



# Easter Holiday Activities

Click on the images for more information



Try new sports, eat tasty food, craft, create and meet new friends. Children who are in school years Reception to Year 11, who attend a Hertfordshire school and are in receipt of benefits related free school meals are eligible to receive a code and attend HAPpy Camps.

FREE for ages 5 to 16, child attending Herts School, in receipt of benefit related Free School Meals.

<https://sportinherts.org.uk/happy/booking/>

**HAPpy Camps are back!**  
this Easter, all over Hertfordshire!

From 4<sup>th</sup> to 14<sup>th</sup> April, school aged children eligible for benefits related free school meals, can enjoy **free food, free sports** and **free craft activities!**

Get your **HAPpy Booking Code** from your child's school now, to access all this and more!

Bookings open on **Monday 14<sup>th</sup> March**

All camps are free!

Keep up to date at: [sportinherts.org.uk/booking](https://sportinherts.org.uk/booking)

**Fit, Fed & Read Camps are BACK!**

From 4<sup>th</sup> – 14<sup>th</sup> April, children aged 8-11 years old who are eligible for benefits related free school meals can enjoy free lunch, free sports and free enrichment activities on Fit, Fed & Read camps across Hertfordshire.

Get your unique HAPpy Booking Code from your child's school now, to access all this and more!

Bookings now OPEN!

[sportinherts.org.uk/booking](https://sportinherts.org.uk/booking)



[www.ickledrama.co.uk](http://www.ickledrama.co.uk)  
07961 426268

## Easter Course 2022

### 'The Pied Piper'

by Nick Perrin & Ruth Keyword

Monday 4<sup>th</sup> to Friday 8<sup>th</sup> April  
10am to 3.30pm each day at Ickleford Village Hall  
£100 per student (Reception to Year 7)  
Performing 'The Pied Piper' at  
2:00 pm on Friday 8<sup>th</sup> April at Ickleford Village Hall  
all tickets £4 (adult or child)

**BECOME AN ACTOR FOR FIVE DAYS,  
AND PUT ON A MUSICAL!**

CALL VALERIE TO BOOK A PLACE 07961 426268  
[www.ickledrama.co.uk](http://www.ickledrama.co.uk)

Want to learn lots of fun dance routines to pop music?



Want to dance like Taylor Swift, Bruno Mars, Little Mix or Justin Timberlake?

**Easter Camp**  
5<sup>th</sup>, 6<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup> April - 10am - 3pm

Samuel Lucas School, Hitchin

For boys and girls aged 4-10 years  
£20 per day, £73 for all 4 days

Contact Ciara@popdanceworld.com to book

Plus an egg-citing Easter Egg Hunt!  
Happy Popdancing!



Book at [www.popdance.co.uk/hitchin](http://www.popdance.co.uk/hitchin)

**THE MARKET THEATRE**  
SUN STREET, HITCHIN

**Kids Club HOLIDAY DRAMA WORKSHOPS**

**THREE DAY WORKSHOP**  
Whitsun half term - Tues 31st May - Thurs 2nd June  
10am - 4pm each day | For children aged 5-14 | Cost - £100  
Games, drama, exercises and improvisations with a short showing of the childrens work on the Thursday at 3.30pm

**EASTER & SUMMER SCHOOLS**  
Easter School - Mon 11<sup>th</sup> - Fri 15<sup>th</sup> April 2022  
Summer Schools - 25<sup>th</sup> - 29<sup>th</sup> July & 22<sup>nd</sup> - 26<sup>th</sup> August 2022  
Easters workshop will be a celebration of 'songs & scenes from the musicals' and the summer workshops will each focus on a different show.  
All run from 10am - 4pm each day  
For children aged 5-14 | Cost - £150 (£30 discount for additional siblings)

Visit the website for details: [www.markettheatre.co.uk](http://www.markettheatre.co.uk)

Hitchin Partnership CIO, Family Support Service to Hitchin Schools [hitchinpartnership.org.uk](http://hitchinpartnership.org.uk) Registered Charity: 1158637

