**YC Hertfordshire is here to support young people in Broxbourne**

**www.ychertfordshire.org**

**tel. 01992 588220**

**Text Support Service for Young People: 07860 065173**

**Email :** yc.Broxbourne@hertfordshire.gov.uk

With face-to-face support work currently suspended following the government’s instruction to remain at home in order to tackle the COVID-19 outbreak, YC Hertfordshire youth workers and personal advisers are working with schools and local councils to ensure young people, still have access to support through our online projects and Individual Contact with a youth worker and/or careers personal adviser as and when they need it.

**How we can support young people**

Young people in Broxbourne can still get information, advice, guidance and support on a range of issues, including emotional wellbeing, bullying, drugs and alcohol misuse, sexual health, managing finances, education and careers planning, including things they can do now to help in finding a job or plan for their future. Young people can speak directly with qualified and experienced YC Hertfordshire Youth Workers and Personal Advisers via phone or email. Young people can either text us with their name and age, **07860 065173,** call us on **01992 588220**, or email us

yc.Broxbourne@hertfordshire.gov.uk to get this support.

**Online youth projects now running**

As well as individual 1-1 support, we are now delivering a range of online group projects via virtual sessions on Microsoft Teams for young people in Broxbourne:

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| **Supporting You Emotional Wellbeing & Resilience Project***A project for young people where low mood, anxiety or stress is interfering with their enjoyment or life and normal activities, but where they do not meet the criteria for a CAMHS referral. Young people learn basic CBT techniques which they can apply to their everyday situations and focus on lifestyle changes to improve emotional wellbeing. For ages 13-17.* | Mondays 7-8pm |
| **LGBT+ Project***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.* | Tuesdays 6.30-7.30pm |
| **Focus 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 13-24.* | **Ages 13-17**Tuesdays 6.30-7.30pm**Ages 18-24**Wednesdays 6.30-7.30pm |
| **Broxbourne Youth Council***A group where young people can have their say about the issues affecting them and make a positive contribution to their local community. For ages 11-17.* | Wednesdays 3-4pm |
| **Healthy Relationships***Young people can join this project to help them make informed and safe choices about appropriate, safe and healthy relationships. This includes looking at current issues affecting young people, how to recognise what is and is not a healthy relationship, how to develop healthy relationships, how to keep safe online and how to report concerns about relationships. For young people aged 13-17.* | Wednesdays 6-7pm |
| **Waltham Cross Thursday Project***Join this project to get involved in discussions about issues that may be affecting your life, such as health and wellbeing, sexual health, relationships, staying safe online, bullying, identity, self-esteem and confidence, education and training or anything else that is bothering you. For young people aged 13-17.* | Thursdays 3.30-3.30pm |
| **Supporting You & Emotional Wellbeing Project***A project for young people where low mood, anxiety or stress is interfering with their enjoyment or life and normal activities, but where they do not meet the criteria for a CAMHS referral. Young people learn basic CBT techniques which they can apply to their everyday situations and focus on lifestyle changes to improve emotional wellbeing. For ages 13-17.* | Thursday 4-5pm |

Further online projects will be offered in coming weeks in response to the referrals we are receiving.

In addition, we have now recommenced the delivery of detached youth work, engaging with young people in the community to ensure they have access to support services including support with education, training and employment, emotional and physical health, relationships, social isolation, involvement in ASB and criminal exploitation.

Young people can enquire about joining an online project, and parents/professionals wishing to refer a young person in Broxbourne can call 01992 588220 to find out more information, or email

yc.East Herts@hertfordshire.gov.uk

**Useful Information for young people**

Attached is a pdf for young people which includes:

* Details of YC Hertfordshire online projects in Broxbourne
* Tips for looking after emotional wellbeing and physical health
* Tips for keeping safe online
* How young people can start planning for their futures and access YC Hertfordshire services to support them with this

A pdf of careers resources is also included that will be particularly relevant for young people aged 14-18.

**Need more support?**

If you are a young person and want support over anything think about who you can talk to. It could be a family member or a friend, but don’t forget our personal advisers and youth workers can lend a listening ear and help you access the support you need.

**YC Hertfordshire Text Service for Young People in Broxbourne**

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.

Alternatively, contact us on **01992 588220 8am-5pm or email us your concern and a youth worker or personal adviser will call you back:** yc.Broxbourne@hertfordshire.gov.uk