

# YC Hertfordshire is here to support young people in East Herts

[www.ychertfordshire.org](http://www.ychertfordshire.org)

tel. 01992 588220

Text Support Service for Young People: 07860 065173

Email : [yc.EastHerts@hertfordshire.gov.uk](mailto:yc.EastHerts@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 East Herts 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.EastHerts@hertfordshire.gov.uk](mailto:yc.EastHerts@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 East Herts:

### **Bishop's Stortford Youth Forum Ware Youth Forum**

*These are groups 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.*

Mondays 6.30-7.30pm  
Mondays 6-7pm

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### **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.*

Tuesdays 6-7pm

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### **Ware Wednesday Project**

*This project gives young people an opportunity to get involved in discussions about issues that may be affecting their lives, 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 worrying them. For ages 13-17.*

Wednesday 4-5pm

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### **Plus One Project for Young Parents and Parents-to-be**

*This project offers support, advice and guidance to young parents and parents-to-be up to the age of 21 in the East Herts district. Members have the opportunity to meet with other young parents and get support with managing the challenges of parenthood, developing parenting skills and exploring future opportunities. For young parents and parents-to-be aged 14-21.*

Thursdays 3-5pm

### **Bishop's Stortford & Sawbridgeworth Project**

Thursdays 6.30-7.30pm

*This project is for young people to get involved in discussions about issues that may be affecting their lives, 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 worrying them. For ages 13-17.*

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### **LGBT+ Project**

Thursdays 6-7pm

*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.*

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### **Bishop's Stortford Friday Project**

Fridays 6.30-7.30pm

*A project where young people can get involved in discussions about issues that may be affecting their lives, 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 worrying them. For ages 13-17.*

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

Young people can enquire about joining an online project, and parents/professionals wishing to refer a young person in East Herts can call 01992 588220 to find out more information, or email [yc.EastHerts@hertfordshire.gov.uk](mailto:yc.EastHerts@hertfordshire.gov.uk)

## **Useful Information for young people**

Attached is a pdf for young people which includes:

- Details of YC Hertfordshire online projects in East Herts
- 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

## **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 East Herts**

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.EastHerts@hertfordshire.gov.uk](mailto:yc.EastHerts@hertfordshire.gov.uk)