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<p><b>Easter Holiday Netball Camp</b></p> <p>10% SIBLING DISCOUNT</p> <p>We accept Childcare and Tax-free Vouchers</p> <p>ABOUT THE CAMP (9-14 yrs) Led by an EN qualified netball coach, this will be a great day out for netball loving girls of all abilities in school years 3 to 9 (ages 9-14).</p>		<p><b>Easter Holiday Multi-Sports Camp</b></p> <p>10% SIBLING DISCOUNT</p> <p>We accept Childcare and Tax-free Vouchers</p> <p>Looking for an action-packed day of fun and exciting sports activities? Look no further than our Multi-Sports Camp. Try out dodgeball, rounders, volleyball, badminton, hockey, and table tennis!</p>		<p><b>Easter Holiday Tennis Camp</b></p> <p>10% SIBLING DISCOUNT</p> <p>We accept Childcare and Tax-free Vouchers</p> <p>Our tennis holiday camps have been custom designed by our coaches to deliver tennis coaching in a fun environment that is ideal for any level of player!</p>	
<p><b>Hitchin</b></p> <p>Hitchin Girls' School</p> <p>Netball Camp @ Hitchin Girls' School Wednesday 6th April 12:30 - 16:30 9-14 years</p>	<p><b>Rickmansworth</b></p> <p>Royal Masonic School</p> <p>Netball Camp @ Royal Masonic School Thursday 7th April 10:00 - 18:00 9-14 years</p>	<p><b>Hitchin</b></p> <p>Hitchin Girls' School</p> <p>Multi-Sports Camp @ Hitchin Girls' School Monday 4th - Friday 8th April Monday 11th - Thursday 14th April 9:00am - 4:00pm 5-13 years</p>	<p><b>Ware</b></p> <p>Wodson Park</p> <p>Multi-Sports Camp @ Wodson Park Monday 4th - Friday 8th April Monday 11th - Thursday 14th April 9:00am - 4:00pm 7-13 years</p>	<p><b>Hitchin</b></p> <p>Hitchin Girls' School</p> <p>Holiday Camp</p> <p>Tennis Intensive Clinic @ Hitchin Girls' School Monday 4th April - Friday 8th April Monday 11th April - Thursday 14th April 9:00am - 12:00pm 4-15 years - All abilities welcome</p>	<p><b>Ware</b></p> <p>Wodson Park</p> <p>Intensive Clinic</p> <p>Tennis Camp @ Biggleswade Conservative Tennis Club Monday 11th - Thursday 14th April 9:00am - 12:00pm 4-15 years - All abilities welcome</p> <p>Hitchin Boys' School</p> <p>Tennis Intensive Clinic @ Hitchin Boys' School Thursday 7th April Thursday 14th April 10:00am - 3:00pm 5-15 years - With Tennis Experience</p>
<p>TO BOOK AND FOR MORE INFORMATION</p> <p>WWW.UPLAYSPORTS.CO.UK</p>		<p>TO BOOK AND FOR MORE INFORMATION</p> <p>WWW.UPLAYSPORTS.CO.UK</p>		<p>TO BOOK AND FOR MORE INFORMATION</p> <p>WWW.UPLAYSPORTS.CO.UK</p>	

**Tennis Camp**

Week 1: 4th - 8th April  
Week 2: 11th - 14th April  
Hitchin Girls' School Tennis Courts

Highbury Road  
Hitchin  
SG4 9RS

Get your unique HAPpy Booking Code from your child's school to access any of the camps

Scan the QR code to search and book a camp

**EASTER HALF TERM SOCCER CAMP**

OUR LADY SCHOOL  
OLD HALE WAY  
HITCHIN SG5 1XT

9:30 - 3:15PM  
EARLY DROP OFF/LATE PICK UP AVAILABLE

5 - 13 YEAR OLDS

MINI TOURNAMENTS  
STREET FOOTBALL  
PENALTY SHOOT OUTS  
FOOTBALL PEN & GAMES

£17 PER DAY IF BOOKED BY 14/03/22  
£19 THEREAFTER

TUESDAY-THURSDAY  
WK 1 - 5TH, 6TH & 7TH APRIL  
WK 2 - 12TH, 13TH & 14TH APRIL

WWW.DWSOCCERSCHOOL.CO.UK  
ENQUIRIES@DWSOCCERSCHOOL.CO.UK

**Tennis Camp at Letchworth Sports & Tennis Club**

April 4th - 8th 2022 & April 11th - 14th 2022

£16 a Day  
Timings: 9am-12pm  
Early drop off available (£1.50 extra)

From ages 5 - 12 years old  
Kids will be split into age groups where possible.

Tennis Camp with added activities such as football, hockey, team games and much more! Join the fun!

BOOK NOW: WWW.DRHSPTS.CO.UK  
Tel: 0791903520 | Email: campgo@drhspts.co.uk  
Letchworth Sports & Tennis Club, Muddy Lane, Letchworth Garden City, Hertfordshire, SG4 2TB.

