

## Mondays

### Bishop's Stortford Supporting You Project

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

### Hertford & Ware Youth Forum

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 Youth Forum

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

Scan to view the latest list of projects



## Thursdays

### Bishop's Stortford Positive Alternatives Project

Young People's Centre Northgate End, CM23 2EU  
Thursday 4pm-6pm  
*For young people aged 13-17*

### East Herts LGBT+ Project

Call or email  
Thursday 5.30pm-7.30pm  
*LGBT+ aged 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 LGBT+ aged 18-24*

## Fridays

### Hertford Street Project

Fridays 3.30-5.30pm  
*For young people aged 13-17*

### Buntingford Street Project

Fridays 5-7pm  
*For young people aged 13-17*

### Hertford Friday Night Project

Hertford Young People's Centre, Zoo Cafe, Pioneer Hall, 11a Ware Road, Hertford SG13 7DZ  
Fridays 6.30-8.30pm  
*For young people aged 13-17*

### Buntingford Project

Buntingford Young People's Centre, The Technical Institute, Baldock Road, Buntingford  
Fridays 7.15-9.15pm  
*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*

### 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



@sfyp.eastherts



@EastHertsTeam

CALL 01992 588220 TEXT 07860 065713  
EMAIL [sfyp.eastherts@hertfordshire.gov.uk](mailto:sfyp.eastherts@hertfordshire.gov.uk)

Services for  
Young People

## 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 aged 13-19 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.*

## Connect with Us

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 and what do we do?

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 065173 to connect with one of our team.**

## Contact Us

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



## Making plans for your future?

Planning for your future can feel like a challenge and sometimes your long-term goals can suddenly change, especially whilst we're living with Covid-19.

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 thought of.



## 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. Contact us today to find out more!

## Where you can get support?

Our qualified personal advisers are available for face-to-face, email or virtual support. Some schools and colleges in East Herts may have their own Personal Adviser who comes in once a week, but you can make an appointment by email or over the phone if not.

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

*"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."*

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

*"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."*

## Contact Us

Call **01992 588220** or text **'CAREERS'** to **07860 065173** to connect with a Personal Adviser.  
You can also email us directly on [sfyp.eastherts@hertfordshire.gov.uk](mailto:sfyp.eastherts@hertfordshire.gov.uk)

Services for  
Young People

## Keeping safe in your relationships

### 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?

### 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.**

### 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".

### Need support?

**Call 01992 588220 or text SUPPORT to 07860 065173 to connect with one of our team.**



### 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 065173.**

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.