

# Supporting Young People in East Herts

## Access Points

Access Points are centres specifically for young people to access 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 under 19 are welcome at any of our Access Points. They are also available for care leavers under the age of 21 and for young people with any type of disability under 24 years old.



## Where's my nearest Access Point?

If you live in East Herts, your nearest Access Point might be **Bishop's Stortford Access Point (CM23 2EU)**. For opening times and exact locations, please scan the QR code above.

## Social Media

Follow us on social media to keep up-to-date with our youth work projects, Access Point opening hours and for tips and advice from our team!

 @sfyp.eastherts

 @EastHertsTeam

## Who are we?

Hertfordshire County Council Services for Young People provide free youth work projects, information, advice, work related learning, careers guidance and wider support for all young people in Hertfordshire.

## 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.

If you're not currently in work, training or education, our team of Employment & Training Advisers can support you with developing your CV, practising for interviews and even writing applications.

Text **CAREERS** to **07860 0022943** to connect with one of our team.

## Contact us

Call **01992 588220** Text **07860 022943**

Email [sfyp.eastherts@hertfordshire.gov.uk](mailto:sfyp.eastherts@hertfordshire.gov.uk)





# Supporting Young People in East Herts

## Consent

Consent means “permission for something to happen or an agreement to do something.” Consent is about being in control and agreeing to something because you choose to and know all of the facts, not because someone has pressured you into it. You have the right to say how you feel and your decision must be respected.

It is the law that both people in a relationship have an equal right to give their consent. Relationships can change over time, so you can change your mind at any point, even if it's written down somewhere, such as on WhatsApp. You don't even have to say no – **unless you say yes and mean it, then it is not giving consent.**

## What to Do

If you're worried about a relationship changing or becoming abusive, you can always talk to one of our Youth Workers. For information, advice, guidance and support – just text **SUPPORT** to **07860 022943**.

You can also call:

- Childline on 0800 1111
- Refuge on 0808 2000 247

If it's an emergency, call 999. If you can't speak, listen to the questions and tap or cough to answer. Press 55 to signal an emergency.

## Spot the warning signs

Abuse in any relationship is when you begin to feel scared or controlled by the person you're with. This can be your partner, friend or family member. It can be confusing as sometimes it feels like a loving relationship, but often only when you behave in a certain way. It can happen to anyone at anytime, so it's important to recognise the signs. Are you:

- Afraid some or most of the time?
- Made fun of, belittled, put down or ridiculed?
- Worried about talking about certain things if your partner is in a bad mood?
- Making excuses or hiding details when talking to other people about your relationship?
- Worried that you're overreacting or imagining things?
- Made to feel guilty or being blamed for someone else's actions?
- Feeling worthless, helpless or like you need to hurt yourself?

## Keeping safe in your relationships

## Types of pressure

- Being made to feel stupid or guilty for saying 'no'.
- Being bullied into having sex (whether you identify as male or female).
- Threats of rumours being spread about you or photos of you being shared without permission.
- Being encouraged to drink alcohol or take drugs to make you 'relax' or more likely to have sex.
- Playing with your emotions, for example saying, 'If you really loved or cared for me, you would let me do this' or "if you don't then we can't be together".

## Contact Us

Call 01992 588220 or text SUPPORT to 07860 022943 to connect with one of our team.



Services for  
Young People



# Supporting Young People in East Herts

## Mondays

**Bishop's Stortford Emotional Wellbeing Supporting You**  
Bishop's Stortford Young People's Centre, 14 Northgate End, Bishop's Stortford, CM23 2EU  
Monday 6pm-8pm  
*For young people aged 13-17*

**Hertford & Ware Young People's Participation Project**  
Ware Young People's Centre, Marsh Lane, Ware, SG12 9QB  
Monday 6pm-8pm  
*For young people aged 13-17 who want to make a difference in their community*

## Tuesdays

**Ware Street Project**  
Tuesday 3.15pm-5.15pm  
*For young people aged 13-17*

**Healthy Relationships Project**  
Ware Young People's Centre, Marsh Lane, Ware, SG12 9QB  
Tuesday 6pm-8pm  
*For young people aged 13-17*

**East Herts Emotional Wellbeing Project**  
Hertford Young People's Centre  
Zoo Café, 11a Ware Road, Hertford, SG13 7DZ  
Tuesday 6pm - 8pm  
*For young people aged 13-17 to learn about ways to reduce stress and anxiety*

## Wednesdays

**Ware Girls and Young Women's Project**  
Ware Young People's Centre, Marsh Lane, Ware, SG12 9QB  
Wednesday 5.30pm-7.30pm  
*For young women aged 13-17*

**Bishop's Stortford Street Project**  
Wednesday 5.30pm-7.30pm  
*For young people aged 13-17*

**Sele Street Project**  
Sele Farm, Hertford  
Wednesday 6pm-8pm  
*For young people aged 13-17*

**Bishop's Stortford Young People's Participation Project**  
Young People's Centre, Northgate End, Bishop's Stortford, CM23 2EU  
Wednesday 7pm-9pm  
*For young people aged 13-17*

## Thursdays

**Young Parents Project**  
Ware Young People's Centre, Marsh Lane, Ware, SG12 9QB  
Thursdays 2-3pm Area online  
Thursday 2-4pm (1 week per month at Centre)  
*For Young Parents and Young Parents to be aged 16-21*

**Bishop's Stortford Positive Alternatives Project**  
Young People's Centre Northgate End, CM23 2EU  
Thursday 3.30pm-5.30pm  
*For young people aged 13-17*