**Hitchin Boys' School Sports Centre Summer Sports Camp**  
Activity camp for children aged 6-12 years

An action packed week lead by DBS checked, qualified sports coaches  
Monday - Friday, 9am - 4pm (early drop off and late pick-up available)

Week 1 - Monday 4th - Friday 8th April 2022  
Week 2 - Monday 11th - Thursday 14th April 2022  
9am - 4pm  
£40 per day or  
Week 1 - £120  
Week 2 - £100  
10% Sibling discount  
CHILDCARE VOUCHERS ACCEPTED

To find out more information or book your space contact Beckie at: camps@hitchinboys.co.uk

**Hitchin Boys' School Sports Centre Easter Sports Camp**  
Activity camp for children aged 4&5 years

Tuesday 5th & Thursday 7th April  
Tuesday 12th & Thursday 14th April  
9:30 - 12:30

£25 per session  
CHILDCARE VOUCHERS ACCEPTED

An action packed week lead by DBS checked, first aid trained, qualified pre-school sports coaches

To find out more information or book your space contact Beckie at: camps@hitchinboys.co.uk

**GTD Sessions**

GTD Sessions are a great way to try multiple disciplines of Gymnastics, these sessions include Floor Gymnastics, Tumbling, Trampoline and Double Mini Tramp.

Sessions are led by experienced coaches who are there to teach you some new awesome skills and are ideal for children who love anything gymnastics related!

Monday 4th Wednesday 8th Friday 10th April  
Monday 11th Wednesday 13th April  
10:00 - 11:00 & 11:00 - 12:00

£15 per session  
CHILDCARE VOUCHERS ACCEPTED  
To find out more information or book your space contact: camps@hitchinboys.co.uk

ENCOURAGING AND INSPIRING THROUGH PE, SPORT & THE ARTS

**SMALL STARS EASTER HOLIDAY CAMP**

@ Norton St. Nicholas Primary School

4th to 14th April 2022

9.00am - 3.15pm

£25 per day (bulk booking discounts available)

CONTACT SMALL STARS ON THE DETAILS PAGE TO CHECK AVAILABILITY, VOUCHER BOOKING & PAYMENT. DO FOLLOW US ON THE SOCIAL MEDIA PLATFORMS TO STAY UP TO DATE ON ALL THE LATEST NEWS AND OFFERS!

CONTACT SMALL STARS: E: smallstars@smallstarsgroup.com  
M: 07945549640 | SMALL STARS @SMALLSTARSUK





# Easter Holiday Activities

Click on the images for more information

## Gardening week @ play aloud St Andrews

Days	AM Activities	PM Activities
Monday 6 <sup>th</sup> April 2022	Design your own pots	Flower printing
Tuesday 7 <sup>th</sup> April 2022	Make your own bird feeders	Vegetable printing
Wednesday 6 <sup>th</sup> April 2022	Cress heads	Fruit and vegetable smoothie
Thursday 7 <sup>th</sup> April 2022	Make your own watering cans	Mini beanbag pebbles

## Easter Extravaganza @ Play Aloud

Days	An Activity	Per Activities
Monday 13 <sup>th</sup> April 2022	Bunny Pictures	Designing and make Easter Bunnies
Tuesday 12 <sup>th</sup> April 2022	Paper mache Easter eggs	Bunny Masks
Wednesday 13 <sup>th</sup> April 2022	Making Easter Cakes	Hot Cross Bun making
Thursday 14 <sup>th</sup> April 2022	Decorating Easter Eggs	Easter Bells, wordsearches, colouring

## The Healthy Hub Wellbeing Mornings

Our free wellbeing mornings are back for 2022 at our Hitchin and Royston pop up hubs. For January we have a Creative Chefs sessions for families in Royston. In Hitchin alongside our NHS Health Checks we have a craft morning for little ones and a 'Sleeping Well' session for adults. Book now to guarantee your space.

**Hitchin**  
community wellbeing days  
from the North Herts Healthy Hub

FREE FAMILY WELLBEING ACTIVITIES INCLUDING REFRESHMENTS

**Calendar of events:**

- 10 Jan - Sleeping well for adults. 45 to 60 minute talk with free refreshments and an opportunity for an informal chat with wellbeing professionals, Mind in Mid Herts. 1pm to 2.30pm.
- 13 Dec - Festive fun with food with the Creative Chefs. Join us for a fun, festive cookery session for under 5's accompanied by an adult. 60 minute sessions at 11am and 12.30pm.
- 10 Jan - Learning through creative play. A fun, relaxed creative session for children aged 18 months + and their grown up. (Babies welcome) All materials and refreshments included. By local artist Michelle Martin. 11am to 12.30pm.
- 7 Feb - Making memory books for adults. Join local artist Michelle Martin to make beautiful memory books to store photos and keepsakes in. All materials and refreshments included. 11am to 12.30pm.
- 7 Feb - Managing anxiety for adults. 45 to 60 minute talk with free refreshments and an opportunity for an informal chat with wellbeing professionals, Mind in Mid Herts. 1pm to 2.30pm.

