

## Access Points

YCH SfYP Access Points are centres specifically for young people to access free and confidential information, advice, guidance and sexual health services, including:

- Chlamydia & gonorrhoea tests
- Free condoms
- Pregnancy tests
- Careers advice
- Finances and housing
- Substance misuse
- Training & apprenticeships
- Independent living skills

All young people in Hertfordshire under 19 are welcome at any YCH SfYP Access Point. They are also available for care leavers under the age of 21 and for young people with any type of disability under 24 years old. **Due to Covid-19, you must make an appointment first by phone or email.**

## Where's my nearest Access Point?



If you live in East Herts, your nearest Access Point might be: **Bishop's Stortford Access Point**  
*Bishop's Stortford Young People's Centre,  
14 Northgate End, Bishop's Stortford, CM23 2EU*  
Thursdays 2-5pm

## Social Media

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



## Who are we and what do we do?

YCH Services for Young People (YCH SfYP) is part of Hertfordshire County Council. We provide free youth work projects, information, advice, work related learning, careers guidance and wider support for all young people in Hertfordshire.

## Planning for your future

YCH SfYP Personal Advisers can support you with researching your future career options, identifying your skills and strengths, deciding your goals, and even suggesting new possibilities that you might not have previously considered.

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

Text **CAREERS** to **07860 065173** to connect with our team.

## Contact us

Call **01992 588220** Text **07860 065173**  
Email [yhsfyp.eastherts@hertfordshire.gov.uk](mailto:yhsfyp.eastherts@hertfordshire.gov.uk)



## Our tips for managing uncertainty and change in 2021

2020 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?

### Contact Us

Call 01992 588220 or text SUPPORT to 07860 065173 with your name and age to connect with one of our team.

**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!

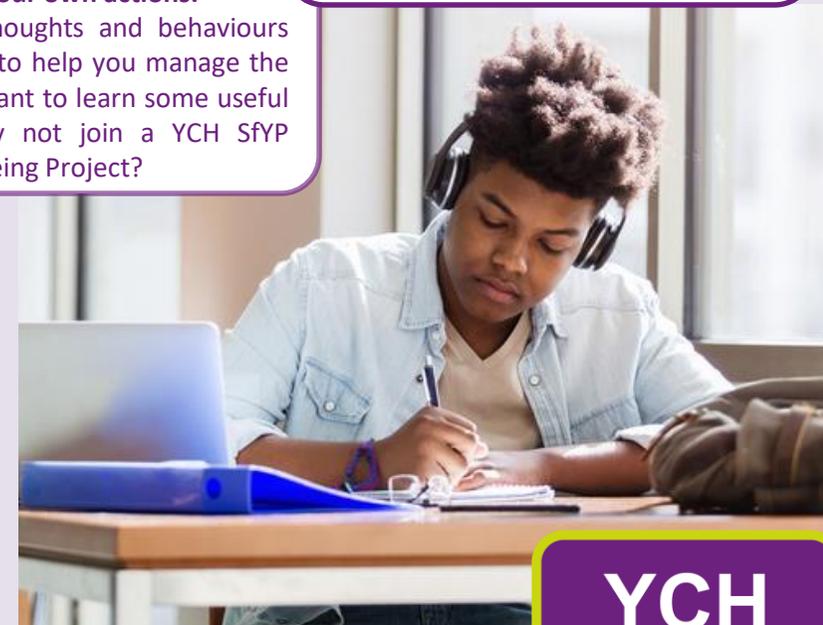
**Practise some relaxation techniques.** Relaxation can be helpful to help process your feelings. Some people like to do some exercise (why not try going for a walk or trying a yoga tutorial on YouTube?), listening to music or doing something creative. If you find that you feel more stressed after looking 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.

**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 YCH SfYP Emotional Wellbeing Project?

**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. YCH 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.



## Mondays

### Ware Street Project

Mondays 3:15-5:15pm  
For young people aged 13-17

### Emotional Wellbeing Project

Bishop's Stortford Young People's Centre, 14 Northgate End, Bishop's Stortford, CM23 2EU  
Mondays 6-7pm  
For young people aged 13-17 to learn about ways to reduce stress and anxiety

### Hertford & Ware Young People's Forum

Ware Young People's Centre, Marsh Lane, Ware SG12 9QB  
Mondays 6-8pm  
For young people aged 11-17 who want to make a difference in their community

## Tuesdays

### Supporting You Project

Hertford Young People's Centre, Zoo Cafe, Pioneer Hall, 11a Ware Road, Hertford SG13 7DZ  
Tuesdays 6-7pm  
For young people aged 13-17

### Healthy Lifestyles Project

Ware Young People's Centre, Marsh Lane, Ware SG12 9QB  
Tuesdays 6-8pm  
For young people aged 13-17

## Wednesdays

### Girls & Young Women's Project

Ware Young People's Centre, Marsh Lane, Ware SG12 9QB  
Wednesdays 5:30-7:30pm  
For young women aged 13-17

### Healthy Relationships Project

Buntingford Young People's Centre, The Technical Institute, Baldock Road, Buntingford SG9 9AA  
Wednesdays 6-8pm  
For young people aged 13-17

