

## Mondays

### Hertford & Ware Young People's Participation Project

Ware Young People's Centre,  
Marsh Lane, Ware SG1 9QB

Monday 6-8pm

*For young people aged 11-17 who want to make a difference in their community*

### Bishop's Stortford Asylum Seekers Project

Birchwood School, Parsonage Lane, Bishop's Stortford, CM23 5BD

Monday 6-8pm

*For asylum seekers aged 12-15*

## Tuesdays

### Ware Street Project

Tuesday 3.15-5.15pm

*For young people aged 11-17*

### Ware Tuesday Night Project

Ware Young People's Centre,  
Marsh Lane, Ware, SG12 9QB

Tuesday 6-8pm

*For young people aged 11-17*



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## Wednesdays

### Ware Girls' and Young Women's Project

Ware Young People's Centre,  
Marsh Lane, Ware, SG12 9QB

Wednesday 5.30-7.30pm

*For young women aged 11-17*

### Bishop's Stortford Street Project

Wednesday 3.30-5.30pm

*For young people aged 11-17*

### Bishop's Stortford Young People's Participation Project

Birchwood School,  
Parsonage Lane,  
Bishop's Stortford, CM23 5BD

Wednesday 7pm-9pm

*For young people aged 11-17*

## Thursdays

### Healthy Relationships Project

Birchwood School,  
Parsonage Lane,  
Bishop's Stortford, CM23 5BD

Thursday 4.30-6.30pm

*For young people aged 11-17*

### East Herts LGBT+ Project

Call or email for details

Thursday 5.30-7.30pm

*For LGBT+ aged 13-17*

### Sawbridgeworth Project

The Bullfields Centre, Cutforth Road, Sawbridgeworth, CM21 9EA

Thursday 7.15-9.15pm

*For young people aged 11-17*

## Fridays

### Hertford Street Project

Fridays 3.30-5.30pm

*For young people aged 11-17*

### 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 11-17*

### Buntingford Project

Buntingford Young People's Centre,  
The Technical Institute, Baldock Road, Buntingford, SG9 9AA

Fridays 7.15-9.15pm

*For young people aged 11-17*

### Bishop's Stortford Friday Night Project

Birchwood School, Parsonage Lane,  
Bishop's Stortford, CM23 5BD

Fridays 7.30-9.30pm

*For young people aged 11-17*

### Duke of Edinburgh (DofE) Award

Ware Young People's Centre, Marsh Lane, Ware SG1 9QB

Every third Friday

4-5pm (14-17 years)

5-6pm (18-24 years)

Scan to view the latest list of projects



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

  
European Union  
European  
Social Fund

CALL 0300 123 7538  
TEXT 07860 022943

EMAIL SFYP@HERTFORDSHIRE.GOV.UK

Services for  
Young People

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



## 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.



## 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.

**Bishop's Stortford's Access Point Project is currently closed for refurbishment. Our personal advisers are still available by phone or online for appointments every Thursday 3-6pm. Please call 01992 588220 to arrange**



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