

Public Directory of Services

**For North Herts Children & Young People
and their Families**

OCTOBER 2015 EDITION – For the Public and Websites



**Updated for North Herts DSPL by Ruth Coleman
Letchworth Partnership of Schools Senior Family Support Worker
(with thanks to her predecessor Holly Turl who created the Directory)**

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The details contained in this document have been collated from websites and by phone / email

The information provided in this document is for general guidance only. The Letchworth Partnership of Schools aims to provide accurate and up to date information, but we cannot guarantee at any time that all the information or services listed are up to date, accurate or of good quality. Please feed back on the quality of this information and the listed services as well as any changes that you are aware of to **Ruth Coleman, Letchworth Senior Family Support Worker, 01462 707256**

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Support Information for Families in North Hertfordshire



Children's Services, Adult Health and Social Care and the Police

- Children's Services, including Admissions, Term Dates - **0300 123 4043** www.hertsdirect.org/contact
- Free School Meals **0300 123 4048** www.hertsdirect.org/contact
- Fire Safety Enquiries **0300 123 4046** www.hertsdirect.org/contact – Book online a FREE home safety check
- Adult Health and Social Care - **0300 123 4042** www.hertsdirect.org/contact
- Non-Emergency Police **101** www.herts.police.uk
- Crime Stoppers Anonymous **0800 555 111** www.crimestoppers-uk.org

North Hertfordshire Information

- North Hertfordshire District Council **01462 474000** www.north-herts.gov.uk / Email service@north-herts.gov.uk
- North Hertfordshire Homes Housing Association – **01462 704100** www.nhh.org.uk
- Howard Cottage Housing Association – **01462 683307** www.howard-cottage.co.uk
- Hertfordshire Libraries **0300 123 4049** www.hertsdirect.org/services/libraries/findlib/lib/let

North Hertfordshire Doctors' Surgeries

- Letchworth - Birchwood Surgery **01462 705040** www.birchwoodsurgery.co.uk
- Letchworth - Sollershott Surgery **01462 683637** www.thesollershottsurgey.nhs.uk
- Letchworth - Letchworth Garden City Surgery **01462 624000** www.gardencitysurgey.co.uk
- Letchworth - Nevells Road Surgery **0844 477 1796** www.surgerynevellsroad.co.uk
- Hitchin - Orford Lodge Surgery **01462 432042** <http://www.orfordlodgesurgery.co.uk/>
- Hitchin - Regal Chambers Surgery **01462 453232** <http://www.regalchambers.co.uk/>
- Hitchin - Courtenay House Surgery **01462 434239**
- Hitchin - Whitwell Surgery **01438 871398** www.whitwellsurgery.nhs.uk
- Baldock - Astonia House Surgery **01462 892458** www.baldocksurgery.co.uk
- Royston - Barley Hill Surgery **01763 848244** www.barleypractice.co.uk
- Royston - Roysia Surgery **01763 243166** www.roysiasurgery.co.uk
- Royston - Orchard Surgery **01763 260220** www.orchardsurgerymelbourn.co.uk
- Ashwell - Ashwell Surgery **01462 417377** www.ashwellsurgery.co.uk

Health Teams and Health Advice

- Bedford Road Health Centre, Hitchin – School Nurses **01462 427115**
- ChatHealth confidential school nurse messaging service for young people aged 11-19 years **07480 635050**
- Nevells Road Health Centre, Letchworth – Health Visitors **01462 684731**
- Park Drive Health Centre – Health Visitors **01462 892274**
- Child and Adolescent Mental Health Service CAMHS – **01438 792600/10**
- Occupational Therapy Team Stevenage **01438 737782**
- Speech and Language Therapy Team Letchworth **01462 680437**
- Child Development Centre CDC Stevenage **01438 737740**
- NHS Direct **111** 24 hour health advice www.nhs.uk/SymptomCheckers/Pages/Symptoms.aspx
- Mental Health Single Point of Contact **0300 777 0707** www.hpft.nhs.uk/i-need-help-now/





Family Support and Challenging Behaviour



School Partnerships

<p>Letchworth Partnership of Schools 01462 707256</p> <p><u>(produced this document)</u></p>	<p>Letchworth Partnership of Schools offers signposting and support to families with a child attending one of the infant, junior, primary, special and secondary state schools in the town signposting to everything in this directory including parent support and courses, support for mental health, substance misuse and domestic abuse, special needs, counselling, term time/holiday activities and MORE. The Senior Family Support Worker also supports local schools with the ECAF process, can liaise with schools and other agencies such as children's centres, housing, health and police (when relevant) to support families and delivers direct family work in partnership with schools. We also have a Facebook page, and local holiday activities leaflets are produced for each school holiday period. As well as the central senior family support worker there is a family / parent support worker in each Letchworth school. www.fearnhill.herts.sch.uk/letchworth-partnership-of-schools/ Aug2015</p>
<p>Hitchin Partnership of Schools 01462 433368</p>	<p>The Hitchin Partnership of Schools comprises of 26 schools situated in Hitchin and surrounding villages offering support to local families with any concerns they may be facing, also working with their schools and families to remove barriers that are preventing family members achieving their full potential on an educational, developmental or emotional wellbeing basis. We can provide information to parents and carers, respond to specific needs within families, encourage parents and carers to become involved in their children's learning and by being a "professional friend" at the hour of need (i.e. attending professional meetings etc). Look out for us at coffee mornings, drop-in sessions or open evenings at your own school. You will also find details of parenting workshops and courses run in our area on your school noticeboard and our website. www.hitchinpartnership.org Aug2015</p>
<p>Baldock Partnership of Schools 01462 620700</p>	<p>Baldock Partnership of Schools has a Family Support Worker supporting local families and local schools, including supporting schools with the CAF process. Please contact your child's school for a referral to the Family Support Team. Aug2015</p>
<p>Royston Partnership of Schools 01763 255432</p>	<p>Royston Partnership of Schools covers 12 local schools. There is a development officer and Lead Counsellor who develops the provision for schools overseeing emotional support in schools, a transition support worker supporting children into their first/primary school and then in to upper / secondary school and also a family support worker supporting families with parenting, signposting to outside agencies and supporting local schools with the admin of the CAF process. July2015</p>

Signposting and Childcare

<p>Hertfordshire's Family Service Directory</p>	<p>The Family Services Directory offers information on a wide variety of services and activities for children, young people and families. It can also act as a guide to sources of support for parents and carers of young people with disabilities/learning difficulties. www.hertsdirect.org/fsd July 2015</p>
<p>Herts Direct Audience Pages</p>	<p>This online service enables you to access over 2000 Ofsted registered childcare providers in the Parents Section. If you are looking for a child minder, pre-school or day nursery this will be ideal for you. You can also find information about free school meals, parenting support, children's centres and school admissions. www.hertsdirect.org/audience July 2015</p>
<p>Herts Help 0300 123 4044</p>	<p>If you need help and don't know where to turn or if you have a question/problem, you can contact Herts Help. They will listen to what you need and if you would like them to they can phone people and make arrangements on your behalf or they can put you in touch with organisations that can help. Most common topics include welfare assistance, benefits and advice, help at home, care and care homes, adaptations, getting active and local clubs, lunch clubs and leisure activities, transport and blue badge, medical related information, crisis support and homeless support. Text, minicom, skype, email, fax and post available. www.hertsdirect.org/your-community/ihertshelp/ July2015</p>

Universal Family Support and Behaviour (helplines and online advice)

<p>Family Lives 0808 800 2222</p>	<p>Family Lives is a charity that supports parents/carers deal with the challenges and changes that are a part of family life offering a helpline (FREE from landlines/most mobiles), online information and chat and email. You can contact Family Lives about all aspects of family life and online information includes pregnancy and baby, sleeping/feeding, childcare, toddler tantrums, sibling rivalry, bonding with your child, learning through play, going back to work, bed wetting, school routines, positive discipline, lying/stealing, school worries, stress/depression, online safety, arguments, homework, talking about sex/drugs, communicating with teens and self-harm. www.familylives.org.uk June2015</p>
<p>Parent Channel</p>	<p>Parentchannel is a FREE video service designed to support and encourage parents/carers of 0-19 year olds with a collection of over 200 videos addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning. In producing these videos we have engaged experts and parents every step. www.familylives.org.uk/how-we-can-help/parentchannel-tv July2015</p>

Gingerbread 0808 802 0925	Gingerbread offers FREE advice and practical support to single parents via their helpline and useful information and factsheets online. Advice could be about child maintenance, contact, education, employment, welfare benefits, tax credits, housing, debt and more www.gingerbread.org.uk July2015
Young Minds 0808 802 5544	Young Minds is UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. We provide expert knowledge to professionals, parents and young people through our parent helpline, online resources and more. You can also view our parents' online survival guide and information about abuse, anger and aggression, bereavements, anxiety, depression, behaviour problems, family relationships, domestic abuse, friendship problems, obsessions, eating problems, autism, ADHD, sleep and more. www.youngminds.org.uk July2015
NHS Choices	This NHS webpage offers advice on various topics including childhood conditions such as chicken pox, constipation and slapped cheek as well as vaccinations, mental health, exercise, pregnancy, sexual health, stopping smoking, dental health, travel health and MORE. www.nhs.uk July2015
ERIC 08453 708008	ERIC is a UK charity dedicated to improving the lives of children/young people with ongoing continence problems. ERIC's helpline provides support for anyone trying to manage childhood continence issues. The team respond to thousands of calls yearly about potty training, bedwetting, daytime wetting, constipation and soiling. Call Mon-Thurs 10-2pm, email helpline@eric.org.uk or text. ERIC has access to Language Line for callers without English as first language. www.eric.org.uk June2015
NSPCC 0808 800 5000 Text 88858 help@nspcc.org.uk	The webpage has information for all parents including the PANTS Underwear Rule and information about child grooming, leaving a young person home alone, online safety, cyber bullying, positive parenting, coping with crying babies, self-harm and MORE. In addition, if you're worried about a child or need advice, contact our free 24/7 adult helpline, text or email. www.nspcc.org.uk July2015
Working Families 0300 012 0312	Working Families is UK's leading work-life balance organisation/charity helping working parents, carers and employers find a better balance between home and work responsibilities. Our FREE legal helpline gives parents/carers advice on employment rights such as maternity and paternity leave, rights to time off in an emergency, parental leave, maternity/pregnancy discrimination and basic advice on the benefits / tax credits working parents can claim. www.workingfamilies.org.uk July2015
Super Nanny Website	Online parenting advice on sleep, getting your toddler to sleep in their own bed, tantrums, time out, house rules, stopping your toddler from biting and hitting, no more backchat, good eating, protecting your child against obesity, potty training, FREE downloadable reward charts, food and nutrition, parenting skills, pregnancy and learning and much more. www.supernanny.co.uk July2015
Net Mums Website	Online network and information including 101 fun summer ideas, summer meal planner, feeding your baby, baby sleep, food, work, noticeboard and much MORE. www.netmums.com July2015

Parent and Other Adult Courses/Development

North Herts DSPL 07527 828477	North Herts DSPL keeps details of local courses for parents such as Understanding Challenging Behaviour, Managing Anger, Parenting Puzzle, ADD-vance ADHD/ASD workshops, Families Feeling Safe (Protective Behaviours), Strengthening Families Strengthening Communities, Bringing Up Children with Additional Needs, Understanding Teens. www.nhdspl.org.uk July 2015
Children's Centres Parenting Courses	Children's Centres run year round minimal charge or FREE workshops and courses for parents with children under 5 such as Managing Challenging Behaviour, Parenting Puzzle and Families Feeling Safe (Protective Behaviours). Find your local centre on www.hertsdirect.org/childrencentres July2015
Herts Strengthening Families Project 01992 555246	Herts Strengthening Families Project offers a FREE 13week programme to parents of 8-16 year olds and courses are delivered across Hertfordshire termly by trained facilitators. The programme covers a range of topics including child development, causes of behaviour, role modelling, building positive relationships, setting boundaries/consequences, using positive discipline strategies, building self-esteem and self-discipline, conflict and anger management and more. Parents can contact the project or be referred by a local agency SFSC.Referrals@hertfordshire.gov.uk / www.hertsdirect.org.uk July2015
Hertsdirect Search	A number of evidence-based parenting programmes are commissioned and delivered across county to support families. The following are examples of these programmes: the Nurturing Programme, Strengthening Families (above) and Families and Schools Together FAST. You can use this link to search for courses. http://parentingcourses.hertsdirect.org/kb5/hertfordshire/courses/home.page July2015
ADD-vance 01727 833963	ADD-vance offer ADHD/ASD courses across Hertfordshire such as 'Time Out for ADHD and/or ASD, a free 6 week course'. Check online for updated information. www.add-vance.org/courses/ July2015
Families Feeling Safe Protective Behaviours Service 01438 728653	This service continues and builds upon the Protective Behaviours services that had been run in Hertfordshire by Action for Children. It offers 10 week protective behaviour programmes for parents / carers, training courses for professionals, individual and group work with children and parents/carers and network meetings for trained professionals. http://familiesfeelingsafe.co.uk Oct2015
Hertfordshire Adult and Family Learning Service (HAFLS) 01992 556194	HAFLS provides courses for adults aged 19+ in a variety of subjects such as English, maths, nutrition, art and IT as well as family learning (learning with your child) that takes place in children's centres and schools. Courses are either free or low cost and designed to enhance the lives of local people. Courses include, but are not limited to: ICT, Art, Employability, Cookery, Specialist courses for learners with a learning disabilities and/or difficulties, mental health issues and for individuals with a brain injury. www.hertsdirect.org/services/edlearn/hafls/ July2015

Face to Face Family Support, Behaviour Support and Coaching	
Children's Centres (Families with under 5s)	Advice, information and drop in services for families with a child under 5 including art and crafts, toddlers groups, breastfeeding, toy library, holiday programmes, parent courses, music sessions, access to the health visitor and job centre support and more. Each centre has outreach workers that can visit families in their home to offer support and advice. Most services are either a minimum charge/ FREE . Find your local centre using a postcode www.hertsdirect.org/childrenscentres July2015
Letchworth	Icknield CC is next to Icknield Infants School, Archers Way, SG6 4UN - 01462 663100 Chestnut Tree CC is next to Garden City Academy, Radburn Way, Letchworth SG6 2JZ - 01462 681334 Lime Tree CC is next to the Early Bird Pre-School Westbury, West View, SG6 3QN - 01462 663120 NEW website for Letchworth & Baldock Children's Centre Group: www.pre-school.org.uk/letchworth-baldock
Baldock	Holly Blue CC, St Mary's Way, Baldock, Hertfordshire SG7 6HY caters for families in the Baldock, Ashwell, Weston, Sandon and Wallington area. 01462 896848. Website as above.
Hitchin	Bluebell CC (Hitchin South and Villages), Standhill Road, Hitchin, SG4 9AG - 01462 459043 www.hertschildrenscentres.org.uk/bluebell/ , Oughton CC c/o Oughton Primary & Nursery School, Mattocke Road, Hitchin SG5 2NZ - 01462 436927 www.hertschildrenscentres.org.uk/oughton and York Road CC, York Road, Hitchin, SG5 1XA - 01462 666772 www.hertschildrenscentres.org.uk/yorkroad
Royston	Royston and Villages CC is based next to Roman Way First School, Burns Road, Royston, Hertfordshire, SG8 5EQ - 01763 243338 / 07545 452768 www.roystonandvillagescc.com
Home-Start North Hertfordshire 01462 678861 (Families with under 5s)	Home-Start North Herts operates in Baldock, Hitchin and Letchworth and surrounding villages. We support families with at least one child under the age of five who are under stress or struggling to cope, and help to prevent family crisis and breakdown. Families' issues can be post-natal depression, their or their child's illness or disability, social isolation, domestic violence or a history of social care intervention. We can arrange for a carefully selected volunteer, who has parenting experience, to visit regularly and offer emotional and practical support. Our service is personalised because we carefully match volunteers to the identified needs of the family. For information on how to refer please ring or search www.homestartnorthherts.org.uk/ Oct2015
Home-Start Royston & South Cambridgeshire 01763 262262 (Families with under 5s)	Home-Start Royston & South Cambridgeshire (HSRSC) provides a home visiting service, a family support group and helps families link with other local services and resources. We help families with children under the age of five cope with post natal depression, illness, isolation, bereavement, disability, domestic abuse and much more, offering regular support and practical help to alleviate stress with a view to preventing family crisis and breakdown. Anyone can make a referral to Home-Start, having first obtained the permission of the family. Support is FREE , confidential and non-judgmental. www.hsrsc.org.uk Oct2015
Who Let The Dads Out	Saturday morning sessions for dads, granddads and dad figures and their children. Spend some great time together and have fun with your children age up to 6 years. Bacon rolls and coffee for the dads, toys, activities and craft for the children. 10am - 11.30am every second Saturday of the month at St Pauls Church, Letchworth. www.stpaulsletchworth.co.uk Aug2015
Herts Family Service (formally One Herts One Family) 01462 442442	Herts Family Service offers FREE , practical support to children, parents and families in Hertfordshire where there is historic or current parental substance misuse. For further details see entry on page 14. www.wdp.org.uk Aug2015
Thriving Families TF 0300 123 4043 Customer Services number for Families	Thriving Families teams continue to support families that require intensive support. We work with families to make sure they get the right support from the right people at the right time. The help we provide depends on each family's situation, but examples of issues we help with include parenting skills, improving school attendance, training to help find a job, help with housing problems and managing money and debt. There is no age focus for the Thriving Families service, as long as there is a dependent child (under 18) within the family; the focus instead is to provide practical support to the whole family, when there is evidence of four of the following presenting issues being a concern to professionals. Please see website for further specifics on these criteria. <ul style="list-style-type: none"> • Crime or Anti-Social Behaviour in the last 12 months; • School Attendance problems in the last 3 school terms; • Children assessed as needing help in the last 12 months; • Current Worklessness / Risk of Financial Exclusion; • Families Affected by Domestic Abuse in the last 12 months; • Current Health Issues. www.hertsdirect.org/services/healthsoc/childfam/thrivingfam/ July 2015

ASD/ADHD Family Support, Parent Courses & Coaching 01727 833963	ADD-vance offer confidential, supportive non-judgemental ASD/ADHD coaching which is tailored to your needs. Specialist coaches work with you towards successful outcomes and lasting change. We offer strategies to manage challenging behaviour, anger management, emotional and social difficulties, low self-esteem, motivation and relationships. No diagnosis / GP referral needed and with written permission we can contact the school to help resolve issues. One of our coaches can work with you an hour/weekly usually for 6-8 sessions (at a cost). www.add-vance.org July2015
Time for Change Parent Coaching 07748 598660	1:1 coaching and support for parents in their own home, covering a wide range of issues such as parenting skills; parenting styles; setting & maintaining boundaries; strategies & tools to be an effective parent; anger management; challenging behaviour; communication; building strong family relationships; emotional intelligence; anxiety; confidence; resilience; coping with stress; goal setting and other aspects of family life. Parents/professionals can contact me, cost applies (plus travelling expenses), payment to be agreed& paid in advance. www.debbiechanning.com/ July2015

Programmes for Young People

North Herts Children's University 01462 424225	The Children's University Trust aims to support 7-14 year olds in out of school learning activities that have an emphasis on learning by 'doing'. The children that participate in the programme each receive a passport to record their learning hours and the destination that it took place. The children can then work towards bronze, silver and gold awards based upon the hours they have attended. Programmes usually consist of 8 weeks delivered to a group of 12 children between 4-6pm. Programmes include activities such as cooking, and vary from free to a cost. Email Sharon sryan@nhc.ac.uk for details. Aug2015
Box Cleve Letchworth, Hitchin and across Herts Info @boxcleve.net	Box Cleve is a sporting and educational youth initiative centred on the sport of amateur boxing based on the same protocols that an amateur boxer would take whilst training, with the exception of sparring, this is an absolutely no contact initiative. We operate a series of 40 FREE weekly (term) sessions for 7-15 year olds carried out by some of the best trainers in the country. Each session lasts approximately 1.5 hours and instils discipline, respect, perseverance, fair-play and fitness, within a safe controlled environment. Healthy eating and drugs awareness are carried out in every programme. Many children come to us by referral from their schools and other agencies and most of these children are having behavioural problems, playing truant and getting into trouble generally. Our aim is to provide positive male role models. Participants are able to take part in our award assessment - where they can achieve Bronze, Silver, Gold and Platinum medals. Info: www.boxcleve.net July2015
Howard Cottage Street Dance	FREE summer holiday street dance classes for 7-17 year olds in Letchworth. All dancers welcome – no experience needed. Often professional referrals only and for vulnerable families and families in need of summer activities. More information and send completed application form to Jon Thurlow at Howard Cottage Housing Association jonthurlow@howard-cottage.co.uk / www.howard-cottage.co.uk July2015
Princes Trust Team Stevenage 01438 730520	The Princes Trust supports 13-30 year olds who are unemployed and those struggling at school and at risk of exclusion. Many of the young people we help are in or leaving care, facing issues such as mental health problems or homelessness or have been in trouble with the law. Our programmes give young people the practical & financial support they need to stabilise their lives and we help develop key skills, confidence and motivation, enabling young people to move into work, education or training. Various programmes are available including the team programme. Self and professional referrals. www.princes-trust.org.uk July2015
Pro-Action Herts 01707 276859	Pro-Action exists to inspire, enhance and represent high quality opportunities for children and young people including offering FREE residential and non-residential courses for 13+ year olds such as awards in dance leadership and teamwork and group work. Pro-Action also offers courses such as first aid and child protection for adults working with young people. www.pro-actionherts.org July2015
Duke of Edinburgh's Award DofE	A balanced programme of activities that develops the whole person, creating an environment of social interaction and team working. Young people progress through three levels of DofE programmes to achieve a Bronze, Silver or Gold Award. Taking part builds confidence, develops self-esteem, it requires persistence, commitment and has a lasting impact on the attitudes and outlook of all young people who do their DofE. Age 14-24 years. Small participating fee for doing awards www.youthconnexions-hertfordshire.org/youth-work/duke-of-edinburgh-award-(dofe)/ July2015
National Citizen Service Programme 01438 844161	The National Citizen Service programme is a really exciting opportunity for 15-17 year olds (school years 11/12) to take part in a life-changing experience that will help prepare them for life after school by taking on new challenges, gaining new skills and working as a team to help people in their local area. www.mogozout.org / http://www.youthconnexions-hertfordshire.org/youth-work/national-citizen-service/next-programme-in-your-area/ July2015
Fire Setter Scheme 0300 123 4046	The Juvenile Fire Setter Scheme is aimed at young people 3-17 years who either have a fascination with fire or have committed offences involving fire. Referrals can be taken from parents or any agency involved with the young person. Once a referral has been received an advisor will be appointed and all advisors are fully trained. Visits take place in the home and follow educationally based sessions. Referrals can be made by calling the 0300 number. Sept2015