### Sele Street Project

Wednesdays 6-8pm  
For young people aged 13-17

### Emotional Wellbeing Project

Online via Microsoft Teams  
Wednesdays 6-8pm  
For young people aged 13-17

### Bishop's Stortford Young People's Forum

Bishop's Stortford Young People's Centre, 14 Northgate End, Bishop's Stortford, CM23 2EU  
Wednesdays 7-8pm  
For young people aged 11-17 who want to make a difference in their community

## Thursdays

### Young Parents Project

Online and in-person at Ware Young People's Centre, Marsh Lane, Ware SG12 9QB  
Thursdays 2-3pm  
For young parents and parents-to-be aged 16-21

### Bishop's Stortford Street Project

Thursdays 3:30-5:30pm  
For young people aged 13-17

### East Herts LGBT+ Project

Call or email for details  
For LGBT+ young people aged 13-17

### Sawbridgeworth Project

Bullfields Centre, Cutforth Road, Sawbridgeworth CM21 9EA  
Thursdays 7:15-9:15pm  
For young people aged 13-17

### M&M Project

Bishop's Stortford Young People's Centre, 14 Northgate End, Bishop's Stortford, CM23 2EU  
Thursdays 7:30-8:30pm  
For young people aged 13-17 with mild/moderate learning difficulties

### LGBT+ Online Project

Online via Microsoft Teams  
Thursdays 8-9pm  
For LGBT+ young adults aged 18-24

## Fridays

### Hertford Street Project

Fridays 4-6pm  
For young people aged 13-17

### Positive Alternatives Project

Buntingford Young People's Centre, The Technical Institute, Baldock Road, Buntingford  
Fridays 4-6pm  
For young people aged 13-17

### Duke of Edinburgh (DofE) Award

Ware Young People's Centre, Marsh Lane, Ware SG12 9QB  
Every third Friday  
6-7pm (14-17 years)  
7-8pm (18-24 years)

### Hertford Friday Night Project

Hertford Young People's Centre, Zoo Cafe, Pioneer Hall, 11a Ware Road, Hertford SG13 7DZ  
Fridays 6:30-8:30pm  
For young people aged 13-17

### Buntingford Street Project

Fridays 4-6pm  
For young people aged 13-17

### Bishop's Stortford Friday Night Project

Bishop's Stortford Young People's Centre, 14 Northgate End, Bishop's Stortford, CM23 2EU  
Fridays 6:30-8:30pm  
For young people aged 13-17

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



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

**YCH**

Services for Young People

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

YCH Services for Young People (YCH SfYP)



**How much exercise should I do?** Under 18s should aim to take part in moderate physical activities for at least one hour a day. This means working hard enough to raise your heartbeat and breathe harder, but still being able to talk.

It's not always easy to find the motivation to get outside and exercise, especially when sports clubs are still on hold, but it can have many benefits for both your physical and mental health. Evidence shows that young people who are more physically active have more confidence, higher self-esteem, less anxiety and stress and better social skills. It can also help to increase your concentration, make your sleep quality better and improve your academic grades.



## Contact Us

Call 01992 588220 | Text 07860 065173 | Email [ychsfp.eastherts@hertfordshire.gov.uk](mailto:ychsfp.eastherts@hertfordshire.gov.uk)

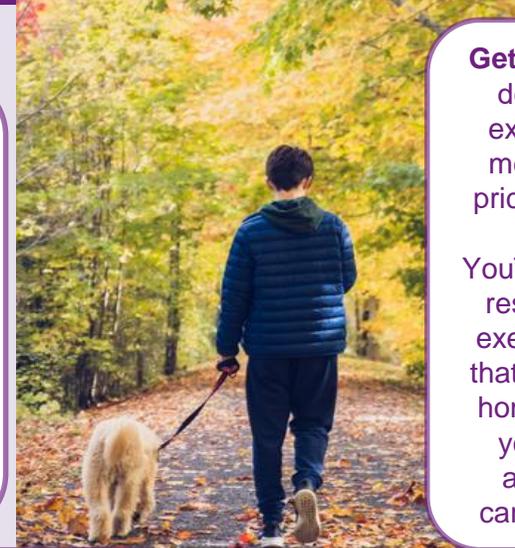
[www.ychservicesforyoungpeople.org](http://www.ychservicesforyoungpeople.org)

## Keeping active

**Don't put too much pressure on yourself.** An hour of exercise a day is ideal, but it may not always be achievable. Any opportunity to move around and be active is good, so try to do a small amount each day.

There are levels of physical activity that are right for everyone. Organisations like the Activity Alliance can support you with having a more active lifestyle.

**Running:** The NHS 'Couch to 5K' is a free running app for complete beginners. It helps you to gradually build up your fitness and stamina.



**Get creative:** You don't need an expensive gym membership or pricey activewear to stay fit. YouTube is a great resource to find exercise tutorials that you can do at home, especially yoga, Pilates, aerobics and cardio workouts.

**Get outside:** Spending time in nature can benefit both your mental and physical wellbeing and can even help with anxiety and depression. Going for a walk or cycle is a good way to stay active and also safely socialise with a friend.



**YCH**

Services for Young People

YCH Services for Young People (YCH SfYP)

## Making plans for your future?

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

YCH SfYP Personal Advisers can support you with researching your options, making decisions or even suggesting new possibilities that you might not have previously considered.

## Not in education, training or employment?

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

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

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

'I have found YCH SfYP very helpful... my Personal Adviser has been a big support with helping me apply to college.'

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

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

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

## Where you can get support

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

## Contact Us

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

