

## Mondays

### Woodhall Project

Ludwick Family Centre,  
Hall Grove,  
Welwyn Garden City, AL7 4PH  
Monday 4-6pm  
*For young people aged 11-17*

### SING Autism Project

WGC Young People's Centre,  
Welwyn Garden City, AL8 6AH  
Monday 5.30-7.30 pm  
*For young people with Autism  
aged 13-17*

### Serenity LGBT+ Project

Call or email for details  
Monday 6-8pm  
*For young people aged 13-17*

### Healthy Lifestyles Project

Ridgeway Academy Sports  
Complex, Welwyn Garden City,  
AL7 2AF  
Monday 3-5pm  
*For young people aged 11-17*

## Tuesdays

### Emotional Wellbeing Project

Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield, AL10 8TP  
Tuesday 3.15-5.15pm  
*For young people aged 11-17*

### Girls' and Young Women's Project

Focolare Centre, 69 Parkway,  
Welwyn Garden City, AL8 6JG  
Tuesday 6-8pm  
*For girls and young women  
aged 11-17*

### Stand Up Project

Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield, AL10 8TP  
Tuesday 6-8pm  
*For BAME young people  
aged 11-17*

## Wednesdays

### Raising Aspirations

WGC Young People's Centre,  
Welwyn Garden City, AL8 6AH  
Wednesday 2.30-4.30pm  
*For young people aged 14-16 who  
are home educated*

### Emotional Wellbeing and Supporting You Project

WGC Young People's Centre,  
Welwyn Garden City, AL8 6AH  
Wednesday 6-8pm  
*For young people aged 11-17*



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## Thursdays

### Hatfield Street Project

Thursday 3.15-5.15pm  
*For young people aged 11-17*

### Hatfield Thursday Project

Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield, AL10 8TP  
Thursday 3.15-5.15pm  
*For young people aged 11-15*

### LD Project 13-17

Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield, AL10 8TP  
Thursday 6-8pm  
*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*

### Welwyn Hatfield Young People's Forum

Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield, AL10 8TP  
Thursday 5.30-7.30pm  
*For young people aged 11-17*

## Fridays

### Woodhall Street Project

Woodhall, Welwyn Garden City  
Friday 4-6pm  
*For young people aged 11-17*

### Woodhall Friday Night Project

Woodhall Community Centre,  
Mill Green Road, Welwyn  
Garden City, AL7 3XD  
Friday 7-9pm  
*For young people aged 11-17*

### Breaks Manor Friday Project

Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield, AL10 8TP  
Friday 7-9pm  
*For young people aged 11-17*

### Duke of Edinburgh (DofE) Award

Hatfield Young People's Centre,  
Breaks Manor, Link Drive,  
Hatfield AL10 8TP  
Every third Friday  
7pm-8pm (14-17 years)  
8pm-9pm (18-24 years)



Scan to view the latest list of projects



**CALL 01992 588220**  
**TEXT 07860 065173**

**EMAIL**

**sfyp.welwynhatfield@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

## 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.

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



Services for Young People

## 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 & Gonorrhoea
- 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.

**Welwyn Hatfield Access Point Projects take place at Hatfield Young People's Centre and WGC Young People's Centre. For opening times and exact locations, please visit our website.**



**CALL 01992 588220 TEXT 07860 065173**  
**EMAIL [sfyp.welwynhatfield@hertfordshire.gov.uk](mailto:sfyp.welwynhatfield@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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