Counselling, Mentoring and Mediation

Counselling, Mentoring and Mediation ** You can also speak to your GP about concerns **	
Child Line Helpline 0800 1111	If a young person is worried about anything, it could be something big or small; it can really help if they talk to someone. Child Line offers a FREE confidential helpline for children and young people as well as online chat, email, message board and online information. www.childline.org.uk July2015
The Site Website	Online guide to life for 16-25 year olds providing non-judgmental support / information on everything from sex and exam stress to debt and drugs. Our straight-talking emotional support is available 24 hours/day. Online you can chat about anything you like on our moderated discussion boards and live chat room, browse over 2000 articles and videos full of facts you can trust, read about experiences from other young people, chat with one of our advisors and much MORE. www.thesite.org July2015
Herts Young Homeless hyh 01707 272769 (10-24 years)	FREE mediation service for 10-24 year olds and their families across Hertfordshire working with people who are having arguments whether they are living together or apart. Mediation is confidential and offers all parties the chance to look at how they can sort out their difference of opinion. It also offers a chance to work towards possible ways of overcoming problems in the future. For more details contact 10-15yr olds u16mediation@hyh.org.uk / 16-24 yr olds mediation@hyh.org.uk / www.hyh.org.uk July2015
Brief Therapy 01992 588796 (13-19 years)	Brief therapy is a service for 11-19 year olds (25 for those with a learning difficulty) which has proved to be very successful in helping to find solutions to issues and making change happen. Issues may include anxiety, depression, drug/alcohol problems and relationship difficulties. The Brief Therapist supports the young person to think through the changes they want and decide how to achieve them. 1:1 sessions are mainly based in schools, colleges and Youth Connexions One Stop Shops. Where appropriate, other family members/carers/professionals can be involved if the young person agrees. Group work can also take place in schools and the community covering anger management, coping with exams, staying emotionally healthy and resilience. www.thegrid.org.uk/info/welfare/counselling July2015
HCC Mentoring 01992 555661 07880 903206	Services for Young People (Youth Connexions) offers a FREE mentoring programme which matches young people aged 11-19 (up to 25 with LDD) with mentors. Volunteer mentors are recruited from a wide variety of backgrounds and are willing to devote regular 1:1 time to young people who may be facing a variety of problems. Read more online www.youthconnexions-hertfordshire.org July2015
Tilehouse Counselling 01462 440674	Tilehouse Counselling provides professional counselling and therapeutic group work for women and 13-19 year olds who are unable to pay private fees. We have a women's centre and a young people's centre, both based in central Hitchin and each centre has 3 comfortable, private counselling rooms. We offer daytime and evening appointments during the week. Counselling can be useful when you're having difficulties with relationships, anxiety, stress or depression, drug or alcohol use, when you have experienced abuse or loss, difficulties with home or school work, difficulties with peers or parents or any other issue. All counselling is 1:1 and FREE for the unwaged. www.tilehouse.org July2015
Relate Central and Northern Hertfordshire 01727 858126	Relate are highly experienced in relationship counselling and can help with any difficulties you may be having. They also have counsellors who specialise in Psychosexual Therapy, Family Counselling and Young Person's (13-19 years old) Counselling. Relate Central and Northern Hertfordshire is a not-for-profit charity but there is a cost to meet the organisation's running cost; £55/session, Saturday counselling is £70/session but if you are on benefits or are suffering from financial hardship you may be entitled to a bursary. Young Person's Counselling is FREE . www.relatecnh.org.uk July2015
Youth Connexions 01462 640340 North Herts (13-19 years)	Youth Connexions Hertfordshire delivers a wide range of services for 13-19 year olds (21 years for care leavers, 25 years old for those with a learning disability) including the provision of youth work, information, advice, guidance and support on education, work, training and volunteering, advice on drugs, finance, health including sexual health, chlamydia and pregnancy testing, housing and much more. A Youth Connexions 'Centre' will offer or signpost to the above with the nearest One Stop Shop in Stevenage and Centres in Letchworth, Hitchin and Royston. Look online to see which services are offered at each venue. Youth Connexions also offer a mentoring programme for 11-19 year olds (25 for those with LDD.) www.youthconnexions-hertfordshire.org July2015
Music Therapy 0777 606 8361 Jennie Small	Music therapy can be an effective intervention for children with a wide range of needs including autistic spectrum difficulties, developmental delay, physical/sensory disability, emotional or behavioural difficulties or a lack of self-confidence or poor self-esteem. The Hertfordshire Music Service offers music therapy in music centres across Hertfordshire (nearest Hitchin); it may be possible to offer sessions at the child's school if a room is regularly available. Support is predominantly offered on a 1:1 basis with pair and group work also available. Cost applies with remission of fees for eligible families. www.hertsmusicservice.org.uk/parents-music-therapy/jennie.small@hertfordshire.gov.uk July2015
Samaritans 08457 90 90 90 / 01462 455333	You can talk to the Samaritans any time 24 hours a day every day of the year about whatever's getting to you and you don't have to be suicidal. As well as ringing the Samaritans, you can email, write or visit your local centre, with the nearest centre in Hitchin www.samaritans.org/hitchin July2015

<p>The Herts Women Centre 01438 742742</p> <p>Dedicated Male Victim phone line 01438 316359</p>	<p>The Herts Women's Centre based in Stevenage works to support women by offering weekly coffee mornings, 1:1 support sessions, domestic abuse and rape crisis support, counselling and supportive psychotherapy (the centre can accept GP referrals for 8 NHS funded counselling sessions), career investment project, family law sessions, courses such as stress/anxiety, protective behaviours and the freedom programme, social groups, life coaching and free pregnancy / chlamydia testing. The centre is also able to offer 1:1 support and counselling for male victims of domestic abuse in the evening appointment only - leave your name/number on dedicated line.</p> <p>www.hertswomenscentre.org.uk July2015</p>
<p>Letchworth Centre for Healthy Living 01462 678804</p>	<p>We offer a diverse menu of complementary approaches to improve and maintain health and wellbeing and prevent illness including 1:1 complementary therapy, classes and counselling services. Services include a special programme for over-50s, carers and for people with Parkinson's and complementary therapies include homeopathy, nutritional therapy, massage, reflexology and more. Counselling includes hypnotherapy, neuro-linguistic programming, 1:1 counselling and couples and family therapy. We can work 1:1 with children, young people and adults as well as couples and families. For people on benefits / in hard financial circumstances, we offer a low cost service.</p> <p>www.leitchworthcentre.com July2015</p>
<p>Herts Family Service (formally One Herts One Family) 01462 442442</p>	<p>Herts Family Service offers FREE, practical support to children, parents and families in Hertfordshire where there is historic or current parental substance misuse. For further details see entry on page 14.</p> <p>www.wdp.org.uk Aug2015</p>
<p>Hitchin Counselling Service 01462 790806</p>	<p>The Hitchin Counselling Service offers FREE and confidential counselling for 18+ year olds residing in Hitchin and nearby villages based at Bedford Road Health Clinic offering evening appointments. You may attend if you feel anxious, depressed, confused, because of a relationship or difficult issue in your life or because of what's happened in the past www.hitchincounselling.org.uk July2015</p>
<p>The Stevenage Well Being Centre 01438 369216</p>	<p>One stop shop to improve emotional and physical wellbeing by offering a range of services including self-help groups, training courses and exercise programmes. The centre brings together various mental health organisations such as Mind in Mid Herts and Stevenage Community Mental Health Team. Services inc adult learning, FREE counselling, book club, creative writing.</p> <p>www.mindinmidherts.org.uk July2015</p>
<p>Hertfordshire Action on Disability HAD 01707 324581</p>	<p>HAD has grown over the years and now offers a number of services to help Hertfordshire's disabled and older people maintain their independence and keep on the move. These services based from the Woodside Centre in Welwyn are available to people with disabilities as well as their families and friends, carers of those with disabilities, children with disabilities and their parents, health/social care professionals, local authorities and private care/service providers. Services include an equipment centre, transport service, driving centre, information and advice centre inc about benefits and rights and a counselling and therapies centre including acupuncture, osteopathy and massage.</p> <p>www.hadnet.org.uk Aug2015</p>
<p>HAMA 01707 251020</p>	<p>Hertfordshire Anger Management Association HAMA works with adults, young people, families and children to support anger management, stress management and conflict resolution. HAMA offers anger management programmes including 8 week courses. Cost applies.</p> <p>www.hama-anger.co.uk Aug2015</p>
<p>Mediation Hertfordshire 01442 268044</p>	<p>Mediation Hertfordshire offers workplace, school and community (neighbour) mediation. Services are free for some areas of Hertfordshire but services are at a cost for North Hertfordshire and Stevenage residents. The cost breakdown is explained on the website. www.mediationherts.org.uk Aug2015</p>
<p>Local Counselling Centre (previously Letchworth Counselling Centre) 01462 674671</p>	<p>LCC offers a high quality psychotherapy service to local communities, founded on strong ethical principles and professional standards. There are a range of therapies on offer including cognitive behavioural therapy and person-centred. They offer relationship therapy as well as 1-1, and will work with young people, adults and families. They offer low cost counselling for those suffering financial hardship. www.localcounsellingcentre.co.uk July2015</p>
<p>Online Therapy Directory</p>	<p>We promote the benefits of complementary therapy and aim to give visitors all the information they need to help them make an informed decision about whether therapy would be right for them. The website has a FAQs section, a number of useful articles written by members and the facility to search for a practitioner in your area. To ensure the professionalism of our website, all listed therapists have provided us with qualifications and insurance cover or proof of membership with a professional body.</p> <p>www.therapy-directory.org.uk/ Oct2015</p>
<p>North Herts Emotional Health Support Service</p>	<p>This is a NEW and developing service based in schools and funded by North Herts DSPI which aims to increase access for children and young people to a choice of local quality-assured mental health support services and ensure consistency of provision across the district.</p> <p>For further information contact your local schools partnership (see page 4) or R.Lambie@rsat.org.uk. Oct2015</p>

Bereavement, Mental Health Difficulties and Substance Misuse

Bereavement Support (also see above counselling section)	
Child Bereavement UK 0800 02 888 40	Child Bereavement UK provides support for families and educates professionals when a baby or child dies or is dying, or when a child is facing bereavement. It offers a support and information line, email support, training for professionals and online resources including information understanding grief, helping children and young people, managing sudden deaths and more. The shop has a number of books that you can purchase and the Elephants Tea Party link offers teachers the opportunity to sign up for a free activity pack to gently introduce the concept of death to young children. For more information see www.childbereavement.org.uk / www.elephantsteaparty.co.uk July2015
CRUSE Herts 01707 278389 National Helpline 0844 477 9400	CRUSE offers FREE and confidential support for bereaved 5-18 year olds and adults across the UK through their phone lines and home visits. All volunteers are trained in working with children and young people and can see the young person in their own home or at school. Please leave a message on the answer phone and CRUSE will get back to you. The rd4U website and phone line 01707 264293 have been purposely created to support young people. www.cruse-hertfordshire.org.uk / www.rd4u.org.uk July2015
Stand By Me Bereavement Support 0800 0116 115 01438 730580	Stand-by-me bereavement support service is here to help children and families in North Hertfordshire when someone close to them has died or is dying. The webpage offers advice for parents about how to support their child, support for children / young people to understand how they are feeling and to manage their emotions and information for professionals including training. Group sessions are now being run. Contact for details. http://stand-by-me.org.uk/ July2015
Winston's Wish 08452 030405	Winston's Wish offers a wide range of practical support and guidance to children, families, professionals and anyone concerned about bereaved children, offering support via its helpline, email service, face to face support across the UK for anyone affected by suicide, murder/manslaughter or military deaths, and online shop including publications and resources for everyone. www.winstonswish.org.uk July2015
Sands 020 7436 5881	Sands is a still birth and neonatal death charity supporting anyone affected by the death of a baby as well as offering information to the professionals working with the bereaved www.uk-sands.org July2015
Compassionate Friends TCF 0845 123 2304	The Compassionate Friends is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child or children. TCF offer a helpline, online forum, leaflets, retreats and gathering, quarterly publications, legal advice and sibling support. www.tcf.org.uk July2015
Brake 0845 603 8570	The Brake helpline is for anyone who has been bereaved or seriously injured in a crash, or their carers, whether the crash happened recently or a long time ago. The helpline is offers emotional support, information and advocacy, access to lawyers to talk about making a claim for compensation and information about local counselling and support groups and more. www.brake.org.uk July2015
Sudden	Sudden is a global charitable initiative by Brake, the road safety charity, sharing best practice, research and resources among professionals and carers who work with suddenly bereaved people. Through this, we aim to help ease the suffering of people bereaved by any kind of sudden death. We do this by offering free quarterly bulletins for professionals; online guidance for carers; papers and reports for professionals; seminars, training and webinars; support literature for bereaved adults and children. www.suddendeath.org July2015
A Child of Mine	A Child Of Mine is here after the most unimaginable loss, after a child has died. We are here to hold your hand and help you through the days ahead with practical information, guidance and support from people who really do understand. The website has lots of information about the practicalities of when a child dies, guidance, the stages of grief, support for siblings and more. www.achildofmine.co.uk July2015
Bereavement Advice Centre 0800 634 9494	Bereavement Advice Centre is a FREE helpline and web-based information offering practical information, advice and signposting on the many issues and procedures that face us after the death of someone close, including the funeral, money and tax issue and more. www.bereavementadvice.org July2015
The WAY foundation	WAY is the only national charity in the UK for men/women aged 50 or under when their partner died. It's a self-help group run by a network of volunteers who have been bereaved at a young age themselves, so they understand exactly what other members are going through www.wayfoundation.org.uk July2015

Mental Health Support and Treatment You can speak to your GP and School Nurse about concerns	
Mental Health Single Point of Access SPAR 0300 777 0707 Out of Hours Enhanced Primary Mental Health Services	<p>If you are already in contact with services and need help in work hours 9am-5.15pm, contact your care coordinator. Out of hours you can call 01438 843322.</p> <p>If you are not already in contact with our services and you, a friend or relative are experiencing mental health problems for the first time and need <u>emergency treatment</u>, you can contact the Single Point of Access SPAR between 8am-7pm, the out of hours line 5pm-8am, or you can contact your GP, or go to your nearest Accident and Emergency department, or contact The Samaritans 08457 909090.</p> <p>For advice on mental health issues you can contact Saneline 0845 767 8000 between 6pm-11pm any day of the year.</p> <p>If you have a <u>mild-moderate mental health problem</u> adults can self-refer or ask your GP to refer you to our Enhanced Primary Mental Health Service who work closely alongside GPs and primary care staff to provide talking therapies and mental health intervention</p> <p style="text-align: right;">www.hertspartsft.nhs.uk/i-need-help-now July2015</p>
Community Mental Health Team CMHT (Hitchin)	<p>The Community Mental Health Team CMHT is a community based assessment and treatment service for 18-65 year olds suffering with mental health problems. Support can include access to art therapy, family therapy, individual work, occupational therapy, practical help, psychotherapy, support from a social worker, carers assessments and more. Referrals are taken from GPs and self-referral through the Single Point of Access SPAR (contact will be made with your GP).</p> <p style="text-align: right;">www.hertspartsft.nhs.uk July2015</p>
Child and Adolescent Mental Health Service CAMHS	<p>CAMHS treats emotional and behavioural problems in children/adolescents such as depression, anxiety, phobias and extreme aggression at home/school, anorexia, schizophrenia and obsessive compulsive disorder. Presenting issues may be self-harm, taking overdoses, non-school attendance, exclusions from school or police involvement. We offer services across Hertfordshire clinics. Referrals through health professionals or SPAR (above). Other specialist services include Harper House (supports children / young people with a wide range of complex neurodevelopment disorders), Forest House (16 bedded Adolescent In-patient/Day patient unit), A-DASH (Adolescent Drugs and Alcohol Service countywide) and The Early Intervention in Psychosis Team. CAMHS professionals include psychiatrists, clinical & counselling psychologists, psychotherapists and family therapists</p> <p style="text-align: right;">www.hertspartsft.nhs.uk July2015</p>
EIP - Early Intervention in Psychosis Team	<p>The Early Intervention in Psychosis teams provide services for 14-35 year olds experiencing one or more of the following: worrying feelings, problems in sleeping, concentrating or relating to others, disjointed, unrealistic or racing thoughts, sudden mood swings from depression to elation and hearing unexpected voices. Referrals via your GP or self-referral via SPAR (above) and parents/carers can also contact the service. Treatment is usually a mix of cognitive behaviour therapy CBT and appropriate medication. East / West Teams available in Hertfordshire</p> <p style="text-align: right;">www.hertspartsft.nhs.uk / www.aminormal.org July2015</p>
The Stevenage Well Being Centre 01438 369216	<p>One stop shop to improve emotional and physical wellbeing by offering a range of services including self-help groups, training courses and exercise programmes. The centre brings together various mental health organisations such as Mind in Mid Herts and Stevenage Community Mental Health Team. Services inc adult learning, FREE counselling, book club, creative writing.</p> <p style="text-align: right;">www.mindinmidherts.org.uk July2015</p>
Letchworth Centre for Healthy Living 01462 678804	<p>A New Drop in Group run by Mind at the Letchworth Centre for Healthy Living has started on a Wednesday between 11.30 and 12.30pm. It will currently run weekly and any changes will be advised in advance. Mindfulness classes and other therapies also available (see Counselling section).</p> <p style="text-align: right;">http://www.leitchworthcentre.org/ July 2015</p>
Hertfordshire Complex Needs Service 01438 724995	<p>Working in partnership with Hertfordshire Mind, we provide community support to people recovering from mental health issues and additional complex needs inc substance misuse and learning disabilities. We provide practical support to promote personal independence and recovery and services include emotional and practical support for carers, resolving life issues including housing, debts and benefit, access or onward referral to other relevant services, informal family support and more. Our service is open access so you can refer yourself directly, or via a family member, carer or agency. Carers can also self-refer to our service to access support for themselves.</p> <p style="text-align: right;">www.turning-point.co.uk July2015</p>
The Living Room 01438 355649	<p>The Living Room exists to promote & provide access to quality treatment for adults with addictions to drugs, alcohol and addictive behaviours such as eating disorders and self-harming. We also support their affected families, children and friends. Recovery centres are based in Stevenage and St Albans. For more information see entry on page 14. www.thelivingroom.me.uk July2015</p>

Mental Health Online Advice and Helplines	
Young Minds 0808 802 5544	Young Minds is UK's leading charity committed to improving the emotional wellbeing and mental health of children / young people. We provide expert knowledge through our parent helpline, online resources and more. You can also view our parents' survival online guide as well as online information about abuse, anger, aggression, bereavements, depression, anxiety, behaviour problems, family relationships, domestic abuse, obsessions, eating problems, autism, ADHD, sleep and more. www.youngminds.org.uk July2015
CAMHS Choices	Have you been referred to CAMHS or are you interested in finding out about it? This website features video interviews with real clinicians and young people with experience of Child and Adolescent Mental Health Services and answering key questions about CAMHS. http://mycamhschoices.org/ July2015
SANE 0300 304 7000 (Helpline)	SANE provides emotional support and information to anyone affected by mental illness, including families, friends and carers. Our mental health support services are completely confidential and whatever your problems or concerns, you will receive non-judgemental emotional support. Our professional staff and trained volunteers have specialist mental health knowledge and we can help you consider support options that address your individual circumstances. SANE offers a helpline 6pm-11pm every evening, Textcare which allows you to arrange for messages of support at times that are right for you, a support forum which is available 24 hours a day to share your experiences with other members and give and receive mutual support, or you can write to us. We are on Facebook/Twitter. www.sane.org.uk July2015
Money Saving Expert – Mental Health Guide	FREE PDF booklet supported by Mind, Rethink and CAPUK for people with mental health problems and those caring for them. It covers how to handle debts, work with banks, FREE debt counselling, whether to declare a condition and more. www.moneysavingexpert.com/cards/mental-health-guide July2015
MIND Information Line 0300 123 3393 Legal Helpline 0300 466 6463	MIND provide advice and support to empower anyone experiencing a mental health problem, offering information about different types of mental health problems, drugs and treatment, legal rights, tips for everyday living, guides to support, helplines, online community and local MIND networks. Online advice includes information about coping as a parent with a mental health problem, debt, exercise, financial help, food and mood, changing diet, managing stress, loneliness, sleep, work, online safety, relaxation tips and much MORE. A text service is now available for advice: 86463. Mind in Mid Herts also offer a wellbeing centre based in Stevenage and drop-in group at Letchworth Centre for Healthy Living. www.mind.org.uk / www.mindinmidherts.org.uk July2015
Rethink 0300 5000 927	Rethink is the largest voluntary sector provider of mental health services in England including an advice line and online advice, information about different types of therapy/medication, benefits, debt, money issues, housing, young people, education, police, court and prison, and your rights under the Mental Health Act and other laws. We also have lots of FREE printable resources – PDF factsheets of our information. You can also contact Rethink via their website email www.rethink.org July2015
Mental Health Foundation	A Mental Health A-Z of information including alcohol, anger, anxiety, ADHD and autism, bipolar, body dysmorphic disorder, chronic fatigue syndrome, delusions, dementia, depression, drugs, eating disorders, gambling, hallucinations, hearing voices, insomnia, mania, narcolepsy, OCD, panic attacks, paranoia, phobias, personality disorders, psychosis and MORE. www.mentalhealth.org.uk July2015
POhWER Advocacy Service 0300 456 2370	POhWER delivers information, advice, support and advocacy services throughout Hertfordshire to people with mental health difficulties, sensory impairment, physical or learning difficulties, children and young people, people with autism, those who feel let down by the NHS, older people and those who have faced discrimination or exclusion. All services are FREE , independent and confidential. Please look at available services online or phone for more information. www.pohwer.net July2015
Work Solutions Stevenage 01438 844911	Work Solutions is a non-profit organisation funded by the county council supporting motivated people with mental ill health, learning disabilities, Asperger's, physical disabilities and sensory needs who often find it difficult to get and keep a job. We will help you to get in and stay in paid employment by improving your confidence/self-esteem and ensuring you meet employers' expectations. www.hertsdirect.org/services/advben/worksolns/ July2015
Anxiety UK 08444 775 774	Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy. We work regularly with external agencies and healthcare professionals to improve services for those living with anxiety disorders. We also campaign to raise awareness of anxiety disorders. Anxiety UK offers support through its online information and resource centre, helpline, access to local therapists, membership, downloads, child anxiety factsheet and more. www.anxietyuk.org.uk July2015
No Panic 0800 138 8889 01753 840393 (young people helpline – 4-6pm)	Support for anyone suffering from panic attacks, phobias, OCD and other related anxiety disorders via their helpline, contact book service (pen pals), step by step recovery programmes, literature, coffee morning and social events, understanding children's anxieties and phobias such as generalised and school phobia and how to overcome these feelings and much more. www.nopanic.org.uk July2015
Bipolar UK 020 7931 6480	Bipolar UK offers a range of services to enable people affected by bipolar and associated illnesses to take control of their lives including online information, FREE national support groups, an online community, 1:1 telephone based peer mentoring and much more. www.bipolaruk.org.uk July2015

