportunity to take part in a range of sports activities including rounders, football, panna ball, cricket and tennis:

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| **Location** | **Day** | **Time** |
| Sworder’s Field Bishop’s Stortford | Tuesday 28th July, 4th, 11th, and 18th August | 3-5pm |
| Hartham Common, Hertford | Wednesday 29th July, 5th, 12th and 19th August | 3-5pm |
| Buryfields, Ware | Thursday 30th July, 6th, 13th and 20th August | 3-5pm |
| Norfolk Road Playing Fields, Buntingford | Friday 31st July, 7th, 14th and 21st August | 3-5pm |

**YC Hertfordshire Detached Work in Broxbourne, Welwyn Hatfield & East Herts**

Our detached youth work projects are an opportunity to engage with young people in their community at parks, housing estates and other areas where young people meet. Our qualified and experienced workers ensure that young people have access to valuable support services including support with education, training and employment, emotional and physical health, relationships, social isolation as well as helping to prevent young people’s engagement in ASB and become vulnerable to exploitation. We are currently delivering detached work in the locations below and will continue to do so over the summer:

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| **Broxbourne Borough Locations** | **Day** | **Time** |
| Grundy Park & Pond, Cheshunt | Monday 20th and 27th July, Monday 3rd, 10th and 17th August | 3.30-5.30pm |
| Hoddesdon – Barclay Park, Pound Close, town centre, north Hoddesdon | Thursday 23rd and 30th July, Thursday 6th, 20th and 27th August | 4-6pm |
| Goffs Lane & Cheshunt Park | Friday 24th and 31st July, Friday 7th, 14th, 21st and 28th August | 1.30-3.30pm |
| **East Herts District Locations**  | **Day**  | **Time**  |
| Ware – Priory Park, Buryfields Park, town centre and King George area   | Monday 20th July  | 6-8pm  |
| Bishop’s Stortford – Sworder's Field, town centre and Thorley   | Wednesday 22nd July and Wednesday 26th August   | 3-5pm   |
| Buntingford – Norfolk Road Playing Fields | Friday 31st July, Friday 7th, 14th, 21st and 28th August | 3-5pm |
| **Welwyn Hatfield Borough Locations** | **Day** | **Time** |
| Welwyn Garden City (Woodhall) | Friday 24th July, Friday 7th, 14th and 21st August | 2-4pm |
| Welwyn Garden City Town Centre and Stanborough Park | Friday 24th July, Friday 7th, 14th and 21st AugustandFriday 31st July | 4.30-6.30pm5-7pm |
| Hatfield – town centre and Galleria areas | Friday 31st July, Friday 7th and Friday 28th August | 5-7pm |

*Please note times & locations are subject to change*

**Supporting GCSE & A’ Level Students**

Please remember as young people receive their results this year, support is available from YC Hertfordshire’s team of Personal Advisers. Getting their results marks the start of a new chapter in their lives**.** Whether their results are better or worse than they expected it’s not too late for them to rethink their plans to make the most of the opportunities available to them. YC Hertfordshire Personal Advisers are available to offer information, advice and guidance on going to college or sixth form, finding a job or apprenticeship or undertaking some training.

**How to contact us for exam results advice**

Young people can text ‘RESULTS’ to **07860 065173** with their name, date of birth and details of their school or college. One of our Personal Adviser will then be in touch as soon as possible. Alternatively, please call us on **01992 588220** or email your local YC Hertfordshire team:

ych.broxbourne@hertfordshire.gov.uk

ych.eastherts@hertfordshire.gov.uk

ych.welwynhatfield@hertfordshire.gov.uk

**Free support text service for young people**

Young people aged 13-19 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.

**Questions? Contact us for more information**

YC Hertfordshire Broxbourne, Welwyn Hatfield & East Herts team

Tel. 01992 588220

**Useful Information to distribute to young people**

Attached is a pdf we have produced for young people which includes:

* Tips for looking after emotional wellbeing and physical health
* Tips for keeping safe online
* How they can start planning for their futures and access YC Hertfordshire services to support them with this

I would be grateful if you could distribute this information to your young people, colleagues and also parents who might find it useful.