**FREE** NHS health checks for age 40 to 74 years available at the wellbeing days. Places must be booked in advance to ensure contact us for more info.

Westmill Community Centre, John Barker Place, Hitchin, Herts, SG5 2PG

Numbers are limited so must be pre-booked by emailing healthyhub@northherts.gov.uk or calling 01462 474111

Imagination Dance  
Community Interest Company

**Disney Day**  
Tuesday 12th April | 10 - 12.30pm

Pixmore Junior School  
Rushby Mead  
Letchworth Garden City  
SG6 1RS

SEND SPECIFIC WORKSHOP

Calling all Disney lovers! Come and join us for a workshop full of dance, drama, arts & crafts and Disney themed activities. Includes a healthy lunch. guidance 6+

FREE for those with suspected or diagnosed additional needs

Book your child's place at: sportinherths.org.uk/booking

Hertfordshire's Holiday Activity Programme  
HAPPY  
HCF Sports

Imagination Dance  
Community Interest Company

**Down in the Jungle**  
Monday 11th April | 10am - 12.30pm

Pixmore Junior School  
Rushby Mead  
Letchworth Garden City  
SG6 1RS

SEND SPECIFIC WORKSHOP

Come and explore the wonders of the jungle with our sensory workshop. Full of dance, arts & crafts, drama and games...including a healthy lunch! Age guidance 6+

FREE for those with suspected or diagnosed additional needs

Book your child's place at: sportinherths.org.uk/booking

Hertfordshire's Holiday Activity Programme  
HAPPY  
HCF Sports

Imagination Dance  
Community Interest Company

Classes specifically for those with suspected or diagnosed additional needs

**Imagine & Move** (Age guidance 3-6 | £4)

Sensory movement classes using props, music and dance-based activities to improve social interaction and expand a child's imagination. Suitable for children who need to improve their social skills and awareness of self and others.

**Magic Movers** (Age guidance 7+ | £6.50)

Creative dance classes using movement to explore dance styles and expand children's confidence in performing. Perfect for those who love to dance and express themselves!

Hitchin Branch: Wednesdays	Hertford Branch: Thursdays	Biggleswade Branch: Fridays
Westmill Community Centre John Barker Place, Hitchin SG5 2PG	Hertford Wellbeing Hub Gleedfield Court, Hertford SG14 2HN	Saxon Pool & Leisure Centre Saxon Drive, Biggleswade SG18 8SU
Imagine & Move: 4.00-4.30pm Magic Movers: 4.45-5.15pm	Imagine & Move: 3.40-4.10pm Magic Movers: 4.10-4.50pm	Imagine & Move: 4.30-5.00pm Magic Movers: 5.15-6.00pm

info.imaginationarts@yahoo.com | 07394 934911

## Imagine & Move

Sensory movement class for those aged 3+ with suspected or diagnosed additional needs  
Perfect for those needing improve their social skills and awareness of self.

"My son loves every single second"

Tuesdays | 4.30 - 5pm  
£4.50 per class  
Hampson Park Community Centre  
Hampson Park, Webb Rise  
Stevenage  
SG1 5QU

info.imaginationarts@yahoo.com  
07394 934911

Imagination Dance  
Community Interest Company

"Absolutely wonderful sessions"

Spring Holiday Fun

**EARLY BIRDS AND FAMILIES**

Standalone Farm Thursday 7th April @ 10.30am (near Letchworth) £5 per person

Easter Crafts and Easter Egg Hunt @ Phoenix Wednesday 13th April @ 10.30am-3pm £2.50 per child (Phoenix Centre, Stevenage)

**FLYERS\***

Rock Up Indoor Climbing Tuesday 5th April @ 11.30am-1pm (Watford) £7.50 per person

Friends@Phoenix Day Scheme\* (cooking, games and sports) \*\*Wednesday 6th April @ 10am-3.30pm

Friends@Phoenix Day Scheme (mosaic making, crafts and games) \*\*Tuesday 12th April @ 10am-3.30pm

\*Phoenix Day Scheme at The Phoenix Centre, Stevenage: Children can choose to attend a morning or afternoon or stay all day 10-12.30 or 1-3.30 (£2.50) All day £4.00

\*Over eight's need to register or renew your Short Breaks Local Offer to attend activities subsidised by Hertfordshire County Council  
www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/short-breaks.aspx

More information on the website

Please book online at: www.phoenixgroup.org.uk

01438 729461  
www.phoenixgroup.org.uk  
info@phoenixgroup.org.uk  
2 & 3 The Hylks, Stevenage  
Hertfordshire SG2 9SE