**East Herts LGBT+ Project**  
Call or email  
Thursday 5.30pm-7.30pm  
*For young people age 13 - 17*

**Sawbridgeworth Project**  
The Bullfield Centre, Cutforth Road, Sawbridgeworth, CM21 9EA  
Thursday 7.15pm-9.15pm  
*For young people aged 13-17*

**M&M LD Project**  
Bishop's Stortford Young People's Centre, Northgate End, CM23 2EU  
Thursday 7.30pm-9.30pm  
*For young people aged 13-17 with mild to moderate learning disabilities*

**LGBT+ Online Project**  
Online via Microsoft Teams  
Thursdays 8-9pm  
*For Young People aged 18-24*

## Fridays

**Hertford Street Project**  
Fridays 4-6pm  
*For young people aged 13-17*

**Buntingford Street Project**  
Fridays 4-6-8pm  
*For young people aged 13-17*

**Duke of Edinburgh (DofE) Award**  
Ware Young People's Centre, Marsh Lane, Ware SG12 9QB  
Every third Friday  
4-5pm (14-17 years)  
5-6pm (18-24 years) + 6-7pm online

**Hertford Friday Night Project**  
Hertford Young People's Centre, Zoo Cafe, Pioneer Hall, 11a Ware Road, Hertford SG13 7DZ  
Fridays 7:30-9:30pm  
*For young people aged 13-17*

**Buntingford Project**  
Buntingford Young People's Centre, The Technical Institute, Baldock Road, Buntingford  
Fridays 7-9pm  
*For young people aged 13-17*

**Bishop's Stortford Friday Night Project**  
Bishop's Stortford Young People's Centre, 14 Northgate End, Bishop's Stortford, CM23 2EU  
Fridays 7:30-9:30pm  
*For young people aged 13-17*

Contact Us

CALL 01992 588220 TEXT 07860 022943  
EMAIL [sfyp.eastherts@hertfordshire.gov.uk](mailto:sfyp.eastherts@hertfordshire.gov.uk)

Scan here to go to our latest list of youth work projects!



Services for Young People

Enabling Young People to Succeed

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

# Supporting Young People in East Herts

## Adapting to a changing future

Making decisions about your future is always tough, but with the disruption to learning and exams in 2020 and 2021, it can now feel tougher than ever. It may not always seem like it, but there are more future opportunities available to you than ever before! With so many different routes into work, training, apprenticeships, college and Higher Education, it can be hard to know where to start or how to make a decision. These are some of our tips to get started...

## Getting started

Everyone's career pathway is different, so try not to compare or worry if yours looks different to your friends! Some people may have always known what they want to do after school or college, and others will have lots of different ideas or change their minds and need some guidance.

Think what you're good at and what you enjoy when researching different job roles. Don't forget that you can call us on 0300 123 7538 or visit our website ([www.servicesforyoungpeople.org/careers](http://www.servicesforyoungpeople.org/careers)) to talk to one of our Employment and Training Advisers for free. If you're still feeling confused about your skills, you can take the government's free careers quiz at the National Careers Service website.

## Don't panic!

Even though you may be feeling under pressure to decide on your future now, try to remember that the decisions you make are not final. In 2017, one study revealed that the average person will change job six times during their working life, and 46% of people re-trained for a different career entirely!

## Ask for help

Remember that you're not in this alone! We provide free and impartial advice to help you, no matter what stage you're at with your planning.

To get in touch you can text **CAREERS** to **07860 022943** to speak to one of our careers guidance team, or your school or college may have their own SfYP Personal Adviser who comes in once a week.

You can also make an appointment at any of our **Access Points** to meet with one of the team face-to-face!

## Know yourself

No matter what else is going on, nobody knows you as well as you know yourself. Reflect and consider these three things:

- **Interests** – what do you like doing? This can be at school or a hobby.
- **Skills** – what are you good at? What subjects do you do well in and why?
- **Personality** – think about what environments you do and don't enjoy, and how you can use this information when looking at your options.

## Stay positive

After a year of uncertainty and anxiety, it's sometimes difficult to feel positive or hopeful about the future. It's important to remember that the world of work is always changing and adapting, and that people are very resilient and always find ways to cope with change.

Even if it seems that the future is more uncertain now than it was a year ago, there will be lots of different opportunities that are right for you!

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# Supporting Young People in East Herts

## Making plans for your future?

Even before Covid-19, planning for your future can feel like a real challenge and sometimes your long-term goals can suddenly change. Perhaps you started a college course or apprenticeship and realised that it wasn't for you, or maybe you have completed your school education but struggled to find work because of Covid-19.

Our team of Personal Advisers can support you with researching your options, making decisions and even suggesting new possibilities that you might not have previously considered.

## Not in education, training or employment?

Our **Pathways to Success** programme is designed to support young people who are not in education, work or further training, or those who may become so in the future. Our Personal Advisers will support you on a one-to-one basis to identify your skills and interests, work on your CV, practise your interview skills, and boost your employability.

## What have other young people said about our careers support?

'I always felt that I had help and guidance when I needed it. I had somebody looking out for me and keeping me on track.'

'I really enjoyed our sessions, they really helped me with my confidence and to pick the right college course.'

'The help I got from SfYP has really helped me with bringing up my confidence and get on a programme I liked. Now I feel happier about my future.'

'SfYP inspired me to go to college and helped me get a place and the support I needed.'

## Where you can get support

If you are at school in East Herts most schools have one of our qualified personal advisers attend weekly and they can support you in school. For access to other services and support you can make an appointment at one of our Access Points

## Contact Us

Call **01992 588220** or text '**CAREERS**' to **07860 022943** to connect with a Personal Adviser. You can also email us directly on [sfyp.eastherts@hertfordshire.gov.uk](mailto:sfyp.eastherts@hertfordshire.gov.uk)