BEAT - 0845 634 1414 and Youth 0845 634 7650	Beat provides helplines, online support and information and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders www.b-eat.co.uk July2015
OCD UK 0845 120 3778	OCD-UK is the leading national charity, independently working with and for almost one million children and adults whose lives are affected by Obsessive-Compulsive Disorder (OCD). We offer an advice line, information to access treatment, publications, online community and more. www.ocduk.org July2015
OCD Action 0845 390 6232	Support and information for anyone affected by Obsessive-Compulsive Disorders OCD and related disorders such as skin picking and hair pulling through online information, helpline, email, downloads and signposting to books. OCD Action at School provides resources and information for young people and their parents and teachers. www.ocdaction.org.uk / http://school.ocdaction.org.uk/ July2015
OCD Sufferer & Carer Groups 07769 639 186	As well as counselling in Stevenage, Jenny offers evening fortnightly adult OCD sufferer support groups and four weekly OCD carer support groups as well as a fortnightly adolescent OCD support group for 12-19 year olds. There is a cost to attend these groups. www.feellighter.co.uk July2015
Depression Alliance	Online information about living with depression, treatment, recovery and friends and family as well as information about support group (nearest Royston& Hitchin). www.depressionalliance.org July2015
PAPYRUS 0800 068 4141	Papyrus aims to prevent young suicide offering support for you and your friends and family through its helpline, email service, online information, raising awareness and more www.papyrus-uk.org July2015

Substance Misuse Advice and Helplines You can talk to your GP or School Health Advisor about concerns	
Release 020 7324 2989	National centre of expertise on drugs and drug law providing FREE confidential specialist advice to the public/professionals through their helpline and website, as well as face to face in London. Information includes drug information, effects of drugs, drug dependency, travelling with prescribed controlled drugs, charges involving possession / intention to supply and much more. www.release.org.uk July2015
Drink Aware Website	Information about alcohol & the health effects, talking to your child about alcohol, effects on your safety & relationships, alcohol and the law and more. You can also use the online unit/calorie calculator, take a drinking assessment and consider your first steps to reduce drinking. www.drinkaware.co.uk July2015
FRANK 0800 77 66 00	Confidential information & advice about drugs, finding support and emergency help for young people and their parents. FRANK offers a phone line, text and email support and live chat, as well as an online A-Z list of drug information, drug news, information about how drugs effect the brain, emergency help stories from others, support near you and drug treatments. www.talktofrank.com July2015
NACOA 0800 358 3456	The National Association for Children of Alcoholics provides online information, advice and support to children/young people of alcohol dependent parents as well as via their helpline and email service. The website also has information for adults and signposts to books. www.nacoa.org.uk July2015
The Site Website	Online guide to life for 16-25 year olds providing non-judgmental support and information on everything from sex and exam stress to debt and drugs. Our straight-talking emotional support is available 24 hours/day. Online you can chat about anything you like on our moderated discussion boards and live chat room, browse over 2000 articles and videos full of facts you can trust, read about the experiences of other young people, chat with one of our advisors and much MORE. www.thesite.org July2015
Youth Connexions 01462 640340 Letchworth (13-19 years)	Youth Connexions delivers a range of services for 13-19 year olds (21 years for care leavers, 25 for those with a learning disability) including the provision of youth work, information, advice, guidance / support on education, work, training and volunteering, advice on drugs, finance, health including sexual health, chlamydia and pregnancy testing, housing and more. A Youth Connexions 'Centre' will offer or signpost to the above with the nearest Centre in Letchworth& Hitchin and One Stop Shop in Stevenage. Look online to see services offered at each venue. Youth Connexions also offer a mentoring programme for 11-19 year olds (25 for those with LDD). www.youthconnexions-hertfordshire.org / www.channelmogo.org July2015
Gamcare 0808 8020 133	Support, information and advice to anyone suffering with a gambling problem through their helpline, online chat room/forum and online live chat to an advisor. FREE counselling also available as well as information for 12-18 year olds through the 'Big Deal' webpage link. www.gamcare.org.uk July2015
FA 0845 1200 660	Families Anonymous FA is a world wide fellowship of family members and friends affected by another's abuse of mind altering substances or related behaviour problems. www.famanon.org.uk July2015
PDAS 01707 393934	Parental Drug Awareness Service offers FREE information and support for those who have concerns about the use/misuse of drugs, alcohol and solvents. Information from http://directory.hertsdirect.org/kb5/hertfordshire/directory/home.page July2015
Substance Misuse Treatment and Family Support	
CRI Spectrum 01462 480944 Out of hours 0800 652 3169	CRI is a drugs and alcohol recovery service for adults offering health care clinics, needle exchange, talking therapies, prescribing support, support and treatment and more, as well as support for family and friends including 1:1 and access to groups. Nearest centres are based in Letchworth and Stevenage, with a smaller out-post in Hitchin and Royston www.cri.org.uk/content/spectrum-hertfordshire-drug-alcohol-services-%E2%80%93-leitchworth July2015

Herts Family Service (formally One Herts One Family) 01462 442442	Herts Family Service offers FREE , practical support to children, parents and families in Hertfordshire where there is historic or current parental substance misuse. The staff team is made up of two full time Family Navigators, a Family Therapist and a Play Therapist. Herts Family Service is family-focused offering emotional, therapeutic and practical support to build on existing parenting skills and relationships, including family therapy, 1:1 therapy, couples counselling, practical support (debt, housing, training, education), parenting support, therapeutic play, parenting groups & protective behaviours. Parent must be engaging in relevant services to address their drug/alcohol issues. Children 0-18 years, can be open to social care. www.wdp.org.uk Aug2015
Supporting Herts 01992 535364	Supporting Herts offers housing related support to drug and alcohol users in Hertfordshire, supporting people at different stages of their recovery and at different stages of housing need. The aim of the service is to support recovery and independence, prevent homelessness and help people achieve stable housing. There are four parts to the service including floating support, accommodation and private rented sector scheme, some of which are self-referral, others through professionals. www.wdp.org.uk July2015
The Living Room 01438 355649	The Living Room exists to promote & provide access to quality treatment for adults with addictions to drugs, alcohol and addictive behaviours such as eating disorders and self-harming. We also support their affected families, children and friends. Recovery centres are based in Stevenage and St Albans. The Living Room in Stevenage offers daily counselling and educational groups for all addictions and separate groups for relationship (love and sex) addiction, eating disorders and illicit drugs as well as 1:1 counselling on request to those attending one or more of the above. It also offers family and friends group happy days playroom (free on-site creche), parenting support service and couples and family counselling (on-request). Please call for an assessment. www.thelivingroom.me.uk July2015
Alcoholics Anonymous AA 0800 9177 650	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. www.alcoholics-anonymous.org.uk July2015
Hertfordshire Complex Needs Service 01438 724995	Working in partnership with Hertfordshire Mind, we provide community support to people recovering from mental health issues and additional complex needs inc substance misuse and learning disabilities. We provide practical support to promote personal independence and recovery. Services include emotional and practical support for carers, resolving life issues including housing, debts and benefit, access or onward referral to other relevant services, informal family support and more. Our service is open access so you can refer yourself directly, or via a family member, carer or agency. Carers can also self-refer to our service to access support for themselves. www.turning-point.co.uk July2015
A-DASH 01992 531917 or text 07770 537227	The Adolescent Drug and Alcohol Service (A-DASH) team provides confidential advice, support and specialist assessment and treatment to young people who have drug and alcohol problems under the age of 18, who have a Hertfordshire GP or live in or attend school in Hertfordshire. Young people can phone/text directly and we can also work in close co-operation and partnership with other key providers of services to young people e.g. CAMHS, Children's Services and Youth Connexions in reducing drug and alcohol related harm in young people. The service welcomes telephone enquiries to offer advice and information as well as to inform callers what services there are locally to help young people in Hertfordshire or their parents/carers. Search ADASH on www.hertspartsft.nhs.uk July2015

Support to Stop Smoking

NHS Smoking Helpline 0300 123 1044 Hertfordshire Service 0800 389 3 998	Information about getting a FREE quit kit, face to face support, a FREE mobile app and email / text support as well as information about why you should quit including for your health, family and to save money. The website also gives quit tips, take an addiction test and look at how smoking affects your body/pregnancy http://smokefree.nhs.uk/ www.smokefreehertfordshire.nhs.uk Jul2015
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Specific Support

Money and Debt

National Debt Line 0808 808 4000	FREE , confidential, debt advice service run by a charity called Money Advice Trust. Nine out of ten people who get help from National Debtline say they feel more confident in tackling their debts and managing their money as a result. Online you will find everything you need from factsheets on council tax recovery, payday loans, mortgages, court action, dealing with creditors and debt options as well online budget tools, sample letters to help you write to your creditors and an option to email / contact us questions. You can also reach us by phone and our experts will talk you through your options and give you clear advice on how to move forward financially. www.nationaldebtline.co.uk July2015
Hertsdirect Guide to Benefits	This section provides a benefits guide and how to apply, including universal credit, benefits for young people, extra money if you have a disabled child, housing, bereavement benefits, help with council tax, help with household bills and more. www.hertsdirect.org/services/advben/bnftsadv/benguide/ July2015

Gov.UK website	Information on benefits entitlement, child benefit, job seekers allowance and low income benefits, tax credits, family benefits, heating and housing benefits and disability and carers benefits. Webpage also links to details about housing information and much more www.gov.uk/browse/benefits July2015
Citizens Advice Bureau CAB 03444 111 444	The Citizens Advice Bureau provides FREE confidential, independent and impartial advice on issues such as benefits, debt, housing and employment. Advice available online www.adviceguide.org.uk and www.advice4me.org.uk for under 25s. The North Herts CAB provides services throughout Letchworth, Hitchin and Royston. Letchworth drop in Mon-Friday 9.30-12noon. www.northhertscab.org.uk July2015
Christians Against Poverty (CAP) 0800 328 0006	CAP is a national charity passionate about lifting people out of debt and poverty through their award winning debt help service and money management course, the CAP Money Course. The nearest debt support centre is based at Hitchin Christian Centre offering FREE debt advice to anyone. The venues for CAP money management courses and the job centre club vary – enter your postcode to find nearest. You can also sign up for an online self-help pack and budget worksheet. www.capuk.org July2015
Step Change Debt Charity 0800 138 1111	Step Change Debt Charity is the new name for the UK's leading debt advice organisation; previously known as Consumer Credit Counselling Service (CCCS). Step Change can offer you advice about debt, budgeting, payday loans, what your creditors can do, money advice, benefit checker, utility switching, housing advice, information about bankruptcy and more. www.stepchange.org July2015
Money Saving Expert – Mental Health Guide	FREE PDF booklet supported by Mind, Rethink and CAPUK for people with mental health problems and those caring for them, covering how to handle debts, FREE debt counselling, specific tips, whether to declare a condition and more. www.moneysavingexpert.com/cards/mental-health-guide July2015

Housing Advice, Support and Home Safety

Shelter 0808 800 4444	Shelter provides FREE confidential advice to people with all kinds of housing problems through their online housing information and housing advice line. You may want advice about homelessness, social housing, housing benefit, private renting, transfers, exchanges, eviction, rent arrears, mortgage/rent worries, repossession, bedroom tax, tenancy deposits or housing benefit. www.shelter.org.uk July2015
Citizens Advice Bureau CAB 08444 111 444	The Citizens Advice Bureau provides FREE confidential, independent and impartial advice on issues such as benefits, debt, housing and employment. See entry above.
FREE Home Fire Safety Check 0300 123 4046	Hertfordshire Fire and Rescue is offering the opportunity to have a FREE fire safety check of your home carried out by firefighters from your local station. Visits are appointment only, all appointments are pre-arranged with you and firefighters will always be in uniform, use an agreed password and show an ID card. This assessment will look at all areas of accident and fire risk in your home. We will advise you on installation/maintenance of smoke alarms (where necessary we will supply/fit free of charge) and we will give advice and information on how to stay safe from fire, including kitchen hazards, safe disposal of smoking materials, candles, heaters, electric blankets and dangers from harmful substances. Finally, we will help you to make an escape plan to prepare you, should a fire occur in your home. The easiest way to request a check is via an online form. www.hertsdirect.org/contact July2015
Hertfordshire Home Safety Service 01707 292344	The Hertfordshire Home Safety Service HHSS provides a range of FREE / low cost services, using proceeds of crime monies POCA which means money recovered from criminals go directly to helping secure your home and make you feel safer. HHSS offers advice on home security including rogue trading, home safety checks online form, fitting / maintaining locks on external doors, fitting/maintaining locks on external windows, fitting/maintaining locks on side or rear gates, fitting/maintaining locks on external garage doors, fitting prikka-strip panels on fencing or walls and they provide advice on how to register with utility companies priority services for vulnerable customers. Those classed as vulnerable are entitled to have security devices fitted and preventative work carried out for FREE - over 60 years, registered disabled, victims of domestic burglary or domestic violence, those deemed vulnerable to risk of fall and referrals from Health and Community Services. www.hertsdirect.org/services/commsafe/HHSS July2015
Home Heat Advice 0800 33 66 99	The Home Heat Helpline advises people worried about paying their energy bills and keeping warm during the winter. It also gives advice to low-income households in urgent need of heating help and advice. It is FREE to call and is open 9am-5pm Monday-Fridays. www.homeheathelpline.org.uk July2015
NHCVS Furniture Link Showrooms 01462 683800	Furniture Link is a project of the registered charity North Herts Centre for Voluntary Service NHCVS. We are non-profit making and aim to provide good quality low cost furniture to local residents as well as reduce waste landfill by the re-use of furniture. Locally donated good quality furniture is collected and displayed in our showroom where it can be purchased by the general public. Anyone can visit & purchase furniture and those people on benefits receive a 1/3 discount. www.nhcvsfurniturelink.org.uk July2015

North Herts District Council - Housing Options Section 01462 474000	Assessment of entitlement to housing for people who are homeless or threatened with homelessness when they have a 'local connection' to North Hertfordshire. Housing provided for people in priority need of housing, general housing advice and information and rent deposit guarantee scheme for people on the common housing register. Out of hours emergencies 01462 420600. www.north-herts.gov.uk July2015
Herts Young Homeless hyh 0844 833 0933	FREE information and support for 16-24 year olds who are homeless or threatened with homelessness across Herts, offering FREE mediation for 10-15/16-24 year olds and their families, floating support and Crashpad emergency accommodation for 16/17 year olds (up to 21years if care leaver). Mediation service also available (see Counselling section). www.hyh.org.uk July2015
North Herts Sanctuary 01462 435835	Hitchin based hostel for the single homeless providing shelter and support to people in need. Approx £2/night which includes meals and hostel amenities. www.northhertssanctuary.org.uk July2015

Legal Advice and Separated Families

Fosters Legal Ltd 07572 373011 01438 318 452	Fosters Legal Ltd has a high reputation in the local community of their continuous support of providing FREE initial specialist legal advice to help parents who are on low income and on benefits, and going through family disputes in relation to children's law and family law, including aspects of divorce and separation, child welfare and domestic violence. Based in Stevenage, and working with experienced solicitors and barristers, Fosters Legal Ltd also offers services in immigration, employment and housing. Please phone Sandra Foster to book your FREE appointment. www.fosterslegal.co.uk July2015
Coram Children's Legal Centre 0300 330 5480	Coram Children's Legal Centre provides FREE legal information, advice and representation to children, young people, their families/carers and professionals. For over 30 years, CCLC has helped thousands of young people through phone advice lines, online information and individual case work. We offer expertise in all areas of family, child and education law, immigration, asylum and nationality law, including: domestic abuse, child protection and school admissions. Please note we can only advise residents of England, and cannot advise you if you have a solicitor acting for you, or your matter is in relation to criminal law. Factsheets available online about parental responsibilities, kinship and guardianship, child protection, schools, education, duties of local authorities. www.childrenslegalcentre.com July2015
Citizens Advice Bureau CAB 08444 111 444	The Citizens Advice Bureau provides FREE confidential, independent and impartial advice on issues such as benefits, debt, housing and employment. Advice available online www.adviceguide.org.uk and www.advice4me.org.uk for under 25s. The North Herts CAB provides services throughout Letchworth, Hitchin and Royston. Letchworth drop in Mon-Friday 9.30-12noon. www.northhertscab.org.uk July2015
Stevenage and North Herts Contact Centres 0845 4500 280	Child contact centres and services are neutral places where children of separated families can enjoy contact with their non-resident parents and sometimes other family members, in a comfortable and safe environment. Child contact services are classified into two distinct categories, supported and supervised, so that families can be referred to an appropriate environment and level of support. The centres are equipped with your child in mind, providing toys, games and facilities that reflect the diverse needs of children affected by family breakdown. www.naccc.org.uk July2015
CAFCASS 0300 456 4000	Children and Family Court Advisory and Support Service CAFCASS looks after the interests of children involved in family proceedings. We work with children and their families, and then advise the courts on what we consider to be in the best interests of individual children. www.cafcass.gov.uk July2015
Child Maintenance 0800 988 0988	Impartial information and support for both parents to make informed choices about child maintenance arrangements. We can support you if you are separating from the other parent or you are not living together, if you're thinking of switching from statutory child maintenance to a family based arrangement and/or if your current maintenance arrangement is not working. www.cmoptions.org July2015

Grants and Financial / Food / Home Help for Families

FREE education for 2 years olds and 3/4 year olds	Free early education for two year olds is a funded scheme which entitles some children to access a place in a pre-school, nursery or with a child minder for 15 hours/week, 38 weeks per year. Eligibility criteria apply. Look online to see if you are eligible and to see providers offering free early education. All three and four year olds are also entitled to 15 hours free early education for 38 weeks of the year. This applies until they reach compulsory school age (the term following their fifth birthday). Please look online for more details www.hertsdirect.org/services/edlearn/css/flexyears/freeearlyeduc/ July2015
Free school meals	All children in Reception and Years 1 and 2 are guaranteed entitlement to FREE school meals (just contact your child's school to register your interest) and if your child is in Year 3 or above they may qualify if you receive any of the listed benefits on the following webpages such as income support. www.gov.uk/apply-free-school-meals/ / www.hertsdirect.org/services/edlearn/canhelp/ July2015
Music Lessons, Bus/Train travel and Bike Lessons	If you receive free school meals, you could get help with the costs of music lessons, bus and train travel, and bike lessons if your family is on a low income. Use the Free School Meals application form to find out what else you're entitled to. www.hertsdirect.org/services/edlearn/canhelp/ July2015

Letchworth Civic Trust 07785 104 357	Grants are available for students who have lived in Letchworth for at least 2 years and have gained a place at University (grants available for books and learning materials), school pupils in a family that is finding great difficulty in supporting school activities particularly residential field visits or camps and which the headteacher believes would benefit the child. Support can be given to community groups needing to improve their premises or support for an event and the trust may also support disabled individuals with mobility problems. letchworthct@gmail.com / www.letchworthct.org.uk July2015
Heritage Foundation Grants	The Heritage Foundation is offering several grants including funds to support groups or individuals in Letchworth to develop their skills/talent. Criteria apply to each grant - look online for what the fund can and can't support. www.letchworth.com/heritage-foundation/grants July2015
Family Fund	We are the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. We help ease the additional pressures families face. We can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together. www.familyfund.org.uk July2015
Hertfordshire Welfare Assistance Scheme HWAS 0300 123 4044	The Hertfordshire Welfare Assistance Scheme provides one-off emergency support to residents who are facing exceptional unexpected pressures and who are in financial crisis. To get help you must meet certain criteria and you can apply online/by phone. Criteria includes being a resident or homeless in Hertfordshire, receiving one of the means-tested benefits or other support listed on the website, not receiving benefits but in very exceptional circumstances resulting in severe hardship, e.g. a disaster such as flooding, and you must be aged 18 or over or aged 16/17 and receiving benefits in your own right, but not living with family or guardians who could otherwise support you. You or another household member must not have made a loan/grant claim from DWP/HWAS in the last year. Please look online for full details. Funds are not available to people in care homes/hospital/education except those receiving any of listed benefits or people who have "no recourse to public funds". The scheme has a list of things it doesn't cover such as home improvements/repairs, school uniforms/equipment, legal proceeding, removal/storage/phone charges or council tax/rent/mortgage. www.hertsdirect.org/hertshelp July2015
Turn to Us	Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help online, phone and face to face through partner organisations. www.turn2us.org.uk July2015
Happy Days Charity 01582 755999	National children's charity dedicated to providing holidays, residential trips for groups of children and days out to hundreds of venues across the UK including theatre trips, seaside, zoo, theme parks and safari parks for disadvantaged young people 3-17 years with special needs. Families come from many different backgrounds and cultures and suffer many different conditions including those with learning difficulties, physical or mental disabilities and with acute, chronic or life limiting illnesses. We also help young people who have been abused or neglected, witnessed domestic violence, been bereaved or act as carers for a parent or a sibling. Professional/Self-referral www.happydayscharity.org July2015