Charity Number: 1180870

Spring Holiday Fun

**YOUTH GROUP\***

Boat trip on Grand Union Canal Monday 4th April @ 10.30am-3pm (Hemel Hempstead) £5 per person, including lunch

Rock Up Indoor Climbing Tuesday 5th April @ 11.30am-1pm (Watford) £7.50 per person

Duke of Edinburgh Bronze Award - information session  
Join us to find out more! Friday 8th April 1.00 - 3pm (Phoenix Centre)

London Trip with Travel Training Thursday 14th April @ 11am-5pm (£15 per person inc travel and London Dungeon)

**PHOENIX PLUS**

Boat trip on Grand Union Canal Monday 4th April @ 10.30am-3pm (Hemel Hempstead) £5 per person, including lunch

Friends@PhoenixPlus (Stevenage) Monday 11th April @ 11am-2pm

\*8-18s need to register or renew your Short Breaks Local Offer to attend activities subsidised by Hertfordshire County Council  
www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/short-breaks.aspx

More information on the website

Please book online at: www.phoenixgroup.org.uk

01438 729461  
www.phoenixgroup.org.uk  
info@phoenixgroup.org.uk  
2 & 3 The Hylks, Stevenage  
Hertfordshire SG2 9SE

Charity Number: 1180870

Healthy hub  
North Herts

For support call: 01462 474111

@healthyhubnorthherts

<https://www.healthyhubnorthherts.co.uk/activities>  
<https://www.healthyhubnorthherts.co.uk/>

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We are **HertsHelp** - a network of community organisations in Hertfordshire working together. We're here to listen and help you find independent support, guidance and information you need to get the most out of life. Monday - Friday 8am – 8pm Saturday - Sunday 10am - 6pm. 0300 123 4044 <https://www.hertshelp.net/hertshelp.aspx>

## Families First ([hertfordshire.gov.uk](http://hertfordshire.gov.uk))

**Find the support you need at the Families First Portal**

Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- Relationship Support
- Parenting advice and childcare
- Money advice
- Emotional and mental health
- Domestic abuse support
- Staying healthy
- Online Safety
- SEND Local Offer

and many other useful links

[hertfordshire.gov.uk/familiesfirst](http://hertfordshire.gov.uk/familiesfirst)

*"I am struggling to cope with everything at present, so feeling overwhelmed."*

*"I'm worried about my child's behaviour in school and at home"*

*"I'm worried about money"*

*"I need reassurance and support"*

Links for:

- Relationship Support
- HAPpy Holiday Activity Programme
- HOP – explore career opportunities
- Free and confidential support for anyone affected by domestic abuse
- GamCare – are gambling problems affecting you, or those close to you? Free support.
- Support to prevent and reduce the harm of drugs and alcohol for adults.
- ACT Early: for parents, friends and families who are concerned about loved ones at risk of radicalisation

### WHAT IS BL<sup>ite</sup> BeeZee Lite?

BeeZee Lite brings BeeZee Bodies' tried and tested programmes squeezed into a one-to-one, 1 hour session with one of our dedicated Wellbeing Co-ordinators.

An opportunity for you to share your strengths and challenges around maintaining a healthy household in a supportive and non-judgemental environment.

We can signpost you to other local services, if you need support in an area we are not able to assist you with.

At the end of your appointment you will come away with an Action Plan detailing your identified goals. You will be offered a follow-up appointment a month later to see how you've been getting on.

#### HOW DOES IT WORK?

- Clients who have been referred, or have completed a self-referral form for BeeZee Lite, are contacted by one of our admin staff, to complete their initial assessment.
- Several days later, the client is contacted by one of the Wellbeing Coordinators (WC's) to book them in for their BZ Lite session.
- The client then chooses how they'd like to have the session, either on Zoom, WhatsApp video call, FaceTime or a normal phone call.
- One week before the appointment, the designated WC sends the client an email indicating the date and time originally booked, including a zoom link (if the client requested a zoom call) and a pre-questionnaire about their health and wellbeing.
- The client is finally sent a text message to remind them of their appointment a few hours beforehand.

#### WHOS IT FOR?

BeeZee Lite is for families in Hertfordshire with children aged 5 to 15 years old. To be eligible for our free service your family will need to:

- Live in or go to a school/GP in Hertfordshire
- Have one child (or more) who is above their ideal weight based on the BMI centile chart (We can help you work this out if you are unsure)

You can come to your appointment by yourself or with your child, whichever you think is best for your family.

**SIGN UP FOR YOUR FREE SESSION TODAY!**

[beezeebodies.com/signup](http://beezeebodies.com/signup)

01707 248648

### WHAT TO DO IF YOU'RE WORRIED ABOUT YOUR CHILD'S WEIGHT: MASTERCLASS

TUESDAY 1ST FEBRUARY AT 12:00PM

A fun, free, family-focused masterclass on how to approach the topic of a healthy weight.