Multiple Births, Pregnancy and Sexual Health

Stevenage and Knebworth Twins Club 07771 640708	Friendly baby and toddler group run by mums with twins or more meeting the first and third Monday of every month 2-4pm in Stevenage. Members and non-members welcome; small contribution asked for. See their webpage for more details www.stevenageandknebworthtwinsclub.co.uk July2015
The Multiple Births Foundation 020 3313 3519	We are the only charity internationally which employs healthcare professionals dedicated to supporting multiple birth families and educating and advising professionals about their special needs. We offer online advice and information for parents expecting a multiple birth as well as help for professionals, publications, statistics and MORE www.multiplebirths.org.uk July2015
Brook 07717 989 023 (text Brook Advisor)	Brook offers FREE confidential information for under25s about sexual health, contraception, sexually transmitted diseases, sex and relationships, pregnancy, your rights and body and an A-Z of sex, via the webpage, phone, email and Brook Centres (nearest Bedfordshire) www.brook.org.uk July2015
CARE Confidential 0300 4000 999	FREE confidential counselling, support and information for those facing an unplanned pregnancy or following an abortion. CARE offers information via its webpage, helpline and online advisors. To find your local centre, contact the helpline or the online advisor www.careconfidential.com July2015
British Pregnancy Advisory Service 03457 304030	BPAS provides help to women with an unplanned pregnancy or a pregnancy they choose not to continue with. If you're pregnant and considering abortion it's important to know you're not alone. We are the UK's leading independent provider of abortion care. As well as non-directive and impartial counselling for unplanned pregnancy and abortion treatment we provide emergency contraception (such as the "morning after pill") and FREE pregnancy testing. www.bpas.org.uk July2015
Youth Connexions Letchworth 01462 640340	On Wednesdays and Fridays we offer information on sexual health and relationships and access to free condoms via the C-Card scheme. C-card is a sexual health scheme for young people up to the age of 25 years. The service aims to help young people to make the right choices regarding relationships, get free condoms to prevent unplanned pregnancies and reduce sexually transmitted infections (STIs), get tested for chlamydia and other STIs and understand the types of contraception available. www.mogolistings.org/Activity/Details/Letchworth-Youth-Connexions-Centre-at-the-Goldsmiths-Centre-Letchworth July2015

BME Support and Translation / Interpreting Services and Immigration	
Letchworth Arts and Leisure Group	Use the Letchworth Arts and Leisure Group webpage to search for local cultural/language groups such as Letchworth Caribbean Harmony Group, Welsh Language/Culture, Spanish Conversation, Russian Language, Latin, Japanese conversation and more www.lalg.org.uk July2015
North Herts Ethnic Minority Forum NHMEF 01462 440224	The NHMEF provides services to improve the life of the BME community including information and advice on housing, benefits, employment, education, training and health matters. The NHMEF offers skills development programmes such as IT skills, textiles, ESOL, Italian language for children and adults, ESOL courses and social club, job club/CV writing, literacy and numeracy and personal development courses. NHMEF also offers health and activity courses such as yoga and keep fit, as well as social leisure groups such as Italian Evening Meal and Chinese Social Club. www.nhmeff.org.uk July2015
Hitchin Language Centre 01462 431804	Hitchin Language Centre offers private and group tuition for 4+ year olds and adults including Arabic, Greek, Cantonese, Japanese, Spanish, French, German, Turkish and Mandarin. English as a second language is also available from beginners to intermediate www.hitchinlanguagecentre.co.uk July2015
POhWER Advocacy Service 0300 456 2370	POhWER delivers information, advice, support and advocacy services throughout Hertfordshire to people including those who have faced discrimination or exclusion. All services are FREE , independent and confidential. Please look at available services online or phone for more information. www.pohwer.net July2015
INTRAN Translation	INTRAN is non-profit making and a multi-agency partnership providing language services throughout the Eastern region, including information and contact details for British Sign Language Interpreting and Lip Speaking, immediate 24 hour telephone interpreting, face to face interpreting, written translations, audio translations and braille. See all details on the webpage www.intran.org July2015
HITS 01442 867212	Founded in 2001, Herts Interpreting & Translation Service (HITS) is one of the largest and most successful independent, non-commercial services in the UK. We provide language support services (telephone and face-to-face interpreting, translation, audio recordings, language assessments) for Health Trusts, Local Authorities, non-statutory sector organisations, commercial and private clients throughout Hertfordshire, Bedfordshire, Buckinghamshire, Oxfordshire and beyond. www.hertsinterpreting.org July2015

Gender Identity and Sexuality	
Letchworth Cortex 0788 434 6037	Support and social group for transgender people and anyone else who wishes to attend. Meetings are held monthly with a small entry fee and Cortex also organises all sorts of activities such as dinner and meeting other groups across Herts. https://sites.google.com/a/tgcortex.com/www/cortex-leitchworth July2015
Mermaids 0208 1234 819	Mermaids is a support group for children and young people up to 19 years old suffering from issues with their gender identity, and their families, friends, and wider networks, such as school, youth groups, or medical professionals. You may be a parent trying to support and enable your child, whilst needing some support yourself, or you may be a young person feeling isolated and alone because you don't know who to talk to or where to turn. We deal with all aspects of gender identity; from those adamant they are in the wrong body, to those who feel they don't fit as either male or female. Gender is a spectrum. www.mermaidsuk.org.uk July2015
PACE 020 7700 1323	PACE is the LGBT+ mental health charity promoting the emotional well-being of the lesbian, gay, bisexual and trans community. PACE offer a range of services both face to face and online. These include counselling, advocacy, workshops and a youth group. We also conduct research and deliver training to professionals on LGBT+ issues. www.pacehealth.org.uk July2015
Young Pride in Herts	Young Pride in Herts is a Lesbian, Gay, Bisexual, Transgender, Transsexual, Questioning, Intersex and Asexual(LGBTQIA) Youth Group for young people aged between 13 & 25. The group has been set up by LGBT people, for lesbian, gay, bisexual, transgender and questioning young people in Hertfordshire. It is currently running youth groups in East Herts and Watford, but are looking to expand and the website will also be useful for parents and professionals. www.youngprideinherts.org/ July2015
FFLAG 0845 652 0311	FFLAG (Family & Friends of Lesbians and Gays) is a national voluntary organisation and registered charity. We are dedicated to supporting parents and their lesbian, gay and bisexual daughters and sons. We offer support to local parents groups and contacts, in their efforts to help parents and families understand, accept and support their lesbian, gay and bisexual members with love and pride. www.fflag.org.uk/ July2015
Free2B	Support group in North Herts for young people aged 13-19 identified as LGBTTQ. A Youth Connexions project. https://www.youthconnexions-hertfordshire.org/youth-work/youth-work-projects-and-events-for-young-people/youth-projects-in-your-district-or-borough/north-herts-projects/ Contact Lisa Ridley 07580 743499. Oct2015

Grandparent Support	
Grandparents Association 0845 434 9585	National charity supporting grandparents and their families, offering advice about being a grandparent, childcare, kinship care, welfare benefits and more. Nearest support groups are running in Welwyn GC and Potters Bar. www.grandparents-association.org.uk July2015
Grandparents Plus 0300 123 7015	National charity offering advice free, confidential and impartial advice on welfare benefits and other sources of financial support, employment, housing debt, bereavement, domestic violence, disability, families of prisoners, social care, education and much more. www.grandparentsplus.org.uk July2015

Support for Adult and Young Carers		0300 123 4043 – Children's Services
Herts County Council Caring Assessment 0300 123 4043	If you provide regular unpaid emotional, physical or practical help to a friend, neighbour or a member of your family there is a range of help available. We may be able to offer you a joint assessment where your views will be included where appropriate in the support plan of the person you care for, or you have the right to request a carer's assessment if you are providing substantial and regular care. You can still have a carer's assessment even if the person/people you care for have refused an assessment themselves. A free online course is available for carers, service users and service providers: covering the question of what it means to be a carer, and the support available. Find out more information searching 'Support for Carers' on www.hertsdirect.org Aug2015	
Young Carers PA in County	Young carers are 8-18 years old who care for someone in their own home who is ill, has a physical/mental disability or problematic drug/alcohol use. The jobs that young carers may be doing can include cleaning, washing the person they care for or cooking meals for the family. Looking after someone might affect their concentration, they may feel isolated from peers and leisure time may be restricted. Children's Services has a team of Young Carers' Professional Assistants (PAs) who assess / support young carers whose caring responsibilities impact their daily lives, their opportunity to thrive and ability to achieve. The PAs can offer specific support and information to young carers and their families. An interactive checklist is now available to help professionals request support and identify whether requesting support from PAs is appropriate. Families must give consent and a Service request form can be sent to Children's Services. Further support is available through Carers in Herts where the young person's caring role is appropriate to their age but they may need some additional support. Search 'Support for Carers' on www.hertsdirect.org Aug2015	
Carers in Hertfordshire 01992 586969 Head Office	FREE information, support and advice to all carers who live in Hertfordshire or care for someone who lives in Hertfordshire. Online sections include 'Are you a Carer' and events for carers, carers passport discount card and more. Support is also available via factsheets and their biannual magazine. Part of the Young Carers Service is funded by Herts County Council and Carers in Herts staff can visit young carers and their families in their homes so that they can understand the caring situation and find out what sort of help the family might need. They then work with other organisations like Hertfordshire County Council to find support from local services to reduce the amount of caring the young person has to do. Carers in Herts also offers activities for young carers. www.carersinherts.org.uk July2015	
Carers' Passport 01992 586969	The passport is now operating in Stevenage, Dacorum, Watford&Three Rivers and North Herts. There are hundreds of concessions in the Carers' Passport Offers booklet with more being added all the time. Countywide offers include discounts at Paradise Wildlife Park, Boots and Gosling Sport Park www.carersinherts.org.uk/how-we-can-help/useful-information-for-carers/carers-passport Aug2015	
Letchworth Young Carers After-School Club 01462 707256	The Letchworth Young Carers Club is a FREE after-school club for young carers age 8-12 who live and attend school in Letchworth. The child must have a significant caring responsibility for someone in the family with an illness, disability, drug or alcohol problem or mental health issue. The club is held at Garden City Academy off Radburn Way, Letchworth Garden City SG6 2JZ on Wednesdays 4-5.30pm term-time only starting 2 nd week of each term. Transport to/from home/school may be available on request (bus provided by Letchworth Garden City Heritage Foundation). All enquiries and referrals to Sylvia Daintrey, Letchworth Partnership of Schools sylvia.daintrey10@fearnhill.herts.sch.uk Aug2015	
NHS Support Carers Direct 0300 123 1053	FREE confidential information and advice for carers, by phone and via the webpage. Guide to caring, information about social care, care and work or study, care, finance and the law, carers well-being, young carers, carers lives and understanding carers and more. www.nhs.uk/carersdirect Aug2015	
Carers UK 0808 808 7777	Carers UK offers information including financial support, practical support, health, work and career, relationships, bedroom tax, benefit cap, carers assessment and more. www.carersuk.org Aug2015	
Carers Trust	Carers Trust offers online information including carers and young carers stories, taking care of yourself and getting help, taking a holiday, finding support near you and more. Nearest support is Crossroads North Herts. The young carers site 'Babble' offers support and information including 'at school and college', 'how I feel' and more. www.carers.org / www.youngcarers.net Aug2015	
Crossroads North Herts 01462 455578	If you are a carer, your local Crossroads Care scheme can offer you support. Our core service sees a trained carer support worker coming into the home to take over the caring responsibilities. Each local scheme is an independent charity, which has its own funding streams and is therefore able to provide additional services according to funding and demand at a local level. www.crossroadshn.org.uk Aug2015	

Support for those in Care or Care Leavers / Adoption / Fostering

Hertfordshire Adoption Support Service 01438 844488	The adoption support team works with adopted children and adoptive parents, adult adoptees, birth families and special guardians. Working alongside social workers in the team we have specialist input from a play therapist and a child and adolescent psychologist. We can offer advice/support on lots of adoption issues, either by meeting with you, or by phone and we can also put you in touch with other adopters who've shared the same experiences. Services include mentoring, support groups, parenting courses, advice/information, training events, counselling / therapeutic support, fathering groups, life story work, children activities, newsletter and annual picnic. www.hertsdirect.org/services/healthsoc/childfam/fostadoptsharedcare/adoptionnew/ Aug2015
Fostering Network 020 7401 9582	Advice and information about any aspect of fostering to prospective / approved foster carers and those who support them on a range of issues which affect the foster carer role, including allegations, approval, finance, legislation, relationships with fostering services. www.fostering.net Aug2015
Adoption UK 0844 848 7900	National charity providing support and a voice to adoptive families offering a lending library, helpline, online forums, support groups, membership and much more. www.adoptionuk.org.uk Aug2015
After Adoption 0800 0568 578	Support for anyone affected by adoption including information and advice for adoptive families, how to support your other children, a separate birth ties helpline for parents who believe their child may be taken away by social workers 0800 840 2020 and much more. Also offers half day training for school staff - 'SafeBase for Schools' will inform schools about adoption, its impact on the child, their school and the pupil's ability to learn. It also aims to educate staff about attachment difficulties, and early life neglect and abuse, and how this shapes brain development and the child's response to stress and learning capacity. www.afteradoption.org.uk Aug2015
CoramBAAF Adoption and Fostering Academy 020 7520 0300	The British Association for Adoption and Fostering has closed but has amalgamated some of its services with Coram. CoramBAAF will continue to operate as an independent membership organisation for agencies and individuals in the UK, and the following functions will be provided by CoramBAAF: research; policy and development; membership administration; professional advice and professional development; publications; National Adoption Week and the Adoption Activity Day www.coram.org.uk Aug2015

Extra Tuition

Hitchin Language Centre 01462 431804	Hitchin Language Centre offers private and group tuition for 4+ year olds and adults including Arabic, Greek, Cantonese, Japanese, Spanish, French, German, Turkish and Mandarin. English as a second language is also available from beginners to intermediate www.hitchinlanguagecentre.co.uk Aug2015
Kumon 0800 854 714	Maths and English study programmes for children of all ages and abilities. The nearest centres are based within Letchworth, Hitchin, Stevenage and Shefford. www.kumon.co.uk Aug2015
Number Works 01462 459744	Maths and English tuition with the nearest centre based in Hitchin for 5-16 year olds. FREE assessment and introductory lesson. www.numberworksnumberworks.co.uk Aug2015
Magikats 0844 870 9896	Maths and English workshops with the nearest centre in Stevenage for all ages and abilities including KidiKats workshops for under 5 year olds. www.magikats.co.uk Aug2015
Little Linguists 07808 729364	Fun, friendly and interactive way for your child to start the lifelong process of acquiring a second language (Spanish) from an early age. Group classes start from 2½ years and slightly younger in day nurseries and private classes. Nearest classes in Letchworth, Baldock, Hitchin, Royston and Stevenage. www.littlelinguists.org.uk Aug2015

Leaving School, Further Education, Careers, Volunteering, CRBs/DBS and ADULTS

Youth Connexions Job Club 01462 640340	Youth Connexions runs a job club Friday mornings 10-12noon at the Letchworth Youth Connexions Centre. We help unemployed 16-19 year olds (up to 24 for those with a statement of special needs). Come and meet staff who will help you with job searching, CV preparation/updating, interview practice, online applications, registering for job alerts, producing covering letters... everything you need to get your career on track. FREE 1:1 support available. No booking required www.mogozout.org Aug2015
North Herts College 01462 424242	North Herts College run various courses including access to higher education, A-levels, apprenticeships, leisure courses, adult learning and more. Courses may include nutrition and health, adult social care, bamboo massage, motor vehicles, cooking, sign language, various languages and IT. www.nhc.ac.uk Aug2015
InTown Training 01462 443072	InTown Training is an exciting development in Stevenage and Hitchin bringing learning to the heart of the community. The Stevenage venue offers a series of courses designed to get students in to employment or back to work and if you are currently unemployed or at risk of redundancy and looking for work, come in to InTown Training for FREE skills for work training. Our programme "Job Smart" currently runs Monday, Tuesday and Wednesday. You can produce a CV, access advice and tips on writing an application form, interview skills and self-employment and make use of job search facilities. We can provide information, advice and support to help you on your way. For more information contact the Adult and Family Learning team on 01462 443072 or email community@nhc.ac.uk to find out more. www.nhc.ac.uk Aug2015

Learn Direct 0800 101 901 01438 747424	Learn Direct offers Maths, English, computer, job seeking, life skills, business, language and job specific qualifications for adults. In many cases, your course and qualification may be FREE due to government funding but view the site for more details. Nearest Centre is Stevenage. www.learndirect.co.uk Aug2015
North Herts Volunteer Centre 01462 689400	Managed by the North Herts CVS, the North Herts Volunteer Centre provides a volunteering information service for those interested in volunteering, by phone, email and through 1:1 confidential discussions. There are over 100 local volunteer opportunities at any one time. To start your volunteer story today please contact volunteercentre@nhcvs.org.uk or search and apply for roles online at www.do-it.org.uk Aug2015
Royston Volunteer Centre 01763 243020	We work at the heart of the local community providing advice, support and guidance to individuals wanting to volunteer and to our local voluntary organisations, community groups and sports clubs so that they can successfully involve and support volunteers. www.roystonvolunteer.org.uk Oct2015
Disclosure and Barring Service 01462 689400	DBS Checks are required by any person working with children/vulnerable adults. North Herts CVS are registered as an umbrella body which means they can process DBS checks for you, your staff and volunteers. View webpage for details of cost and what you need to bring to apply. www.nhcvs.org.uk Aug2015
Time Bank – North Herts and Stevenage 01462 689405	Vibrant community skills exchange in which members trade their time for credits. In the Time Bank we value everyone's skills equally, so no matter what you are able to offer one hour of your time is worth one Time Credit. Our members get involved in all sorts of tasks including gardening, cooking, DIY, crafts, alternative therapies, housework, writing and more. We use an online system that allows our members to choose exactly when they want to help, to keep track of credits and to book hours of each other's time. Currently accepting members locally in Letchworth, Hitchin, Royston, Baldock and Stevenage www.mytimebank.org.uk Aug2015
The Settlement 01462 682828	The Settlement offers a wide range of activities, courses, events and groups for adults such as drawing and painting, cake decorating, creative stitchery, dress making, patchwork and quilting, photography, English as a foreign language and MORE. www.leitchworthsettlement.org.uk Aug2015
Letchworth Arts+ Leisure Group	Access to a huge variety of leisure groups for adults including arts and design group, backgammon, badminton, folk club, dance group, bowls group, alternative ramblers, Broadway buddies, computer users, daytime book group, family history group, film appreciation, language groups, gardening, games club, history clubs, village and town walks, jazz appreciation and MORE www.lalq.org.uk Aug2015

Support for Disabled Adults and Adults with Special Educational Needs (SEN)	
The Royal Mencap Society Mencap Direct 0808 808 1111	Mencap work in partnership with people with a learning difficulty and all services support people to live their lives as they choose. The Mencap Direct phone line offers information and advice about learning difficulties and where to find local support or you can email help@mencap.org.uk . Mencap can provide information on community care, benefits, education, jobs, housing, holidays, family and personal relationships. If English is not your first language, a translation service is available. Mencap also support people to access leisure activities, housing, work, family/personal support and respite/residential care www.mencap.org.uk Aug2015
Work Solutions Stevenage 01438 844911	Work Solutions is a non-profit organisation funded by the county council, supporting motivated people with mental ill health, learning disabilities, Asperger's, physical disabilities and sensory needs who often find it difficult to get and keep a job. We will help you to get and stay in paid employment by improving your confidence and self-esteem and more. www.hertsdirect.org/services/advben/worksolns Aug2015
Jackie's Drop in Centre 01462 338752	Jackie's drop in centre caters for adults with many different forms of disabilities, offering an onsite charity shop, hair dressing salon, play station, xbox, books, internet café, pool table, puzzles and crafts, music and dance, day trips, events, fun days and more. http://jackiesdropin.org.uk/page2.html Aug2015
Hertfordshire Complex Needs Service 01438 724995	Working in partnership with Hertfordshire Mind, we provide community support to people recovering from mental health issues and additional complex needs including substance misuse and learning disabilities. We provide practical support to promote personal independence and services include emotional and practical support for carers, resolving issues including housing, debts and benefit, access or onward referral to other community based services, informal family support and building confidence, self-esteem, social networks and life skills. Our service is open access; you may refer yourself or via a family member, carer or agency. Carers may also self-refer to access support for themselves. www.turning-point.co.uk Aug2015
Community Transport Scheme 01462 689400	The North Herts CVS Community Transport Scheme provides a door to door car service for elderly / disabled residents in North Herts who are unable to use public transport. A team of more than 30 dedicated volunteer drivers from all walks of life use their own cars in their free time to take passengers to their appointments. Passengers pay the drivers a mileage rate to cover the distance they travel. All drivers are CRB checked. To find out more info please phone / email transport@nhcvs.org.uk Aug2015
POhWER Advocacy Service 030045 62370	POhWER delivers information, advice, support and advocacy services throughout Hertfordshire to people with mental health difficulties, sensory impairment, physical or learning difficulties, children and young people, people with autism, those who feel let down by the NHS, older people and those who have faced discrimination or exclusion. All services are FREE , independent and confidential. www.pohwer.net Aug2015

Hertfordshire Action on Disability HAD 01707 324581	HAD offers a number of services to help Hertfordshire's disabled / older people maintain their independence and keep on the move. Services are based from the Woodside Centre Welwyn and are available to people with disabilities as well as their families/friends, carers of people with disabilities, children with disabilities and their parents, health/social care professionals, local authorities and private care/service providers. Services include equipment centre, transport service, driving centre, information and advice centre and a counselling and therapies centre including acupuncture and massage. www.hadnet.org.uk Aug2015
Disability Rights UK	Information, products and services developed by and for disabled people including FREE factsheets about benefits, work and more, online advice about careers and education, personal budgets and more. Helplines available for independent living, student queries and equality service. www.disabilityrightsuk.org Aug2015
DLF 0300 999 0004	Disability Living Foundation DLF is a national charity providing impartial advice, information and training on independent living, including factsheets, helpline, loan library and more. www.dlf.org.uk Aug2015