Aimed at parents and carers of children who are above the healthy weight for their age, the session will include ideas to implement as a family and resources to help you get going after the webinar.

Come along and get support from a team of Registered Nutritionists at BeeZee Bodies, who have worked with hundreds of families and are here to support you to make sustainable changes!

**SIGN UP FOR FREE!**

### CREATING HEALTHIER, HAPPIER FAMILIES

Join our **FREE after-school groups in Hertfordshire, starting in February.**

Our team of family wellbeing experts and nutritionists make learning about healthy eating fun, and have plenty of tricks to help you and your kids turn a what you learn into a healthy habit for life!

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to handle conflict resolution, and benefit from the support network of like-minded families.

**IT'S FREE!**

**WHERE AND WHEN?**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WELWYN Widgeway Academy 17:00 - 18:30	STEVENAGE Barnwell Middle School 17:00 - 18:00	CHESHAM Gulfs Academy 17:00 - 18:00	WATFORD Woodford Primary School 17:00 - 18:00
HARPENDEN Harpden Wellington School 17:00 - 18:30	HENGLINGHAM Longdon School 17:00 - 18:00	BERKSTED The Vale School 17:00 - 18:30	
ROSEKNOOD Alum Hall 17:00 - 18:00			



Alongside the usual advice to wear an extra jumper and turn down your heating a couple of degrees follow these tips to save money on your energy bills.

1. Tumble driers are expensive to run - try to dry clothes naturally in fine weather
2. Microwaves are a cheap way to heat food
3. Only boil enough water for what you need
4. Put the lid on saucepans - food cooks faster and more cheaply
5. Showers will cost you much less than baths
6. Central heating - check that it is only on when you need it
7. Keep draughts out - fit draught excluders around doors and windows but do not block ventilation to gas appliances
8. Switch off appliances and lights which are not needed
9. Turn off heating in any rooms you don't use
10. Ask the CANH Energy Champion for advice!

#### General Money Saving Tips

1. Keep your receipts and keep a spending diary
2. Make and keep to a budget – there are tools online or contact us for help.
3. Check you're getting all the benefits you're entitled to
4. Check you're on the cheapest deals for your insurance, mobile, TV etc
5. Do a direct debit audit and check you're not paying for things you're not using
6. Sell your unwanted goods for cash. They might be someone else's treasure!
7. Use cashback sites if shopping online
8. Meal plan
9. Avoid using ATM's which charge a fee
10. Look into 0% credit transfers for any Credit Card debt. See if you can get a 0% overdraft.

Citizens Advice North Herts has offices in Hitchin Letchworth and Royston. You can contact us via our Advice Line (0800 144 88 48), email or webchat. All our up-to-date contact and drop-in information is on our website ([northherts.org.uk](http://northherts.org.uk)) and social media channels. You can also leave us a message on 01462 69801 and we will get back to you ASAP.

## Hitchin Partnership CIO, Family Support Service to Hitchin Schools [hitchinpartnership.org.uk](http://hitchinpartnership.org.uk) Registered Charity: 1158637

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## Supporting young people in North Herts

HERTFORDSHIRE | SPRING TERM 2022

**Mondays**

**Let's Get By Together - LGBT+ Project**  
Phone 01438 843340 or email [sfyp.northherts@hertfordshire.gov.uk](mailto:sfyp.northherts@hertfordshire.gov.uk) for details  
Monday 7.00pm - 9.00pm  
For LGBT+ young people aged 13-17

**Tuesdays**

**Baldock Street Project**  
Avenue Park, West Ave Baldock, SG7 5AZ  
Tuesday 3.15pm - 5.15pm  
For young people aged 11-17

**Wellbeing Project**  
Hitchin Young People's Centre  
Nightingale House, Nightingale Road, Hitchin SG5 1SD  
Tuesday 6.00pm - 8.00pm  
For young people aged 11-14

**North Herts Youth Council**  
Letchworth Young People's Centre  
Letchworth Town Hall, SG6 3BF  
Tuesdays 6.30pm - 8.30pm  
A voice for young people aged 11-17 in North Herts

**Wednesdays**

**Royston Wednesday Project**  
Coomes Community Centre  
Burns Road, Royston SG8 6PT  
Wednesday 6.00pm - 8.00pm  
For young people aged 11-14

**LD Project**  
Hitchin Young People's Centre  
Nightingale House, Nightingale Road, Hitchin SG5 1SD  
Wednesday 6.30pm - 8.30pm  
For young people aged 13-17 with learning disabilities