Education and Support for Parents of Children with Special Needs

Education and Special Educational Needs and Disabilities SEND	
Hertfordshire SEND Local Offer	Hertfordshire County Council's SEND Local Offer pages are an online resource where you will find information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities. There are sections on Activities & Leisure, Childcare, Education & Training, Health, Social Care, Support & Advice, Transport. http://directory.hertsdirect.org/kb5/hertfordshire/directory/localoffer.page Oct15
SENDIASS 01992 555847	SENDIASS (formerly known as Parent Partnership Service) is an impartial information, advice and support service funded by Hertfordshire County Council for parents, carers, young people (0-25) and professionals. Our expertise and training in special educational needs and disabilities, and disagreement resolution help us to help you. We offer a personalised confidential service to help you understand how special educational needs are assessed and managed, so that you can make informed educational choices. www.hertsdirect.org/services/healthsoc/childfam/specialneeds/educ/parpart/ Aug2015
Delivering Special Provision Locally (DSPL) North Herts: 07527 828477	DSPL is a Hertfordshire-wide partnership approach where parents, staff in early years settings, schools, further education colleges, local authority officers and representatives from other agencies work together, reviewing and developing the range of provision and support services available to their local community that meets the needs of young people with special educational needs / disabilities (SEND), aged 0-25, as close to home as possible, improves outcomes for wellbeing and attainment, widens choice for children and parents/carers, removes barriers to learning and uses resources more effectively. www.hertsdirect.org/dspl The North Herts DSPL Group is one of 9 Groups and covers Hitchin, Letchworth, Baldock and Royston. www.nhdspl.org.uk/ Aug2015
Integrated Services for Learning ISL North Herts: 01438 845074	ISL is a service made up of different professionals working in integrated area teams across county to provide support for young people with additional and special needs. ISL teams include Educational Psychologists, Early Years SEND Team, Special Educational Needs Team, Low Incidence - Sensory and Physical Impairment, Communication Disorder Team - Autistic Spectrum Conditions, Communication Disorder Team - Speech and Language Impairment, Education Support Team for Medical Absence, Attendance Team, Access to Education Team for Refugees and Travellers and Central Attendance and Employment Support Team. Professionals refer to these teams dependent on the young person's needs and assessment criteria. The local ISL team covers North Herts & Stevenage. http://www.thegrid.org.uk/leadership/isl/index.shtml Aug2015
ACE Education Advice CIC 0300 0115 142	ACE Education Advice CIC and ACE Education Training LLP are new ventures set up by ex-staff to continue some of the advice and training provided by The Advisory Centre for Education. ACE offer a comprehensive range of advice and information on education issues. Their information is based on current education law and guidance and covers state-funded education in England for children aged 5-16 years. Advice could include exclusions, admissions, special educational needs, attendance and bullying. Parent and carers of a child at school can look online and speak to an adviser via the confidential advice line Mon-Wed 10am-1pm term time. More details: www.ace-ed.org.uk Aug2015
Independent Parental Special Education Advice IPSEA GA 0800 018 4016 TA 0845 602 9579	IPSEA is a registered charity offering FREE independent advice to parent/carers of children with special educational needs in England and Wales on local authorities' legal duties to assess and provide for children with SEN, exclusions of children with SEND, actions or inaction by local authorities and/or schools which discriminate against children with disabilities. IPSEA offer online resources, an email information service, general advice line GA, tribunal advice line TA and an advice and tribunal call-back service (see online for details) www.ipsea.org.uk Aug2015
Admissions and Transport Advice and Information 0300 123 4043	The information on these pages is intended to guide you through the application/allocation process to make the process of applying for a school place as easy as possible for parents/carers. You can follow links to applications for September entry, in year admissions, home to school transport, find your nearest school, nursery admissions and contact details. www.hertsdirect.org/admissions Aug2015

Home Education Advisory Service 01707 371854	This is a national home education charity dedicated to the provision of advice and practical support for families who wish to educate their children at home in preference to sending them to school. HEAS offers information, advice about educational materials, resources, GCSE examinations, special educational needs, information technology, legal matters and curriculum design. HEAS produces a range of leaflets, Home Education Handbook, quarterly HEAS Bulletin, access to the Advice Line, contacts with other subscribers and HEAS registration card (for home educating families) which gives free/reduced rates of admission to certain museums/sites of interest. www.heas.org.uk Aug2015
Youth Connexions LDD Team 01438 844999	The Youth Connexions LDD Team is a dedicated team of personal advisers who can help any young person with learning difficulties/disabilities in a special school. If a child has a Statement of Special Educational Needs a personal adviser usually becomes involved from school Year 9. The adviser will draw up a plan for what the young person will do when they leave school and help parents/carers and the young person to implement this plan. Advisers will also attend certain annual reviews and have to write a Learning Difficulty Assessment when the young person is leaving school to go on to their new learning setting. The team can also support other Youth Connexions personal advisers working with LDD young people. Parent/carer section online. www.connexions-hertfordshire.co.uk Aug2015
Springboard Transition Link Adviser 07908 813650 North Herts College 01462 424242	Springboard is run by North Hertfordshire College for 16-24 year olds who require additional specialist support before progressing to college or employment. Many students have autism and sometimes emotional, behavioural and mental health needs that require specialist and bespoke support before they can move on with their lives. Springboard runs in self-contained teaching centres in Watford & Stevenage. Springboard is a full time personalised learning programme which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately progress into work. Qualifications include functional skills English, Maths, ICT and an award in employability and in personal well-being. For information view www.nhc.ac.uk/Portals/0/Brochures/Springboard_A5L_BrochureONLINE.pdf Aug2015
Support for Parents of Children with a Disability / Special Educational Needs SEND	
KIDS HUBs: East HUB (based in Hertford) 01992 504013 West HUB (based in Watford): 01923 676549	The HUBs offer FREE county-wide support and information for parents and carers of disabled children and children with additional needs aged 0-19 years. Including help to find activities, groups, training, information about benefits and parking, support at meetings, support with forms and letters and signposting to specialist services. See the HUB webpage for the county-wide directory of activities for children with additional needs, as well as parent support groups and training providers, a toy library catalogue for young people with additional needs and a link to the parent facebook page. www.kids.org.uk/hub Aug2015
KIDS HUB Education Health Care Plan Independent Support 01992 504013 (East) 01923 676549 (West)	Our Independent Supporters are trained to help families and young people through the new Education, Health and Care (EHC) Plan assessment, planning and development process. Our approach is to provide support which is flexible to meet your family's individual needs which includes offering advice on the telephone, face to face meetings, including home visits, and joining you in attending meetings in schools or with other professionals. KIDS operate an open referral system for this service. Parents can ring or e-mail to make a referral into the service. See website for further details www.kids.org.uk/Event/independent-supporters-hertfordshire Aug2015
Hertfordshire's Additional Needs Database HAND 01992 556984	If you are a parent/carer of a 0-19 year old with an additional need or disability you can join HAND. This may be a physical disability, visual/hearing impairment, a chronic illness, autism, learning difficulty or significant pre-school delay. HAND will then offer a HAND card, termly newsletters, concessions into leisure activities, information on benefits, activities, support and more and an opportunity to influence planning of future services www.hertsdirect.org/hand Aug2015
Parent Carers Involvement Forum 07840 360245	Hertfordshire Parent Carer Involvement HPCI is a Parent Carer Forum which began in 2010 following the Aiming High Programme for Disabled Children. HPCI puts forward the voice of all parents/carers of children with SEND (not individual cases) and representatives from each forum work directly and strategically with the local authority, health providers, commissioners www.hertsparentcarers.org.uk Aug2015
Families in Focus 01442 219720	Families in Focus CIC have been awarded Big Lottery funding to start up a new project to support parents and carers of children with a wide range of additional needs, disabilities and conditions. Parent2Parent Networks will provide FREE new support groups in six areas of Hertfordshire, Bedfordshire and Buckinghamshire, offering parents of children with additional needs regular, facilitated, quality sessions to help them gain skills in supporting their families more effectively. www.familiesinfocus.co.uk Oct2015
Contact a Family 0808 808 3555	National charity supporting the families of disabled children whatever their condition or disability, offering an advice helpline, SEN national advice service, resource library, up to date medical information, information about working, benefits, childcare and more www.cafamily.org.uk Aug2015

SIBS and Young Sibs 01535 645453	SIBS support siblings of all ages who are growing up or have grown up with a brother or sister with any disability, long term chronic illness or life limiting condition. SIBS offer an adult phone line, email service, an online forum and online information as well as a young SIBS webpage, email service and online information including ASD www.sibs.org.uk / www.youngsibs.org.uk Aug2015
Hertfordshire Action on Disability HAD 01707 324581	Set up to supply equipment to disabled people, HAD has grown over the years and now offers a number of services to help Hertfordshire's disabled and older people maintain their independence and keep on the move. These services, based from the Woodside Centre in Welwyn are available to people with disabilities as well as their families and friends, carers of people with disabilities, children with disabilities, parents of children with disabilities, health/social care professionals, local authorities and private care/service providers. Services include an equipment centre, transport service, driving centre, information and advice centre including benefits and rights and a counselling/therapies centre including acupuncture, osteopathy, massage. www.hadnet.org.uk Aug2015
The Children's Disability Team 0300 123 4043	The Children's Disability Team offers support to families with a young person with a disability that meets specific criteria. Social workers may be able to offer support such as access to short breaks, shared care, residential short breaks, direct payments and home care services. Aug2015
The Royal Mencap Society Mencap Direct 0808 808 1111	Mencap work in partnership with people with a learning difficulty and all services support people to live their lives as they choose. The Mencap Direct phone line offers information and advice about learning difficulties and where to find local support or you can email help@mencap.org.uk . Mencap can provide information on community care, benefits, education, jobs, housing, holidays, family/personal relationships. If English is not your first language, a translation service is available. Mencap also support people to access leisure activities, housing and much more www.mencap.org.uk Aug2015
Brainwave 01376 505290 Essex Office	Brainwave aims to improve children's mobility, communication skills and learning potential, through a range of educational and physical therapies. Following a telephone dialogue with a therapist and request for medical information about your child, families are invited to benefit from the Centre's full facilities during the 2day Initial Assessment Visit. During this visit, your child is assessed by a team of therapists, who design a daily exercise programme which is specifically suited to your child. The practising of the exercises is recorded for your use at home, supported by a printed exercise sheet for reference and all equipment required is provided. Reassessment visits take place every 4-6 months for new programmes to be designed to allow for further progress. www.brainwave.org.uk Aug2015
MAKATON Signing 01276 606 760	Makaton information, resources and nationwide training as well as a FREE family advisory service providing information and support for parents and family members of people with a learning or communication difficulty and to the professionals working with them www.makaton.org Aug2015
Network 81 0845 077 4055	Network81 offers a range of support services including a national helpline offering advice and support on all special needs matters, termly newsletters and more www.network81.org Aug2015
The Challenging Behaviour Foundation CBF General Enquiries: 01634 838739 Family Support Line: 0300 666 0126	This charity for people with severe learning disabilities whose behaviour challenges aims to make a difference to the lives of children and adults across the UK through information about challenging behaviour, peer support for family carers and professionals, supporting families by phone or email, running workshops to reduce challenging behaviour and speaking up for families nationally. Their vision is for anyone with severe learning disabilities who displays challenging behaviour to have the same life opportunities as everyone else. www.challengingbehaviour.org.uk Aug2015
SCOPE 0808 800 3333	Scope offers FREE impartial and expert information, advice and support for disabled people and their families through their helpline and webpage. www.scope.org.uk Aug2015

ADHD / ADD / Autism

Angels Support Group 01462 685150	Angels is a parent led voluntary organisation and registered charity set up in North Hertfordshire to support parents/ carers of children with Attention Deficit Hyperactivity Disorder ADHD and/or Autistic Spectrum Disorders ASD. All volunteers have children with either ADHD/ASD. Angels offers adult only groups for friendship, support and the sharing of ideas/difficulties, a space to talk freely and to reduce isolation, Letchworth drop in sessions, support for siblings, activities during holiday times for members and a library. Complete a form for free membership www.angelsupportgroup.org.uk Aug2015
ADD-vance 01727 833963	The ADD-vance ADHD & Autism Trust (ADD-vance) is a charity offering information, training and advice for professionals as well as support for children, adults and families on issues relating to Autism Spectrum Disorder ASD, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions. ADD-vance offer training and consultancy including courses such as challenging behaviour and ASD/ADHD as well as support via the telephone helpline, monthly parent/carer support groups and coaching. There is also free membership available for parents and professionals via the website. www.add-vance.org Aug2015

ADDISS 020 8952 2800	The National Attention Deficit Disorder Information and Support Service ADDISS offers people-friendly information and resources about ADHD to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help. Information can be viewed online, via our factsheets and our bookstore and if you would like to talk to someone about ADHD, phone or email us or visit us at the ADDISS Resource Centre www.addiss.co.uk Aug2015
Addmore (NHS webpage)	Resource site for children/young people with ADHD/ADD in East/North Hertfordshire. ADHD Services are provided by specialists who regularly assess, diagnose, treat and manage children/young people with ADHD/ADD. Meet the ADHD Specialist Team online, including contact numbers, medication information, ADHD strategies, feedback monitoring forms and more http://addmore.org.uk Aug2015
Integrated Services for Learning ISL North Herts: 01438 845074	As mentioned above, ISL is a service made up of different professionals working in integrated area teams across the county to provide support for children / young people with additional and special needs. ISL teams include Educational Psychologists and the Communication Disorder Team - Autistic Spectrum Conditions. Schools already have support from these teams and professionals can refer to these teams dependent on the young person's needs and assessment criteria. http://www.thegrid.org.uk/leadership/isl/index.shtml Aug2015
Net Doctor	Information about ADHD, including symptoms, school exclusions, treatments for ADHD, self-esteem, family relationships, outbursts and ADHD and more. www.netdoctor.co.uk/adhd/ Aug2015
The Hyperactive Children's Support Group	The Hyperactive Children's Support Group aim is to provide information and advice to parents, carers and professionals seeking solutions for children/young people who may be affected by hyperactivity and/or ADHD. Our specialism is advocating a dietary approach to the problem of hyperactivity. The webpage offers publications and useful links www.hacsq.org.uk Aug2015
National Autistic Society NAS 0808 800 4104	The National Autistic Society is the leading UK charity for people with autism (inc Asperger's syndrome) and their families, providing information, support and pioneering services, and campaigning for a better world for people with autism. View the website for information about 'what is autism', the diagnosis and understanding behaviour, living with autism, finding work, sensory difficulties, sleep, obsessions, toilet training, repetitive behaviours, challenging behaviour and more. The NAS also offers an autism helpline which provides impartial confidential information and support for people with autism and their families, text/email service as well as training/conferences for parents/professionals. www.nas.org.uk Aug2015
Parent to Parent P2P Phone Line 0808 800 4106	Part of the National Autistic Society above, Parent to Parent (P2P) is a UK-wide confidential telephone service providing emotional support to parents/carers of children/adults with autism. Provided by trained parent volunteers who are all parents themselves of a child or adult with autism, volunteers are based across the UK so you don't have to share information with someone in your local area. Volunteers give other parents the opportunity to talk through problems, feelings, suggest helpful strategies, or provide a non-judgemental listening ear. FREE from landline / some mobiles. www.autism.org.uk Aug2015
NAS Education Advice Line 0808 800 4102	Part of the National Autistic Society, the Education Advice Lines can help parents when you want general information about your child's educational rights and entitlements or advice on specific topics such as getting extra help in school, assessments, education plans, reviews or school transport. Our Tribunal Support Lines can help you consider your options if you have a right of appeal against a decision about your child's educational needs. You can leave a message on our answering service and press option 1 for our Education Advice Line and option 2 for our Tribunal Support Line. Email available. www.autism.org.uk Aug2015
HARC 07836 667394	HARC is the Hertfordshire branch of the National Autistic Society NAS run by volunteers who want to offer support to families living with autism in Hertfordshire. HARC provide workshops on topics associated with autism, organise support groups with speakers of interest, run a helpline, produce newsletters and more. Online resources include leaflets on transfer to secondary school, life at secondary school and a primary / secondary peer leaflet. Email support@harc-online.org.uk / www.harc-online.org.uk Aug2015
Asperger's for Herts A4H	Asperger's for Herts is a limited charity trust predominately run by volunteers, many of whom have full time occupations also, and aims to bring information, help and support to people affected by Asperger's syndrome in Herts. The webpage has information about Asperger's, routine and anxiety, sensory difficulties, information overload, relating to other people and more. The website also has information about Spectrum Girls – a social group for girls of any age with Asperger's in Hertfordshire, Gambardo, A4H Social Groups for 13-19 year olds and National Autistic Society groups for teenagers and adults as well as how to get an autism alert card and other useful links www.aspergers4herts.org Aug2015

Dyslexia and Dyspraxia

British Dyslexia Association (BDA) 0333 405 4567	Advice and information about dyslexia via their FREE confidential helpline, email and website including indications of dyslexia, getting help for your child, homework tips and more. Publications are available to download online including 'A Guide for Families' www.bdadyslexia.org.uk Aug2015
Herts Dyslexia Association 01727 867399	Herts Dyslexia Association is the local branch of the BDA. The aim of HAD is to offer support; meetings, a good opportunity to share experiences for all dyslexics and for those who have an interest in dyslexia. The HDA can tell you where to go to get further advice on assessment and tuition and provide you with literature and information on dyslexia. www.hertsdyslexia.co.uk/ Aug2015

Dyslexia Action	Dyslexia Action is a national charity with over 40 years' experience in providing services and support to children, young people and adults with literacy and numeracy difficulties, dyslexia and other specific learning difficulties. For more information see www.dyslexiaaction.org.uk Aug2015
Dyspraxia Foundation 01462 454986	Countywide charity based in Hitchin offering information including how dyspraxia can affect reading and spelling, finding help, handwriting, speech and language and what's going on in the brain. Local support groups available and a helpline. www.dyspraxiafoundation.org.uk Aug2015

Speech and Language, Hearing, Deafness and Visual Impairments and Blindness

I CAN 020 7843 2544	I CAN is a children's communication charity which provides a FREE phone call or email from a speech and language therapist to discuss children's speech, language and communication with parents or practitioners. Call us to arrange a FREE phone call from one of our therapists or you can email your questions to help@ican.org.uk . We can help explain any aspect of children's talking and communication development that you may be concerned about and we can also talk you through ages and stages and what you can do to help your child and get the right support. Our therapists may also send you some of our resources FREE of charge, which have been designed to encourage children with their communication. View our website for more information and our factsheets. www.ican.org.uk/help Aug2015
Afasic 0300 666 9410	Afasic supports parents and represents children/young people with speech, language and communication needs (SLCN). For confidential advice and support parents can ring the helpline. Information online includes how to recognise a problem, outcomes for children with SLCN, FREE downloads for early support, useful reading, where to get help for your child and much more. www.afasic.org.uk Aug2015
Integrated Services for Learning ISL 01438 845074	As mentioned above, ISL is a service made up of different professionals working in integrated area teams across the county to provide support for children / young people with additional and special needs. ISL teams include Educational Psychologists and Communication Disorder Team - Speech and Language Impairment. Schools already have support from these teams and professionals can refer to these teams dependent on the young person's needs and assessment criteria. http://www.thegrid.org.uk/leadership/isl/index.shtml Aug2015
Herts Hearing Advisory Service 01707 324582	Independent charity based at the Woodside Centre in Welwyn, offering advice and help to people affected by hearing loss, including a FREE mobile support service, a hearing screening service based in Welwyn, a hearing aider programme, training courses and more. www.hhas.org.uk Aug2015
Action on Hearing Loss 0808 808 0123	Information and advice for those affected by hearing loss, including a helpline and online resources including information about how to look after your hearing, ways of communicating, hearing aids, about deafness, hearing loss and tinnitus, personal independence payment, accessing work, rights and benefits, factsheets, equipment and assessment and more. www.actiononhearingloss.org.uk Aug2015
Phoenix Group for Deaf Children 01438 722142	The Phoenix Group for Deaf Children aims to empower young people up to the age of 25 years old who have a hearing impairment and to build their self-confidence and self-esteem. The Phoenix Group is led by its members, offering workshops and groups including an independence group for 7-12 year olds, a siblings group for 7-16 year olds, a youth group for 11+ year olds term time and holidays (contact 07519175575) and deaf awareness/sign language courses. www.phoenixgroup.org.uk Aug2015
The NDCS 0808 800 8880	The National Deaf Children's Society NDCS offers information and advice through their webpage, helpline and live chat service including information on baby hearing loss, grants and equipment, glue ear, listening bus, positive parenting, understanding hearing tests, education for deaf children, support in your area, leaving school, technology, audiology and much more. www.ndcs.org.uk Aug2015
DELTA	Deaf Education Through Listening and Talking DELTA is a national charity which supports and develops the Natural Aural Approach to the education of deaf children. www.deafeducation.org.uk Aug2015
Sense 0300 330 9250	Sense is a national charity that supports and campaigns for children and adults who are deaf blind, offering advice, support and information as well as community resource centres and specialist services to deaf blind people, their carers, families and professionals working with them. www.sense.org.uk Aug2015
Royal National Institute of Blind People RNIB 0303 123 9999	The RNIB is a UK charity offering information, support and advice to blind and partially sighted people including information on eye health, living with sight loss as well as offering talking books and a library of large print or giant print books and magazines, braille materials, a helpline, information about benefit payments, registering your sight loss, employment, technology and more. www.rnib.org.uk Aug2015
Hertfordshire Society for the Blind HSB 01707 324680	HSB is an independent charity based at the Woodside Centre in Welwyn and the Hemel Centre offering services and information to blind and partially sighted people and their families throughout Hertfordshire. The society offers a telephone sight line, resource centres, equipment exhibitions 4-5 times annually, sight information points at various locations and hospital information. www.hertsblind.com Aug2015

Other Additional Needs - Fragile X Syndrome, Down's Syndrome and Epilepsy

Fragile X Society 01371 875100	National support and information service, newsletters throughout the year, introductory leaflets and booklets, DVD, annual family conferences, talks and presentations, information papers and more. Membership is FREE to anyone affected by Fragile X and carers. www.fragilex.org.uk Aug2015
Up on Downs Hertfordshire	Up on Downs is a parent run organisation which supports families of children with Down's Syndrome by sharing information and creating opportunities for families to socialise and learn together. Up on Downs arranges activities and welcome parents from all over Hertfordshire, as well as running an early development group, speech therapy group and Top Teens Group. www.upondowns.com Aug2015
Down's Syndrome Association 0333 1212 300	Information and support on all aspects of living with Down's Syndrome through their helpline and web page, training and signposting to local support groups. www.downs-syndrome.org.uk Aug2015
Down's Heart Group 0844 288 4800	Down's Heart Group is a charity offering support and information relating to heart conditions associated with Down's Syndrome through its helpline and newsletters. www.dhg.org.uk Aug2015
Epilepsy Action 0808 800 5050	Epilepsy Action offers advice and information online and via its helpline about epilepsy, seizures, first aid, treatment, living with epilepsy, how you can get help, how it may affect education and work, driving and the law and much more. FREE online course available. www.epilepsy.org.uk Aug2015
Epilepsy Society 01494 601400	Online information about epilepsy, seizures, living with epilepsy, treatment, first aid and more as well as a helpline, online epilepsy forum. www.epilepsysociety.org.uk Aug2015

Domestic Violence and Child Protection (Including Bullying Support)

Domestic Violence and Related Issues

National Domestic Violence Helpline 0808 2000 247	FREE 24 hour national confidential domestic violence helpline run in partnership between Women's Aid and Refuge for women experiencing domestic abuse, their family, friends, colleagues and others calling on their behalf. The national helpline can give support, help and information as well as offering translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing. The website offers information about recognising domestic violence, survivors' handbook, FAQs, A-Z of local domestic violence services and how domestic violence can affect your children www.nationaldomesticviolencehelpline.org.uk Aug2015
National Centre for Domestic Violence 0800 970 2070 Text: NCDV to 60777 and we will call back	The National Centre for Domestic Violence NCDV provides a FREE fast emergency injunction service to survivors of domestic violence allowing anyone to apply for an injunction within 24 hours of first contact (in most circumstances). The NCDV work in close partnership with the police, local firms of solicitors and support agencies such as the Refuge, as well as offering FREE training about NCDV services. The website gives details about how the law can protect you, a quick guide to emergency injunctions and non-molestation occupation and prohibited step orders. www.ncdv.org.uk Aug2015
Hertfordshire Sunflower Service Herts Domestic Violence Helpline 08 088 088 088	The Hertfordshire Sunflower website offers information to the victims of domestic abuse as well as their friends, family, professionals, young people and perpetrators. The information includes the signs of domestic violence, how it affects children, honour based abuse and forced marriages, rape and much more, and the website clearly outlines where you can find support including through their FREE confidential Hertfordshire Domestic Violence helpline, refuges, women's centres, sexual health clinics, IDVAs (described below) and Hertfordshire Constabulary. www.hertssunflower.org Aug2015
Independent Domestic Violence Advisors IDVA 01707 638420	The main purpose of an IDVA is to address the safety of high risk domestic abuse victims and their children. Serving as a victim's primary point of contact, IDVAs work proactively with their clients from the point of crisis to assess the level of risk, discuss the range of suitable options and develop co-ordinated safety plans. The IDVA service is a FREE service offering independent, professional and confidential advice and support in a non-judgmental manner. The IDVA acts as an advocate on the victim's behalf, exploring legal options and/or supporting the victim through the court process liaising with agencies as needed. There are currently seven IDVAs working across Hertfordshire. For more information about IDVAs please look at the Sunflower website www.hertssunflower.org Aug2015
Hertfordshire's Constabulary Domestic Violence Officers DVOs	Hertfordshire Constabulary's DVOs are specially trained to assist victims of domestic abuse who are suffering from both physical and/or mental abuse. DVOs are available daily and work within the Harm Reduction Unit which also provides specialist assistance to 'hate' crime, 'honour' related crime and 'forced marriages'. To contact email HRU@herts.pnn.police.uk . www.hertssunflower.org Aug2015
The Herts Women Centre 01438 742742 Dedicated Male Victim phone line 01438 316359	The Herts Women's Centre based in Stevenage works to support women by offering weekly coffee mornings, 1:1 support sessions, domestic abuse and rape crisis support, counselling and supportive psychotherapy (the centre can accept GP referrals for 8 NHS funded counselling sessions), career investment project, family law sessions, courses such as stress/anxiety, protective behaviours and the freedom programme, social groups, life coaching and free pregnancy / chlamydia testing. The centre is also able to offer 1:1 support and counselling for male victims of domestic abuse in the evening appointment only - leave your name/number on dedicated line. www.hertswomenscentre.org.uk Aug2015

Sexual Assault Referral Centre SARC	Herts Sunflower SARC provides a comprehensive follow up service to men, women and young people living in Hertfordshire who have experienced rape/sexual assault, whether this has happened recently or in the last 12 months. The centre comprises a team of experts with a wealth of knowledge and experience in advising and supporting victims. The team includes specially trained Independent Sexual Violence Advisors ISVAs who will care for those who have been assaulted, liaising, where appropriate with the police and other agencies. For full information about what to do if you have been sexually assaulted, please view the following http://www.hertssunflower.org/victims-3/what-if-i-have-been-raped-or-sexually-abused Aug2015
Respect Helpline 0808 802 4040 Men's Advice Line 0808 801 0327	Respect offers a helpline for anyone who is concerned about their own or someone else's behaviour towards their partner as well as a men's advice line specifically for male victims of domestic abuse. They also provide a young person's service with a focus on interventions with young people who use violence and abuse in close relationships, whether it's relationship abuse, adolescent to parent violence or abusive behaviour within the family e.g. sibling abuse, young parent abuse. Language line and RNID type talk are available for both helplines – please see websites for more info http://respect.uk.net/ / www.respectphoneline.org.uk/ / www.mensadvice.org.uk Aug2015
Honour Based Abuse	View the Herts Sunflower webpages for more information about Honour Based Abuse, Female Genital Mutilation and Forced Marriages and how to get help www.hertssunflower.org Aug2015
Fosters Legal Ltd 07572 373011 01438 920125	Fosters Legal Ltd has a high reputation in the local community for their continuous support of providing FREE initial specialist legal advice to help parents who are on low income and on benefits, and going through family disputes in relation to children's law and family law, including aspects of divorce and separation, child welfare and domestic violence. Based in Stevenage, and working with experienced solicitors and barristers, Fosters Legal Ltd also offers services in immigration, employment and housing. Please phone Sandra Foster to book your FREE appointment. www.fosterslegal.co.uk Aug2015
Coram Children's Legal Centre 0300 330 5480	Coram Children's Legal Centre provides FREE legal information, advice and representation to children, young people, their families/carers and professionals. For over 30 years, CCLC has helped thousands of young people through phone advice lines, online information and individual case work. We offer expertise in all areas of family, child and education law, immigration, asylum and nationality law, including: domestic abuse, child protection and school admissions. Please note we can only advise residents of England, and cannot advise you if you have a solicitor acting for you, or your matter is in relation to criminal law. Factsheets available online about parental responsibilities, kinship and guardianship, child protection, schools, education, duties of local authorities. www.childrenslegalcentre.com Aug2015
National Stalking Helpline 0808 802 0300	Guidance and information to anyone who is currently or has previously been affected by harassment or stalking, about the law, reporting, effective evidence gathering, ensuring your personal safety and that of your friends and family and practical steps to reduce the risk. www.stalkinghelpline.org Aug2015
NAPAC 0808 801 0331	The National Association of People Abused in Childhood NAPAC offers a FREE national support line for adults who suffered any type of abuse in childhood, also email support. www.napac.org.uk Aug2015
Survivors UK 02035983898	SurvivorsUK can offer a range of support services for adult men who have experienced childhood sexual assault or adult sexual assault or rape, as well as their partners and carers, including counselling and therapy appointments, also web and SMS chat. All services are provided by trained professionals who as specialists in the field of male sexual violence have helped many men to work through their experiences. www.survivorsuk.org Aug2015
Domestic Abuse Perpetrator and Victim Courses	
Hertfordshire Change 08453 72 77 01	Hertfordshire Change is a programme aimed at perpetrators of domestic abuse being piloted in Stevenage from April 2014. Operated by Relate North Essex and East Herts and in partnership with Stevenage Against Domestic Abuse, it is a community Domestic Abuse prevention programme for men who want to take positive steps to change the way they behave in relationships. Hertfordshire Change is delivered over 27 sessions, with each lasting around 2.5 hours. The pilot programme is available FREE to clients referred through agencies, and men who self-refer will be required to make a small donation towards their cost, this is based upon what they are able to afford and usually ranges between £10- £20/session. Alongside this is a women's service providing support for women whose (ex) partner has been referred to the programme. www.hertssunflower.org Aug2015
Caring Dads Programme 07766664296	Caring Dads is a 17 week course aimed at men who have been abusive but are still in contact with their children and want to learn about child-centred fathering in order to have a positive impact in their children's lives. Caring Dads provides a therapeutic course, specifically for dads. This course was FREE Aug2013 as the cost was being met by the Hertfordshire Association for the Care and Resettlement of Offenders. Contact tony.holloway@ntlworld.com / www.hertssunflower.org Aug2015

Stefanou Foundation 07702 538080	Healthy Relationships Healthy Baby HRHB is an innovative, ground breaking, therapeutic programme aimed at protecting babies from the impact of domestic abuse and breaking harmful patterns in relationships. Highly trained and qualified professionals will support mothers and fathers to bring an end to domestic abuse, overcome the impact of trauma, abuse or other significant difficulties in their own childhood and support their baby's early development from pregnancy to age 2. HRHB bridges what is known about attachment, perpetrator programmes and survivor therapeutic work and has been designed by 3 eminent experts. Service users must have a genuine desire to co-parent their unborn child (they do not have to be in a relationship) and provide the best possible start in life to ensure their babies live in a safe, secure and loving environment where they can flourish. For further information and referral criteria see www.stefanoufoundation.org Aug2015
Men's Centre Stevenage 01438 347330	Dr Osindero at Chells Surgery in Stevenage offers treatment to help men stop domestic violence and abuse, including support for anger problems, relationship difficulties and the challenges of men's role in our current age. FREE for Stevenage residents, payable for others. www.hertssunflower.org Aug2015
The Freedom Programme 01942 262 270	The Freedom Programme supports women who have suffered from domestic abuse or violence which may have affected their children also. You can search 'Hertfordshire' to find a local course or you can complete an online version of the course for £10. An online version is also available for men. The Herts Women's Centre often hosts the Freedom Programme www.hertswomenscentre.org.uk www.freedomprogramme.co.uk Aug2015

Child Protection Support - If you suspect for any reason that a child is being abused, you should contact the Police999, Children's Services 0300 123 4043 or the Child Abuse Unit within the Police on 101 (specialist team within the police with countywide responsibility for undertaking child protection investigations) www.hertssafeguarding.org.uk Aug2015.	
NSPCC 0808 800 5000 Text 88858	The FREE NSPCC phone line offers advice and support for anyone concerned about the safety and welfare of a young person and the advisors can act on your behalf to take action if necessary. The NSPCC webpage also has information for all parents including the PANTS Underwear Rule and information about child grooming, leaving a young person home alone, online safety, cyber bullying, sexting, positive parenting, encouraging better behaviour, coping with crying babies, self-harm and more. In addition, don't wait until you're certain, if you're worried about a child or need advice, contact our free 24/7 adult helpline, text or email help@nspcc.org.uk . www.nspcc.org.uk Aug2015
Child Line Helpline 0800 1111	If a young person is worried about anything, it could be something big or small, it can really help if they talk to someone. Child Line offers a FREE confidential helpline for children and young people as well as online chat, email, message board and online information. www.childline.org.uk Aug2015
NACOA 0800 358 3456	The National Association for Children of Alcoholics provides online information, advice and support to children/young people of alcohol dependent parents as well as via their helpline and email service. The website also has information for adults and signposts to books. www.nacoa.org.uk Aug2015
Kidscape Parent Helpline	Kidscape works to prevent bullying and child sexual abuse, offering training, support and advice to children, parents, schools and those in professional contact with young people. Kidscape offers an anti-bullying helpline for parents, online information and resources including 'how to spot bullying' and 'how you can help your child' as well as anti-bullying policy information for professionals and a ZAP assertiveness course based in London for 9-16 year olds who have been bullied. See online for more details and the assertiveness course application form. www.kidscape.org.uk Aug2015
The Hideout Website	Women's Aid has created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you www.thehideout.org.uk Aug2015
MOSAC 0800 980 1958	Voluntary organisation supporting all non-abusing parents and carers whose children have been sexually abused. We provide various types of support services and information for professionals, parents and carers dealing with child sexual abuse including a helpline and online support. www.mosac.org.uk Aug2015
Herts Safeguarding Children's Board HSCB	In addition to its statutory roles to safeguard and promote the welfare of children, HSCB provides training to professionals on safeguarding issues as well as online information about 'what is abuse', the graded care profile, safeguarding adults, child sexual exploitation, safety advice, helpful links and information about how to report safeguarding concerns. www.hertsdirect.org Aug2015
HALO – Tackling Child Sexual Exploitation Together	Hertfordshire Constabulary has a section on its website with information for Victims & Young People and Adults & Professionals. www.herts.police.uk/advice/halo.aspx Oct2015

Bullying Support	
Family Lives 0808 800 2222	Family Lives is a charity that supports parents/carers deal with the challenges and changes that are a part of family life offering a helpline (FREE from landlines/most mobiles), online information and chat and email. You can contact Family Lives about all aspects of family life and online information includes pregnancy and baby, sleeping/feeding, childcare, toddler tantrums, sibling rivalry, bonding with your child, learning through play, going back to work, bed wetting, school routines, positive discipline, lying/stealing, school worries, stress/depression, online safety, arguments, homework, talking about sex/drugs, communicating with teens and self-harm www.familylives.org.uk Aug2015

Parent Channel	Parent Channel is a FREE video service, now available on YouTube, designed to support and encourage parents/carers of 0-19 year olds with a collection of over 200 videos addressing day-to-day questions and concerns spanning wellbeing, behaviour and learning. In producing these videos we have engaged experts and parents every step. www.familylives.org.uk/how-we-can-help/parentchannel-tv Aug2015
Kidscape Parent Helpline	Kidscape works to prevent bullying and child sexual abuse, offering training, support and advice to children, parents, schools and those in professional contact with young people. Kidscape offer an anti-bullying helpline for parents, online information and resources including 'how to spot bullying' and 'how you can help your child' as well as anti-bullying policy information for professionals and a ZAP assertiveness course based in London for 9-16 year olds who have been bullied. See online for more details and the assertiveness course application form www.kidscape.org.uk Aug2015
POhWER Advocacy Service 0300 456 2370	POhWER delivers information, advice, support and advocacy services throughout Hertfordshire to people with mental health difficulties, sensory impairment, physical or learning difficulties, children and young people, people with autism, those who feel let down by the NHS, older people and those who have faced discrimination or exclusion. All services are FREE , independent and confidential. Please look at available services online or phone for more information www.pohwer.net Aug2015

Support for Families affected by Imprisonment and Crime

Victim Support 08 08 16 89 111	If you've been a victim of any crime or have been affected by a crime committed against someone you know, we can help you find the strength to deal with what you've been through. Our services are FREE and available. Support available via phone and in person. www.victimsupport.org.uk Aug2015
Action for Prisoners and Offenders Families 0808 808 2003	Action for Prisoners' and Offenders Families, part of Family Lives, provides advice, information and training to members, opportunities to network, share experiences, concerns and successes, listen to prisoners' families and lobby for improved structures, procedures, conditions and services that affect the well-being of prisoners' and offenders' families. Membership is FREE and support also available via the freephone helpline, online resources such as 'Preparing for Release' and more www.prisonersfamilies.org.uk Aug2015
The Prison Advice and Care Trust PACT 020 7735 9535	PACT runs a range of services which are designed to support the children and families of prisoners including child friendly visitor centres, supervised play sessions in prison halls, 'Time to Connect' parent course for imprisoned parents, inside stories and more. www.prisonadvice.org.uk Aug2015
Prisoner's Families and Friends Service 0808 808 3444	Independent voluntary agency offering support, friendship and advice to the families and friends of anyone sentenced to imprisonment or remanded in custody. Many of the services are available in London but information is also available online and via their main helpline. www.pffs.org.uk Aug2015



Activity Information for Letchworth and Surround



The information provided in this document is for general guidance only. The Letchworth Partnership of Schools aims to provide accurate and up to date information, but we cannot guarantee at any time that all the information or services listed are up to date, accurate or of good quality. Please feedback on the quality of this information and the listed services as well as any changes that you are aware of to **Ruth Coleman Letchworth Senior Family Support Worker, 01462 707256**

Special Needs Clubs and Activities

KIDS HUBs - East HUB (based in Hertford) 01992 504013 / West HUB (based in Watford): 01923 676549. The HUBs offer FREE countywide support and information for parents and carers of disabled children and children with additional needs aged 0-19 years including help to find activities and groups. See the HUB webpage for county-wide directory of activities for children with additional needs, a toy library catalogue for young people with additional needs and a link to our parent facebook page. www.kids.org.uk/hub Aug2015	
Woolgrove Saturday Club 01462 622422	Term time Saturday Club for primary age young people on the autistic spectrum and their primary age siblings who attend Woolgrove and the surrounding schools in Letchworth. The club runs fortnightly and is run by specialised autism trained Woolgrove School staff. Currently £5 / session with the first session FREE . Email saturdayclub@woolgrove.herts.sch.uk / www.woolgrove.herts.sch.uk Aug2015
Breakaway Play Schemes CVS - Kids Hub 01992 504013	Breakaway offers a term time Saturday Club and Holiday Club 10am-3pm for 5-18 year olds who are disabled or have special needs in North Herts and Stevenage. Saturday Breakaway is run in Stevenage and the Holiday Clubs run in Letchworth and Stevenage. The club offers trips as well as indoor activities. £10/day. For more information and to refer a young person please contact the Kids Hub www.nhcvsbreakaway.org.uk/ Aug2015
Pisces Swimming Club 01462 679311	Recreational swimming based at the North Herts Leisure Centre Friday evenings 7.30-9pm for young people 11-19 years with special needs. Annual subscription £5. Drop in. www.mogozout.org Aug2015
Hitchin Judo Club 01462 455568	Based at Hitchin Boys School Sports Centre for those with learning difficulties; the needs of those with physical disabilities will need to be assessed. Sessions available for 8+ year olds weekly, two taster sessions available for FREE then paid per 13 week course. Info from Kids Hub Directory Aug2015
North Herts Multi Sports Club	Weekly North Herts Multi Sports Club for young people of primary age with a physical disability. Sports include table cricket, boccia and athletics competitions. £2/session. For details and to book, contact hertsdisabilitysport@yahoo.co.uk or go to www.nhdsa.org.uk . Info from Kids Hub Directory Aug2015
North Herts Wheelchair Basketball Club	For young people in Year 7 and above with a disability; the young person must be able to propel themselves in a manual wheelchair. £2/session. For more information and to book a place, contact hertsdisabilitysport@yahoo.co.uk or go to www.nhdsa.org.uk . Info from Kids Hub Directory Aug2015
Hitchin Rugby Football Club	Based at King George V Playing Field, for young people aged 6-18 years. Rugby – playing, coaching and refereeing. Participants need to be able to walk/run and have the ability to listen/understand. £50 per year family membership. www.hitchinrugby.com Aug2015
Snappy G's 07747 762829	Are you aged 13-24 years and have you got special needs? If so Snappy G's is the youth project for you! It's based at the Bancroft Centre for Young People in Hitchin and runs Monday and Wednesday 6.30- 9.30pm; Monday for 17-24 year olds and Wednesdays for 13-17 year olds. At Snappy G's you'll find a varied termly programme of exciting activities specially designed for young people with learning disabilities including cooking, arts, crafts, dance, video filming, trips, computers.... or just chill out in a nice relaxed atmosphere. Snappy G's is also a place where you can receive certificates for your achievements. 50p. Drop-in / no booking needed. For more information, please look online www.mogolistings.org Aug2015
Megamix 01438 843340	Megamix is a project for young people with learning disabilities. Come and join us, have some fun and make new friends! The project runs on Tuesday evenings and is split into two groups for different age ranges: 13-17 year olds: 5.15-7.15pm, 18-25 year olds: 7.45-9.45pm. There is a wide range of activities and trips for you to get involved with, all designed specifically for young people with particular needs and support. Activities include pool, table tennis, basketball, football, arts & crafts, drama, music, trips out and much more. www.mogolistings.org Aug2015
Arena Football 01462 720088	The Arena Stadium in Baldock hosts various football activities term time and through school holidays inc sessions for 7-16 year olds with a disability/special educational need www.nhdsa.org.uk Aug2015
Papworth Trust Fun United Youth Club – Royston 0800 952 5000	We run a disability-friendly youth club in Royston. If you're aged 11 to 19, want to have fun and meet new friends, join us for activities like karaoke, bowling, bingo, arts and crafts, pool and Wii competitions. - See more at: http://www.papworthtrust.org.uk/leisure-sports-and-social/youth-clubs-hertfordshire or contact KidsHub East Aug2015
Sunchild 01763 243338	Monthly support group based in Royston for parents throughout North Hertfordshire who have a child with a disability 0-12 years. Meet other parents, bring along the family and siblings and the venue is wheelchair friendly. The group runs the 1 st Saturday/monthly www.roystonandvillagescc.com Aug2015
Tracks 0300 123 1913	Independent charity and day nursery in Stevenage for young children with autism and related conditions. The staff ratio is usually 1:1 and 3 ½ hour sessions cost £33. www.tracks-autism.org.uk Aug2015