**Thursdays**

**Letchworth Street Project**  
Howard Park and Gardens, Norton Way South, Letchworth Garden City, SG6 1NY  
Thursday 3pm - 5pm  
For young people aged 13-17 in Letchworth

**Hitchin Street Project**  
King George Playing Fields, Old Hale Way, Hitchin, SG5 1XL  
Thursday 6.00pm - 8.00pm  
For young people aged 13-17

**Fridays**

**Letchworth Friday Night Project**  
Mrs Howard Memorial Hall  
Norton Way South, Letchworth Garden City SG6 1NX  
Friday 7pm - 9pm  
For young people aged 14 - 17

**Westmill Project**  
Westmill Community Centre, John Barker Place Hitchin, SG5 2PE  
Friday 6.30pm - 8.30pm  
For young people aged 11-14

**Access Point Project**  
Information, advice, guidance and sexual health services including free condoms, chlamydia screening and pregnancy testing  
Boves Lyon Young People's Centre, St Georges Way, SG1 1XY  
Monday, Wednesday, Friday 3.00pm - 6.00pm

**Positive Pathways**  
For young people involved in or at risk of involvement in crime and antisocial behaviour.

**Reach Out Project**  
A programme of one-to-one and groupwork support for young people at risk of exploitation.

Scan to view the latest list of projects

Services for Young People (SFYP)

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

## Family Centre Opening Hours

Family Centre Main Hubs	
<b>Shephall Family Centre,</b> 5 The Hyde, Stevenage, SG2 9SD Monday to Friday 8.00am to 6.00pm	<b>Oughton Family Centre,</b> Oughton Primary & Nursery School Site, Mattocke Road, Hitchin, SG5 2NZ Monday to Friday 8.00am to 6.00pm

## Other Family Centre Opening Hours

Stevenage			North Herts		
Day	Time	Family Centre and address	Day	Time	Family Centre and address
Monday to Friday	9.00am - 12.00pm	St Nicholas & Martins Wood, The Oval Community Centre, Verdon Road, SG1 5RD	Monday to Friday	9.00am - 4.30pm	Chestnut Tree, Garden City Academy Site, Radburn Way, Letchworth Garden City, SG6 2JZ
Tuesday	9.00am - 12.00pm	Baldock, 2/3 Baldock Park, SG1 1NE	Monday	12.30pm - 3pm	Strawberry Fields, Round Diamond School Site, Whitestone Lane, Stevenage, SG1 6NH (Term Time Only)
Tuesday	12.30pm - 3.00pm	St Nicholas & Martins Wood, The Oval Community Centre, Verdon Road, SG1 5RD	Wednesday	9.00am - 12.00pm	Ice Mill, Icknield Inland & Nursery School Site, Archers Way, Letchworth Garden City, SG6 4JH
Wednesday	9.00am - 12.00pm	Baldock, 2/3 Baldock Park, SG1 1NE	Thursday	9.00am - 12.00pm	Royston, Burns Road, Royston, SG8 5EQ
Thursday	9.00am - 12.00pm	Baldock, 2/3 Baldock Park, SG1 1NE	Friday	9.00am - 12.00pm	Holly Bush, St Marys C of E Inland School Site, St Marys Way, SG7 8RT
Friday	9.00am - 12.00pm	Baldock, 2/3 Baldock Park, SG1 1NE			Low Tree, West View, Letchworth Garden City, SG6 3GN

**Contact Number**  
**0300 123 7572**  
Times may vary during School Holidays

On behalf of Hertfordshire Council  
Delivered by Barnardo's

## Supporting young people in North Herts

HERTFORDSHIRE | SPRING TERM 2022

**Our tips for managing uncertainty and change in 2022**

2020 and 2021 brought a lot more uncertainty than most of us are used to dealing with. As human beings, we all want to feel safe and have a sense of control over our lives and wellbeing, but this is not always possible.

Some people may enjoy being spontaneous and unpredictable, but for others this can make them feel anxious, sad or angry.

If you're feeling overwhelmed, it's important to know that you're not alone - everyone is in the same boat! We are all going to have to get better at learning how to manage uncertainty.

No matter how helpless or overwhelmed you may feel, you can control how you choose to manage your anxiety and face the future with confidence. What can you do to feel better prepared to cope?

**Why do I feel sad or anxious?** Everything changed so quickly and almost all of us missed out on something we had been looking forward to. Some of us may have even lost a loved one. Sudden loss can make our emotions go up and down and it can take a long time to adjust to this. Don't put pressure on yourself to feel 'normal' again, it will take everyone different lengths of time to adjust to change.