JJCs 07583 539 160	We provide a collection of unique exploration experiences with staff sharing years of experience in the arts, dance, music, empowerment coaching, co-ordination and working with children and young people, specifically those on the autistic spectrum and those that encounter social, emotional, communication barriers. JJCs offer music and dance sessions for 3-9 year olds, art workshops for 8-13 year olds, fun games and sports sessions for 4-13 year olds and more info@JJCSLtd.com / www.jjcsltd.com Aug2015
Grace's Space 07972 345797	Monthly Saturday Club based in Stevenage for 3-14 year olds diagnosed with Autistic Spectrum Disorder / Condition, their siblings, parents and grandparents. Sessions aim to provide a space for creative expression, relaxation and play, to help develop social skills www.gracespace.org Aug2015
Fairlands Valley Sailing Centre 01438 353241	Fairlands Valley in Stevenage offers a variety of water sports, a café and an aqua playground open all summer as well as the Sailability scheme which offers people of all ages with disabilities an opportunity to sail. Sessions run Friday nights and Saturdays £7.50/session www.stevenage-leisure.co.uk Aug2015
Dolphins Swimming Club	Swimming club based at Stevenage pool for anyone with a physical or mental disability. The deck level pool is equipped with a hoist to help those with a physical disability get in and out of the pool. You can contact the swimming club via emails listed on their website www.stevenage-dolphins.org Aug2015
Stevenage and NH Athletic Club	For 9+ year olds and adults, the club meets in Stevenage several times a week. The club also runs a disability squad for wheelchair users and seated throwers www.snhac.org.uk Aug2015
Bedwell Rangers Disability Team 07545 991941	The clubs Inclusive team play in the Hertfordshire Inclusive Football League. We attend football fun days throughout the season in the Hertfordshire area and train once every week throughout the year. Currently the team's age range is 7-17 for boys and girls of able bodied disabilities, this includes cerebral palsy, visual or hearing impairments and all learning difficulties. Training is every Thursday evening 7-8pm, at Marriotts School on the 3G pitch, entrance to the school is from Telford Avenue. www.bedwellrangersfc.co.uk Aug2015
Horse Riding 01462 457660	'Riding for the Disabled' term time horse riding primarily for 8+ year olds who have learning or physical disabilities. Sessions run Thursdays between 10-12 noon. Contact Joan Pinkstone for details Aug2015
Autism Angels	We believe horses have an insight into some traits of autism that can help us understand how we can communicate and get along better with those on the autistic spectrum and generally everyone we meet. Working with our equine facilitated learning model, individuals, families and professionals will gain new insights into how to communicate, empower and connect with those on the autistic spectrum, bringing more peaceful and harmonious relationships. Autism Angels also deliver mentoring, family fun days and summer camps. See website for more details www.autismangels.co.uk Aug2015
Phoenix Group for Deaf Children 01438 722142	The Phoenix Group for Deaf Children aims to empower young people up to the age of 25 years old who have a hearing impairment and to build their self-confidence and self-esteem. The Phoenix Group is led by its members offering workshops and groups including an independence group for 7-12 year olds, a siblings group for 7-16 year olds, a youth group for 11+ year olds term time and holidays (contact 07519175575) and deaf awareness/sign language courses. www.phoenixgroup.org.uk Aug2015
Asperger's for Herts A4H and Spectrum Girls	Asperger's for Herts is a limited charity trust predominately run by volunteers, many of whom have full time occupations also, and aims to bring information, help and support to people affected by Asperger's syndrome in Herts. The webpage has information about Asperger's, routine and anxiety, sensory difficulties, information overload, relating to other people and more. The website also has information about Spectrum Girls – a social group for girls of any age with Asperger's in Hertfordshire, Gambardo, A4H Social Groups for 13-19 year olds and National Autistic Society groups for teenagers and adults as well as how to get an autism alert card and other useful links www.aspergers4herts.org Aug2015
Thames Valley Adventure Playground 01628 628599	Adventure Playground for children and adults with all types of special need, offering indoor and outdoor fun including a bike area, spaceships boats and planes, castle, crazy golf, music structure, roundabouts, sand and water, sensory garden, swings and toddlers area, art and craft areas, indoor sensory room, sound room, sort play, computer room and more. Every Saturday the playground is open to children 12 years and under without a special need 10am - 3.30pm. Booking essential. www.tvap.co.uk Aug2015
Aldenham Country Park Adventure Playground 0203 642 4588	Aldenham Country Playground is a purpose built multi-sensory play facility for children and young people with disabilities and other special needs. Situated in the heart of Aldenham Country Park, Elstree, Hertfordshire the Playground provides a secure, community based play facility for families, groups, schools and other organisations to visit. As well as its own fantastic play facilities, the Playground's Country Park setting provides easy access to a wide range of additional exciting things to do, such as visiting our Farm, taking part in Woodland Adventures (with tree climbing, monkey nets, den building, or even bug hunts), Pony rides, or visiting 100 Aker Wood to see where Winnie the Pooh lives. http://play.aldenhamcountrypark.co.uk/ Aug2015
Act One Arts Base 01582 621947	Vibrant all-ability dance, theatre and arts projects across Hertfordshire working inclusively so that everyone feels valued whatever their ability. Projects include DanceBase for 5+ year olds, ARC which offers a yearly programme of rehearsal, performance and workshops and a UV inclusive nightclub for disabled and non-disabled 13-25 year olds (19+ those with a learning difficulty); the venue is completely accessible and staff support clubbers - no alcohol, drugs and fully inclusive. ActOne offers transport www.artsbase.org.uk Aug2015

Breakfast, After School, Saturday Activity Clubs

Fun Zone 07870 168308	Breakfast, after school and holiday club for reception age children up to 11 years old. Fun Zone is based at Mrs Howard Hall and can provide transport between the club and school. The holiday club often offers optional trips such as bowling, cinema and theme parks. Term time sessions run from 7.45am and until 6pm after school and the holiday club runs 8am-6pm with half/short days available www.funzoneletchworth.co.uk Aug2015
Zoom Saturday Club 01462 679311	Zoom Club is a fun packed multi activity Saturday club for 8-12 year olds including swimming and sporting activities 9am-12noon at the North Herts Leisure Centre www.stevenage-leisure.co.uk Aug2015
Skate House Roller Disco 01462 679311	Skate House Roller Disco runs on Saturdays and Sundays at the North Herts Leisure Centre in Letchworth for mixed abilities 1pm-3pm and 4pm-6pm www.stevenage-leisure.co.uk Aug2015
Rainbows, Brownies and Guides 0800 169 5901	Rainbows offer fun games, parties and the opportunity to make things and develop life skills for 5-7 year olds, Brownies offer challenges, games and activities for 7-10 year olds, Guides offer further challenges for 10-14 year olds and the Senior Section offers a flexible programme for 14-25 year olds with a huge variety of challenges, activities and opportunities www.girlguiding.org.uk Aug2015
Beavers, Cubs, Scouts / Explorers	Activities for 6-7 (beavers), 8-10.5 (cubs), 10.5-14 (scouts), 14-18 (explorers) and 18-25 year olds (network) throughout North Herts including camping, walking, canoeing, arts and crafts and badge work as well as caving, climbing and archery for older members. www.lbdscouts.org.uk Aug2015
Sports Partnership	The Herts Sports Partnership arranges events across Hertfordshire for young people throughout the year and for various ages. www.sportinherts.org.uk/events/ Aug2015
Down the Woods 07951 009 613	"Down the Woods" believes that everyone should be able to connect in some way with the natural environment. Down the Woods provide a wealth of services such as: Forest School, Forest School leader training, team building, Parent Group sessions, Play Scheme days known as "Wild in the Woods", Bush craft for adults, families and young people, Family Saturday Club, Mini Adventurers Pre-School Sessions. See website for further information. www.downthewoods.org/ Aug2015

Youth Clubs, Activities and Cadets

Child UK Friday Night Project 07779 529003 John	Child UK offers a variety of multi-sports, activities and games for 11-19 year olds on term time Fridays evenings (funding dependent) on the Norton Common Multi Games Area 7-9pm as well as on the Westmill Estate. No need to book and all activities are FREE! www.child.uk.net Aug2015
Army Cadet Force 01992 582423	The Army Cadet Force is a National Voluntary Youth Organisation sponsored by the Army providing challenging military, adventurous and community activities to 12-18 year olds (from Year 8). Letchworth Cadets meet at Cadet Centre, Icknield Way on Mon & Weds @ 7.30pm. Cadets can take part in the Duke of Edinburgh's Award Scheme alongside normal training and are encouraged to take part in community events and attend courses organised by the regular Army. Senior cadets get the chance to go on a sponsored visit to the British Army of the Rhine. There may be small subs to attend each week (i.e. 50p/£1) and there may be a cost for boots and camps, but uniform will be provided and there are no additional costs. www.bedsarmycadets.co.uk Aug2015
Air Cadets 01462 482794	Uniformed youth organisation for both male and female cadets, aged 13-18 years. Activities include flying, gliding, shooting, adventure training and sport. Meeting times are Mondays and Thursdays. http://www.letchworthaircadets.org.uk/ Aug2015
North Herts Volunteer Police Cadets 01707 355866	Are you interested in police work, aged between 14-18 years old, interested in a varied role where you can develop a range of skills, help your local community and have fun? Then join our volunteer police cadets. Police cadets get involved in a range of activities and community events across the county. This includes summer camps, community events, fitness activities, parades, volunteer in their local community and learn about police procedures and the law. Specialist departments such as the tri-force Armed Policing Unit and Dog Unit for Bedfordshire, Cambridgeshire and Hertfordshire also give regular talks to the group. www.herts.police.uk/hertfordshire_constabulary/cadets.aspx Aug2015
Sea Cadets Hitchin 01462 440027	The Sea Cadet Corps is for 10-18 year old boys and girls and new adult staff are always welcome. The aim of the Sea Cadet Corps is to help young people towards responsible adulthood using a nautical theme based on the customs of the Royal Navy. The aim is achieved by participation in sailing, canoeing, power boating, offshore sail ship training, mechanical engineering, radio communications, cook/steward studies, drill and ceremonial parades, training courses at naval establishments and more. The nearest centre is based in Hitchin and parade nights are Tuesdays (12-18 years) and Fridays (10-11 and 12-17 years) 7.30-9.30pm. FREE. Drop-in/no booking needed. http://www.sea-cadets.org/hitchin/home.aspx Aug2015
St John's Ambulance Cadets 01438 357900	For 10-17 year olds, St John's Ambulance cadets is all about fun, adventure and community. As a cadet you will learn first aid and how to save a life and once qualified, cadets can put their first aid and communication skills into practice by providing first aid to the public at events and teaching first aid to other young people/adults. If you become a cadet you will learn vital skills to be the difference between life and death in an emergency. Cadets take part in a full interactive programme working towards their Grand Prior Award. St John Ambulance also has other youth programmes: Badgers for 5-10 years and LINKS if you're in higher education. Nearest cadets run Thursday evenings in Stevenage. www.sja.org.uk/sja/young-people/cadets.aspx Aug2015

Grange Youth Club 01438 843898	The Grange Youth Project runs Tuesdays and Fridays from 6.45-9.30pm. It's for all young people aged 13-19 (up to 25 if you have a learning disability), 50p. You can play sports, pool and table tennis but there's loads of other stuff too - and generally a lot going on! In addition you will also find exciting learning opportunities at the Grange Youth Centre, e.g. Duke of Edinburgh's Award (Tuesdays only) and other short courses. You can also get apprenticeships advice and more. www.mogozout.org Aug2015
Bancroft Centre for Young People 01438 844161	The Bancroft Centre for Young People in Hitchin provides a relaxed, informal atmosphere for 13-19 year olds (25 if you have a learning difficulty) offering recreational and social opportunities, access to information on issues and topics relevant to young people and loads of activities to get involved with. The centre is open for activities Thursdays 7-10pm (Sky TV, giant Wii, internet access, pool, air hockey, table tennis, crafts, drama projects and music room: DJ decks, guitars, drums and keyboards), Your Radio Monday-Thursday 4.30-9pm (youth led radio station broadcasting music, live gigs and debates) and The Voice of Hitchin alternate Mondays 4-5.30pm (An opportunity for the young people of Hitchin to have a say on local issue). 50p, No booking necessary www.mogozout.org Aug2015
Meridian Youth Project 01438 843693	The Meridian Youth Project in Royston is open to all young people aged 13-19 years on Monday and Wednesday evenings from 7.00pm to 9.30pm. As well as offering a variety of activities for you to get involved with, the Meridian Youth Centre has its own fully equipped music studio and computer suite available for you to use. Come to the Meridian Youth Project to learn new skills and have fun trying out challenging experiences. Get involved in our fun programme of activities or just come to chill out and play pool, table tennis, Xbox or the Wii. There's also a computer suite available for you to use.50p. www.mogozout.org Oct2015
Princes Trust Team Stevenage 01438 730520	The Princes Trust supports 13-30 years old who are unemployed and those struggling at school and at risk of exclusion. Many of the young people we help are in or leaving care, facing issues such as homelessness or mental health problems, or have been in trouble with the law. Our programmes give young people the practical and financial support they need to stabilise their lives and we help develop key skills, confidence and motivation, enabling young people to move into work, education or training. Various programmes are available including leaving care or leaving prison mentoring, team programme and the Fairbridge Programme. Self and professional referrals www.princes-trust.org.uk Aug2015
Pro-Action - Herts. 01707 276859	Pro-Action exist to inspire, enhance and represent high quality opportunities for children and young people including offering FREE residential and non-residential courses for 13+ year olds such as awards in dance leadership and teamwork and group work. Pro-Action also offer courses such as first aid and child protection for adults working with young people. www.pro-actionherts.org Aug2015
Duke of Edinburgh's Award DofE – Herts	A balanced programme of activities that develops the whole person, mind, body and soul, creating an environment of social interaction and team working. Young people progress through three levels of DofE programmes to achieve a Bronze, Silver or Gold Award. Taking part builds confidence and develops self-esteem, it requires persistence, commitment and has a lasting impact on the attitudes and outlook of all young people who do their DofE. Our participants are aged between 14 and 24. There is a small participating fee for doing awards. www.dofe.org Aug2015
National Citizen Service Programme	The National Citizen Service programme is a really exciting opportunity for 16-17 year olds (school years 11/12) to take part in a life-changing experience that will help prepare them for life after school by taking on new challenges, gaining new skills and working as a team to help people in their local area. www.youthconnexions-hertfordshire.org/youth-work/national-citizen-service/ Aug2015

Church Youth Groups

Letchworth Garden City Church 01462 480126	The Letchworth Garden City Church offers a Tuesday Night Youth gathering for secondary age pupils term time 7-9pm. The programme will vary from week to week, but always begins with open activities, including table football, lounge area, table tennis and a place to purchase coffee, hot chocolate and confectionary items. The rest of the evening consists of worship, Bible teaching, fun activities and a chance to share the highs and lows of life. www.mylgcc.com Aug2015
Grange Baptist Church Youth Group 01462 679498	The Grange Baptist Church in Letchworth offers a variety of clubs for 4+ year olds including Kid Zone and The Zone Club on Sundays, Wacky Wednesday for 4 year olds to Year 4s on alternate Wednesdays offering fun packed activities including crafts, games and listening to stories based on a theme, Thursday Boys Jucos Club (Year 5/6) & Friday Girls Jucos Club (Year 5/6) as well as 'Fusion' which is a mixed girls/boys group for Year7+ on Fridays. The Church also offers a pre-school group www.grangebaptist.org.uk Aug2015
Central Methodist Church	The Central Methodist Church in Letchworth offers several youth clubs including a Boys Brigade for 5-15+ year olds, Girls Brigade for 5-14+ year olds, Free Spirit which is a fortnightly fun group for 8+ year olds, Junior Church and Tea and Toddler Sessions www.centralmethodistlqc.org.uk Aug2015
St Paul's Church	St Paul's Church offers a variety of clubs including groups for 0-18 year olds on Sunday mornings, a monthly after school fun club for primary age children with their families including younger siblings, baby/toddler group, a holiday club for primary children and more. www.stpaulslethworth.co.uk Aug2015

Urban Saints Church Youth Group	Formally known as the Crusaders, Urban Saints is a group for 3-18+ year olds offering weekly gatherings, special events, holidays and more. www.urbansaints.org Aug2015
Salvation Army - Jam Youth Club	The Salvation Army offer a weekly youth club for young people, as well as monthly messy Church Saturdays, a baby and toddler group and more. www.letchworthcorps.co.uk Aug2015
The Parish of Norton	The Parish of Norton offers a variety of youth groups including weekly snapdragons for parents and their toddlers, street dragons on Friday nights for young people in Years 4 - 6 offering film nights, games nights, crafts and cooking and more, a holiday club and from September, Norton Nippers will run weekly for 0-4 year olds and their parents/carers. www.parishofnorton.org.uk Aug2015

Art Clubs, Photography and Astronomy

Letchworth Arts Centre 01462 670788	The Letchworth Arts Centre is currently undergoing extensive refurbishment. Previously they have presented art exhibitions, live shows and art related courses for children and adults term time and through school holidays Check the website for updated info www.letchwortharts.org Aug2015
Photography Club Hitchin	Hitchin Camera Club is £5 to join for young people (must be accompanied by an adult) and membership gives the benefit of access to like-minded people and an opportunity to learn more about photography. www.hitchincameraclub.org Aug2015
Astronomy Workshops	The Letchworth and District Astronomical Society run sessions throughout the year for adults and young people with meetings held monthly at Letchworth Free Church Hall featuring external speakers as well as frequent observatory sessions at Standalone Farm. FREE for under 18s. www.ldas.org.uk Aug2015
MyLabel Creative Arts	MyLabel Creative Arts Project runs every Thursday evening in Letchworth. Come along and learn new skills in photography, animation, drawing, painting on canvas, sewing, modelling and many other creative arts. You'll get to create a wide range of diverse and unusual artworks. The project is for young people of all abilities and is completely free! The MyLabel Arts Project is run by the Youth Connexions North Herts Team at the Mrs Howard Memorial Hall in Letchworth every Thursday evening, from 7.00-9.30pm. www.mogolistsings.org Aug2015
Rhapsode 01462 339631	Rhapsode is a professional community arts production company that runs projects and aims to take the arts to wider audiences. We have our own gallery with in-house cafe called Dot to Dot and we also facilitate pop-up and exhibitions. Activities include Art Discovery after school club for 5-8s; 4D Art Club for 8-14s; Rhapsodini, a choir for little singers, aged between 4 and 7 as well as adult classes and exhibitions. See website for up to date list of activities and events. www.rhapsode.org.uk Aug 2015

Music, Performing Arts, Drama and Dance (TOWN and AGE ORDER)

The Britton School of Performing Arts 07973 308741	Dance drama and singing school based in Letchworth at Wilbury Hall Bedford Road and Lordship Farm Primary School. Lessons include ballet, tap, modern, west end jazz, contemporary, musical theatre, street dance, drama, singing, zumba, 1:1 also available, adult beginners ballet and tap and 'Little Groovers' for 18 month – 3 year olds. FREE trial lesson. www.brittonschool.co.uk Aug2015
Fusion Dance Centres 01462 814345	Fusion Dance Centres offers Street Dance, Hip Hop and Disco Freestyle for 3+ year olds as well as classes in Latin Ballroom and Rock and Roll for 5+ year olds and Cheerleading (holidays only). Local sessions currently Letchworth, Stotfold, Sandy & Shefford. www.fusiondancecentres.com Aug2015
Dance Steps 01462 642858	Ballet, tap and modern dance classes for 3+ year olds based at the Letchworth Settlement. Dance Steps also produce dance shows/performances. www.dancesteps-academy.co.uk Aug2015
Letchworth Centre 01462 678804	Ballet for 3+ year olds, grade 1 and 2 as well as yoga for teenagers and adult ballet classes. The Letchworth Centre for Healthy Living also offers various activities and therapies for adults / families. www.letchworthcentre.com Aug2015
Mama Sugar Shakes 07793726428	Mama Sugar Shakes is a fresh and new fun group for parents and their children to have fun and learn at the same time. Founded by a professional actress and mother Mama Sugar Shakes is designed to aid your baby onto a stepping stone toward preschool or school, and take with them a joy and enthusiasm for learning. We offer a broad range of fun activities, including: Caribbean Music, Carnival Dancing, Expressive Drama, Messy Play and much more! Runs every Monday morning at LGC Free Church. Call to book your place. www.mamasugarshakes.com/ Aug2015
Rodney's Dance School 01462 686131	Rodney's Dance School offers Disco, Street, Line, Ballroom and Latin Dancing for 4+ years and adults. Local lessons in Letchworth, Hitchin, Baldock. www.rodneysdanceschool.co.uk Aug2015
New Youth Foundation Workshop 07865 198639	NYFW is a music based, performance workshop for children aged 4 to 16 running in Letchworth Garden City at Jackmans Estate Community Centre. Currently only running on Wednesdays 4-5pm for the 4-7 group and 5-6:30pm for the 8-16 group while they are restructuring. See Facebook page for up to date info. https://www.facebook.com/nyfworkshop Sponsored by NHDC and Heritage Foundation Aug2015
Younique 07866 200209	Commercial street dance, tap, zumba, lyrical and contemporary, maternity classes, musical theatre, vocal classes, ballet, yoga, fitness classes, gym dance and cheerleading for varying ages from 4 years old. www.weareyounique.co.uk Aug2015

Stagecoach Drama 01438 416447 / 07964 099740	Stagecoach Performing Arts School offers 4-18 year olds an opportunity to learn how to sing, act and dance and is open to all abilities. Our local Stagecoach currently runs weekly at the Grange School in Letchworth and Barclay School in Stevenage, both on Saturdays, as well as across Hertfordshire and nationwide. Stagecoach also offer holiday clubs www.stagecoach.co.uk Aug2015
Helen O Grady's Drama Academy 01462 713406	Helen O Grady offers 5-17 year olds an opportunity to develop their enthusiasm, confidence, self-esteem, conversational ability and social skills through drama classes across the UK with nearest sessions in Letchworth, Hitchin and Royston. www.helenogrady.co.uk Aug2015
Box of Frogs Theatre School 07973 818254	Box of Frogs Theatre School offers classes in singing, dance and drama taught by West End Musical Theatre Professionals for 3+ year olds. Our aim is to provide a thorough grounding in musical theatre. Local lessons are based at St Francis College in Letchworth on Sundays for 5+ year olds. 10% sibling discount, costs payable termly www.boxoffrogstheatreschool.co.uk Aug2015
Letchworth Young Arcadians	The Young Arcadians meet from September to February offering performing arts rehearsals and productions for 10-18 year olds. Current £25/year www.lethworth-arcadians.co.uk Aug2015
Dance Beat 01462 813144	Dance Beat caters for a mixture of ages and dance styles with classes to suit pre-school age up to adult classes. Classes include disco, freestyle, street dance, rock and roll and Latin American as well as pre-school music and movement, holiday workshops and more. Pre-school sessions in Letchworth with older sessions in Hitchin, Arlesey and more www.dance-beat.co.uk Aug2015
Hitchin School of Dance 01462 637622	Pre-school ballet as well as classes for 5+ year olds and adults in ballet, tap and modern/jazz as well as open classes in freestyle jazz, adult dancercise and intermediate tap. New pupils can have a FREE first session and can benefit from 2 further weeks of paying per lesson before paying termly. Sibling discounts. Sessions held in Hitchin www.hitchinschoolofdance.co.uk Aug2015
JS Dance Academy 01462 235165	Ballet classes for 3+ year olds and modern and tap classes for 4+ year olds as well as lessons in various dancing styles for adults, Zumba and Fitness Pilates www.jsdanceacademy.co.uk Aug2015
Ickle Drama 07961 426268	Ickle Drama offers weekly sessions in Ickleford from reception age to teenagers. Sessions cover theatre games, improvisation, devising, script work, vocal and body work. Infants and Juniors produce a musical show for Christmas, short films and radio plays and the teenage group focuses just on acting! www.ickledrama.co.uk Aug2015
Perform 020 7255 9120	Songs, games and dance for 4-8 year olds and drama, dance and singing for 8-12 year olds. FREE introductory class and holiday classes available. Nearest class Hitchin www.perform.org.uk Aug2015
Market Theatre Kids Club 01462 433553	The Kids Club runs every Saturday morning term times offering acting, dance and singing for 5-19 year olds. £8 weekly. Summer school also available www.markettheatre.co.uk Aug2015
Theatre Train 01438 871800	Performing Arts Centre teaching theatrical arts for 6-18 year olds including acting, singing and dancing. Based at Hitchin Boys School Sports Centre www.theatretain.co.uk Aug2015
Young Thespians 01438 220735	The Young Thespians meet Sunday mornings at Woodside Hall, Hitchin, offering 10+ year olds an opportunity to act, sing and dance. See Thespian details: www.hitchinthespians.org.uk Aug2015
Big Spirit Youth Theatre	Big Spirit Youth Theatre offers actor training and performance opportunities to 14-18 year olds based at the Queen Mother Theatre in Hitchin. Meet Sundays www.bigspirittheatre.co.uk Aug2015
Andrews Dance 01462 643384	Andrews Dance Centre offers 3+ year olds a fun environment to study ballet, tap, hip hop/street and disco street dance as well as cheerleading and parent/toddler classes. Local sessions are available in Baldock and Stotfold as well as Stevenage www.andrewsdance.co.uk Aug2015
Imajica Theatre Company Sam on 07504 991037	Imajica offer children's performing arts classes designed to nurture and develop both a love of performing and expand children's life skills. Boosting both self-esteem and confidence and developing connections with their peer group. Classes for 5-12 year olds on Fridays in Stevenage. £5 per session, with first session free. Also offer birthday party entertainment and work with schools, offering drama based workshops. www.imajicatheatrecompany.co.uk/ Aug2015
Footwork's School of Dance 01707 328441	Footwork's School of Dance offers classes for toddlers to adults including freestyle ballet, ballet technique, musical theatre, workshops and singing lessons, contemporary dance and much more. Sessions based in Stevenage. More details online www.footworksschoolofdance.co.uk Aug2015
Gordon Craig 01438 363200	Drama classes for 3-18 year olds (split by age) to explore music, arts, movement and dance as well as holiday courses www.gordon-craig.co.uk/education-arts/educational-programmes/ Aug2015
Top Hat Stage School – Stevenage 01727 812666	Top Hat Stage School is a part time theatre arts school for 4-17 year olds offering dance, drama and singing classes across Herts. Weekend stage school is available in Stevenage and week night street dance courses are available further afield in Hertfordshire www.tophatstageschool.co.uk Aug2015
Footsteps Dance 01462 673895	Classes are available for 4+ year old in Ballroom, Latin and Trendy Free Style in Stevenage. Adult classes are also available Letchworth and Stevenage www.footstepsschoolofdancing.co.uk Aug2015
Street Dance Prod... 01438 235637	Kids, teenage and adult classes on a drop in basis in Stevenage and across Hertfordshire focusing on street dance, hip hop and popping and locking. www.streetdanceproductions.com Aug2015
Music Development Group (MDG) 01438 844385	Interested in music? Want to be involved in organising music gigs? Or maybe want an Arts Award? The MDG organises and runs the AFTER DARK live music gigs held monthly at the Bowes Lyon Centre for Young People, Stevenage. The group meets at 4.30-7.30pm Mondays at Bowes Lyon Centre. FREE sessions for 13-19 year olds; 25 if you have a disability www.mogozout.org Aug2015

Hertfordshire Music Service HMS 01462 434052	Hertfordshire Music Service has over 560 instrumental and vocal teachers teaching over 25,000 children in schools and music centres across county with nearest music schools in Hitchin, Baldock, Royston and Stevenage. Lessons offered include brass, woodwind and string, guitar, jazz, recorder and much more as well as choirs and orchestras. Students receiving free school meals and/or other benefits while living in and attending school in Hertfordshire may be able to receive financial support for instrumental or vocal lessons. www.hertsmusicservice.org.uk Aug2015
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Sports Centres	
North Herts Leisure Centre 01462 678311	North Herts Leisure Centre, Baldock Road, Letchworth has a tropical wave pool, fitness suite with personal training zone, sports hall, squash courts, sauna and café. Swimming lessons and courses are available through the AquaEd SwimSchool programme. A wide and varied programme of activities is always on offer with an extensive programme that offers classes for all ages and abilities including football, gymnastics, trampolining, judo, badminton. www.sll.co.uk/saxon/North_Herts Oct2015
Hitchin Boys Sports Centre 01462 459270 077455 69184	The sports centre provides dual use for Hitchin Boys School and the community with activities including badminton, table tennis, Shotokan karate, Thai / kick boxing, extreme adventure, trampolining, basketball, yoga, theatre train, Hitchin School of Russian Ballet, Rodney's School of Dance and Multi gymnastics www.hbs.herts.sch.uk / ally21hbs@hotmail.co.uk Aug2015
Knights Templar Sports Centre 01462 631300	The sports centre offers a number of sports clubs including martial arts, gymnastics, badminton, basketball, dance, youth football and holiday clubs. www.sll.co.uk/swimming_centre/Knights_Templar Aug2105
Royston Leisure Centre 01763 255190	Royston Leisure Centre offers a gym, swimming pool, group exercise classes and a sports hall. Swimming is always on offer in our 25m 6-lane pool, and also host to a range of activities including fitness classes, SwimFit, and inflatable sessions, as well as our well established AquaEd swim school. We offer an extensive programme of over 60 weekly exercise classes. The sports hall also plays host to a range of activities including under 5s soft play and children's gymnastics lessons, as well as sports ranging from 5-a-side to badminton. www.sll.co.uk/sandy/Royston Oct2105
Royston Heath Sports Centre 01763 243613	In and around Therfield Heath can be found rugby, tennis, golf, runners, archery, gym, squash, café, music, events and more. . www.roystonheath.co.uk/ Oct2105

Swimming (see also Sports Centres above)	
Letchworth Swimming Club	Letchworth Amateur Swimming Club provides swimming lessons and coaching for 3+ year olds based at the North Herts Leisure Centre on Sundays, Letchworth Open Air Pool June-July on Tuesdays and Thursdays at the Squad sessions at St Francis College. www.leitchworthswimmingclub.co.uk Aug2015
Aqua / Sport Ed 01462 679311	The North Herts Leisure Centre in Letchworth offers swimming lessons as well as other sports courses and gym sessions for young people. See website for full details. www.stevenage-leisure.co.uk Aug2015
Hitchin Amateur Swimming Club	Based at Hitchin Swimming Centre and St Christopher's School in Letchworth, swimming lessons are available for children and adults from beginners to squad level. www.hitchinsswimmingclub.co.uk Aug2015

Football, Netball and Rugby (see also Sports Centres above)	
Letchworth Eagles Football Club	The Eagles run a number of teams in each age group from under6s to under 17s, and youth girls and Saturday Soccer Club for 5-7 year olds. Eagles is based at Pixmore Pitches between Letchworth Town Football Club and Letchworth Leisure Centre www.leitchwortheagles.org.uk Aug2015
Touchline Soccer Schools 07736 713695	Touchline Soccer Schools is a grassroots football coaching school for girls and boys aged 5-14 years which offers mid-week mini soccer at Letchworth Corner Sports Club as well as after school clubs at Roecroft School in Stotfold, Wood End Primary in Harpenden and Kingshott School in Hitchin. Holiday soccer camps in Letchworth/Hitchin available www.touchlinesoccer.co.uk Aug2015
Khalsa Football Academy KFA	KFA futsal courses run every week for 7-16 year olds at Fearnhill Sports Centre in Letchworth. For more information contact info@thekfa.com / Webpage www.thekfa.com Aug2015
Arena Baldock Football Courses 01462 720088	The Arena Stadium in Baldock hosts various football activities term time and through school holidays including primary and enhanced coaching clinics for 4-9 year olds, junior ability counts sessions for adults and 7-16 year olds with a disability or special educational need, safe hands goal keeping course for 8+ years and holiday and Milan camp www.northhertsarena.co.uk Aug2015
Stevenage Football Academy 01438 368068	Junior Kickers for 3-4 year olds, Kids Zone for 5-12 year olds, school holiday soccer camps and safe hands goal keeping course for 8-12 year olds www.sbf.co.uk Aug2015

Letchworth Rugby Club 01462 682554	Age U6-U17 Sunday 10-12pm at Legends Lane, Baldock Rd, Letchworth SG6 2EN http://www.pitchero.com/clubs/letchworthgardencityrugbyunionfootballclub Aug2015
Priory Junior Netball Club	Our club provides a great introduction to netball, ensuring enjoyment, continued participation and development in a fun and safe environment. Training sessions for junior club members are held every Tuesday evening, from 6.15pm to 7.15pm at The Priory School, Hitchin. For all enquiries or requests to join our Junior Club, please email juniors@priorynetballclub.co.uk Adult netball club also running. http://www.priorynetballclub.co.uk/ Aug2015
Baldock Crusaders Junior Netball Club	Baldock Crusaders junior sessions take place on a Tuesday evening (term time only), 5.30-7pm at Avenue Park in Baldock. These sessions are for girls aged 8-14 years old. Sessions involve skills and match play, as well as fun games and socialising. Adult club also running. If you would like to join our juniors, please contact baldockcrusaders@hotmail.com . http://www.baldockcrusadersnetball.com/ Aug2015

Tennis, Badminton, Basketball and Cricket (see also Sports Centres)	
Letchworth Sports and Tennis Club 01462 675444	Tennis, squash, croquet, fitness suite, gym and lounge area as well as holiday tots and holiday tennis and kids camps. Term time mini tennis available for 3-10 year olds with tots tennis for 3-5 year olds and junior tennis for under 11-18 year olds. FREE Sunday sessions available for 4-9 year olds who have partaken in a schools taster session. www.letchworth-tennis.co.uk Aug2015
Hitchin Lawn Tennis Club (Hitchin Boys School)	Hitchin Lawn Tennis Club is based at Hitchin Boys School offering tennis coaching for juniors and adults. Holiday coaching and camps also available www.hbsltc.co.uk/coaching Aug2015
North Herts Knights	North Herts Knights has several teams from under 11 to under 18s playing regularly at Highfield School and at the Knights Templar Sports Centre in Baldock. www.nhknights.co.uk Aug2015
Letchworth Garden City Cricket Club 01462 684530	For 6-17 year olds to adults during cricket season as well as some holiday clubs and an indoor winter programme www.letchworth.play-cricket.com Aug2015

Hockey, Roller Hockey and Roller Skating (see also Sports Centres)	
Letchworth Hockey Club 01462 683881 Peter	Letchworth Hockey Club is based at Letchworth Corner Sports Club for 11-19 year olds. Information found on www.mogozout.org/ http://www.pitchero.com/clubs/letchworth1/ Aug2015
Letchworth Roller Hockey (Contact online)	Letchworth Roller Hockey Club trains at the North Herts Leisure Centre on Wednesday evenings for 6+ year olds. Training times depend on age and ability www.lrhcc.co.uk Aug2015
Hitchin Hockey Blue Harts	Hockey for under10s to adults. Summer club also available www.blueharts.org.uk Aug2015

Golf	
Letchworth Golf Club 01462 683203	Events, tutoring and competitions. Membership fees vary per age group. www.letchworthgolfclub.co.uk Aug2015
Chesfield Downs Golf Club 01462 482929	Coaching and competitions for 4-8 year olds, 7-11 year olds and 9-15 year olds throughout the week www.chesfielddownsgolf.co.uk / http://chesfielddownsjuniorgolf.co.uk Aug2015
Letchworth Family Golf Club 01462 483863	Letchworth Par 3 Family Golf Centre provides a wonderful golf venue whether you are an experienced golfer or just a novice who wants to enjoy a round of golf with family or friends. Children are particularly welcome to play on our course. Tony Wolfson also runs regular golf lessons, golf clinics and competitions for junior golfers on most Saturdays from March to October. These are open to anyone under the age of 18 - you don't need to be a member to take part. www.letchworthfamilygolf.co.uk Aug2015

Fitness, Gymnastics, Trampolining, Acrobatics, Athletics, Archery, Adventure, Water Sports	
Junior Fitness and Gymnastics at North Herts Leisure Centre 01462 679311	Fitness: Membership for 11-15 year olds which includes a personal fitness programme, nutritional advice, specific sporting advice and free swim. Junior gym times are Tuesday-Fridays 4pm-5.30pm and Saturday-Sunday 2-5pm Plus our new Junior Plus Membership for 16 - 18 year olds (until the July of Year 13 schooling) for full Peak membership. Gymnastics for 5+ year olds on Wednesday and Friday evenings. There is often waiting list, deposit sometimes needed. www.sll.co.uk/saxon/North_Herts Aug2015
Lemurs Freestyle Gymnastics 01438 317525	LEMURS is one of MSC's well known community projects. Our free style gymnastics runs every Monday evening 8.45pm - 9.45pm. All participants get to use the Olympic standard equipment which we have in our Gymnastics Hall. To take part in these sessions you need to purchase a British Gymnastics bronze membership (£17.00), from our gymnastics reception desk, then a fee of £4.00 per session after that. Parkour also running, contact for more information. http://www.msactive.co.uk/msc-kidzone/lemurs-free-style-gymnastics/ Aug2015

Fearnhill Gymnastics Club 01462 629418	Gymnastics based at the Fearnhill Sports Centre in Letchworth for 4-15 year olds Tuesdays and Thursdays throughout the week for beginners, intermediate and advanced. Aug2015
Richards Trampoline Club	Richards Trampoline Club offers classes at North Herts Leisure Centre in Letchworth for 6-12 and 12 years to adults and in Stevenage for 5+ year olds. The Club aims to cater for everyone from recreational level up to national level, from 5 years old up to adults. We provide classes to suit everyone, including beginners. A proficiency award scheme with badges and certificates is used to assist learning, and support is given to students studying GCSE or Alevel PE. Trampoline is also a great way to improve fitness and to lose weight! www.richardstrampolineclub.com Aug2015
Stevenage Acrobatics Club 01525 717726	Stevenage Sports Acrobatics Club has been running for over 20 years. The club is based at Marriotts Sports Centre, Telford Avenue Stevenage and is run as a separate club from Marriotts Gymnastics. The Head Coach is Lisa Lavelle who has been involved in the sport for over 25 years as both a gymnast and a coach. The club has a very dedicated team of coaches all of whom are voluntary. They work extremely hard to ensure that the gymnasts learn new skills in a safe and professional environment. FREE trial available. Beginner sessions Sunday. www.ssacgymnastics.co.uk Aug2015
Stevenage and North Herts Athletic Club	For 9+ year olds and adults, the club meets in Stevenage several times a week including sessions on long and triple jump, javelin, circuits, hurdles, high jump and more. The club also runs a disability squad for wheelchair users and seated throwers www.snhac.org.uk Aug2015
Stevenage & North Herts Adventure 07511 637943	Adventurous outdoor activities for 14+ year olds and adults including weekend adventures and fun including climbing, kite flying and abseiling. www.stevenageadventureclub.org.uk Aug2015
Green Dragon Bowmen Archery	Archery shooting/coaching for all ages/abilities across summer at Knebworth Park and indoors at The Odyssey Sports Centre, Old Knebworth Lane. www.greendragonbowmen.org.uk Aug2015
Fairlands Valley Sailing Centre 01438 353241	Fairlands Valley in Stevenage offers a variety of water sports and activities including dinghy sailing, multi activity courses, power kiting, kayaking, windsurfing, powerboat courses, youth, weekend and holiday activity sessions and racing opportunities, as well as a Sailability scheme which offers people with disabilities an opportunity to sail. Other activities include Aqua Playground open during the summer and café. www.sll.co.uk/enterprise/Fairlands Aug2015

Martial Arts and Boxing (see also Sports Centres)

Letchworth Karate Club 07730 666796	Classes for 5+ year olds and adults. Call or email to book your two FREE taster karate lessons. Sessions are based at St Michael's Church Hall, Letchworth http://zanshinmkd.com/ Aug2015
Active Hertfordshire Karate AHK 0800 026 8365	Active Hertfordshire Karate offers Shotokan Karate from 5+ years as well as Junior Instructor Programmes for 11-18 year olds and adult and family sessions across Hertfordshire. Local clubs supporting all ages can be found in Letchworth (North Herts Leisure Centre) and Hitchin (Hitchin Girls School). Further sessions are available across Herts www.tsqagb.co.uk Aug2015
Letchworth and Biggleswade Taekwondo 07810 808422	Taekwon-Do Schools is Letchworth, Biggleswade, Arlesey and Baldock with your first sessions FREE . Sessions available for Little Dragons 4-8 year olds, Juniors 8-13 year olds and adults 14+ year olds. See online for membership and monthly fees www.lbtkd.co.uk Aug2015
KR Kick Boxing	Based in Letchworth, there is no need to pre-book your first FREE class, just turn up and pay monthly in advance thereafter. See website for things to bring to your session. Classes are based at St Georges Church twice weekly for juniors/seniors www.krfitness.co.uk Aug2015
Andy Nugent's Academy of Martial Arts 01462 629645	Fun friendly martial arts club teaching Jeet Kune Do, Brazilian Ju Jitsu, Muay Thai, Kickboxing and Filipino Kali. Classes are held at Garden City Academy in Letchworth for around 7+ year olds. FREE 2 week taster available. See website for details www.andynugent.com Aug2015
Kaishouk Ju-Jitsu Rya Martial Arts Club 07794 127624	The club runs classes across Herts and Beds including Little Samurai Warrior classes for 4-6 year olds to improve basic motor and listening skills in a fun way, as well as offering Junior, Teenager and Adult Ju-Jitsu. FREE introductory lesson. Nearest junior and adults classes are based at Fearnhill Sports Centre in Letchworth www.kaishouk.com Aug2015
Wayne Armstrong Bootcamp 07919 186529 / 07917 669133	Sessions include kids bootcamp for 7-11, 10-16 and 12 16 year olds, amateur boxing, adult and ladies bootcamp, kick boxing, 1:1 training, Thai boxing, free weights, spinning, circuits and police fitness. Pay as you go or pay monthly. Based at North Herts College, Hitchin. www.waynearmstrongbootcamp.co.uk/ Aug2015

Biking

Letchworth Velo Club 01234 350996	The Cycling Club meets every Sunday from 9.00am at Station Place, Letchworth. Leisure and competition cycling club. For further info contact Jon Miles, jonmiles99@ntlworld.com
Bikeability Biking 01438 235881 07775 538830	We are now working in partnership with Hertfordshire County Council to deliver beginner biking courses so we can offer courses to a wider range of children's centres across Hertfordshire. Cycle lessons are available for 5+ year olds to learn to ride without stabilisers and basic cycle skills, for 9+ year olds skills to ride on a quiet road and secondary pupils to ride on busier roads. www.cycleinstructor.co.uk Aug2015

Biking Courses 01992 556808	Training courses for children and adults wishing to learn or improve their cycle skills. Instructors run a range of courses for primary schools term time and for the general public during the summer holidays. Children aged 8 - 9 years can improve their cycle skills, while older ones can learn the basic on-road manoeuvres. Those at secondary school can take part in more advanced training including how to plan their route to school and negotiate busier roads, roundabouts and traffic light junctions. If your family is on low income you may qualify for assistance with the fees www.hertsdirect.org 'cycle training' Aug2015
Royston Rockets BMX Racing Club 01763 260959	The club has its own race track situated in Burns Road, Royston, and is open for public use at all times the club is not using it. Club's members take part in race meetings at Club, Regional and National or even International level. The membership covers a wide age range and both sexes, so everyone can take part - even Mums and Dads! http://roystonrockets.co.uk/ Oct2105

Horse Riding	
Ickleford Equestrian Centre 01462 459081	Horse riding lessons for under 16s to adults; private one to one, 2-3 rider groups and for class lessons for 4-8 riders. Pony Club available www.icklefordequestriancentre.com Aug2015
North Herts Equestrian Centre 01462 892626	Horse riding based in Baldock. Updated from Google. No webpage available Aug2015.
Courtlands Riding Stables 01438 355121	Child and adult lessons available, beginner and intermediate. Pony club, school visits and riding for the disabled available. www.courtlandsridingstables.co.uk/ Aug2015
Chibley Farm Horse Riding 01462 711583	Horse riding lessons in Shillington Hitchin for 4+ years old, individually as well as semi private lessons in groups of two-four riders. Pony Club available www.chibleyfarm.co.uk Aug2015

For more information on activities for children and young people in North Herts – including during school holidays – check out the following:

Letchworth Partnership of Schools	01462 707256 or like Facebook page
Letchworth Action for Young People	www.facebook.com/Letchworthactionforyoungpeople
Letchworth & Baldock Children's Centres	www.pre-school.org.uk/letchworth-baldock
Hitchin Children's Centres	See page 6
Royston & Villages Children's Centre	www.roystonandvillagescc.com
Hitchin Partnership of Schools	www.hitchinpartnership.org
Royston Listings Magazine	www.thelistingmagazine.co.uk
North Herts District Council	www.north-herts.gov.uk/home/leisure/active-communities
Channel Mogo	www.mogolistings.org
Pro-Action Herts	www.pro-actionherts.org
Kids Hub (for special needs)	www.kids.org.uk/hub
Hertfordshire Family Services Directory	http://www.hertsdirect.org/your-community/famserdir/