**Know that this will pass!** People are very resilient and we always find ways to cope with change. Even after going through huge amounts of uncertainty, we find new ways to manage and adapt!

**Practice some relaxation techniques.** Relaxation can be helpful to help process your feelings. Some people like to do some exercise (why not try going for a walk or trying a yoga tutorial on YouTube?), listening to music or doing something creative. If you find that you feel more stressed after looking at Instagram, perhaps try to have an hour without screens to unwind.

**Why do I feel angry?** It is normal to feel angry, frozen or confused when faced with change or uncertainty. When you don't know how long life will be different or how the changes will affect you or your loved ones, it's easy to imagine the worst-case scenario.

**Talk to someone.** Think about how you are feeling. Are you sad? Confused? Angry? Try to share these emotions with someone, or even just write them down. SFYP can provide extra support with managing your feelings if you feel that it would be helpful to tell someone that you don't see every day.

**Acknowledge and accept your feelings.** You may worry that this will make you feel worse, but identifying your feelings can help to recognise that they are a reaction to uncertainty and help you feel more in control.

**Take control of your own actions.** What positive thoughts and behaviours can you take on to help you manage the change? If you want to learn some useful coping tips, why not join a SFYP Emotional Wellbeing Project?

Services for Young People

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

## SEND DROP IN

1<sup>st</sup> Thursday in every month - 10.00 - 11.30am  
Chestnut Tree Family Centre, C/O Garden City Academy, Radburn Way, Letchworth Garden City SG6 2JZ  
FREE bookable session

**SESSION DETAILS**  
Are you a Parent of a Child with Special Needs?  
If so you will be very welcome to attend our SEND Drop In. You will have an opportunity to discuss any concerns you may have, find out information about local support groups, meet other families. Your child does not need to have had a formal diagnosis  
We can provide a friendly ear and a safe space to talk.  
Children are welcome to attend with you or you can attend on your own. Children are welcome, no diagnosis needed.

**HOW TO BOOK**  
Log onto our Eventbrite page to book your place: <https://barnardos-north-herts.eventbrite.co.uk>

**MORE INFORMATION**  
[hertsfamilycentres.org](https://hertsfamilycentres.org) Call us on: 0300 123 7572

On behalf of Hertfordshire Council  
Delivered by Barnardo's



# Easter Holiday Activities

Click on the images for more information



Ways to Wellbeing	<a href="https://www.youtube.com/playlist?list=PL5jBv9G9gCspAWY1OQGX-fGYQpcK4dn-A">Primary ways to wellbeing series: https://www.youtube.com/playlist?list=PL5jBv9G9gCspAWY1OQGX-fGYQpcK4dn-A</a>	<a href="https://www.youtube.com/playlist?list=PL5jBv9G9gCsq7zJ5QEWPfMe131gERwb3Z">Secondary ways to wellbeing: https://www.youtube.com/playlist?list=PL5jBv9G9gCsq7zJ5QEWPfMe131gERwb3Z</a>
Returning to School	<a href="https://www.youtube.com/playlist?list=PL5jBv9G9gCspUWOGAbLhujzA4ik42Cs1U">Primary - returning to school: https://www.youtube.com/playlist?list=PL5jBv9G9gCspUWOGAbLhujzA4ik42Cs1U</a>	<a href="https://www.youtube.com/playlist?list=PL5jBv9G9gCsqhFfv0ukhn9avhhNIWfJQ2">Secondary - returning to school: https://www.youtube.com/playlist?list=PL5jBv9G9gCsqhFfv0ukhn9avhhNIWfJQ2</a>
Secondary - building resilience series:	<a href="https://www.youtube.com/playlist?list=PL5jBv9G9gCsq3M04u8M2SeQ6zRF9lhgWv">https://www.youtube.com/playlist?list=PL5jBv9G9gCsq3M04u8M2SeQ6zRF9lhgWv</a>	<a href="https://www.youtube.com/watch?v=j-8E-Q5DDNU&amp;t=182s">Coping with change: https://www.youtube.com/watch?v=j-8E-Q5DDNU&amp;t=182s</a>
	<a href="https://www.spreaker.com/user/phasehitchin/change-episode-1">Coping with change Podcast: https://www.spreaker.com/user/phasehitchin/change-episode-1</a>	<a href="https://soundcloud.com/user-201698962">Parenting podcasts: https://soundcloud.com/user-201698962</a>

## Parent videos

Transitioning to a new school ages 6-7

Building resilience and confidence

Dealing with anxiety

Coping with anger

Supporting children in the LGBTQ+ community

Supporting children with neurodiversity

Resources for Parents [Additional Resources - NESSie IN ED, CIC](#)



**Funded by Hitchin Mental Health Recovery Team**