





WELCOME

TO HITCHIN THRIVE

We're delighted to introduce HITCHIN THRIVE, a new initiative to help our community connect with a wide range of local services, resources and opportunities, making it easier for you to find the right support at the right time.

Through our newsletter and social media page, we'll keep you updated with information, events and guidance to ensure that families and professionals across Hitchin can access the help they need to thrive.

At THRIVE, we know that family life can feel busy and sometimes overwhelming. Our aim is to make things a little easier by sharing clear, helpful information about the support available right here in Hitchin. Whether you are looking for guidance, courses or activities, advice on wellbeing or local services we're here to point you in the right direction. Think of us as your friendly guide to all the fantastic support and opportunities our community has to offer.

We also recognise the vital role played by the professionals who support children and their families every day. With so many services and resources available and information spread across multiple websites, it can be difficult to know what's out there. THRIVE HITCHIN will make this easier by bringing together clear accessible information in one place, helping you quickly find the right support to signpost families to. Our aim is to save you time, reduce duplication and ensure that the families you work with get the right help when they need it most.

follow us on instagram **@hitchinthrive** contact us via email at

hitchinthrive@hitchinboys.co.uk

MISSION CHRISTMAS

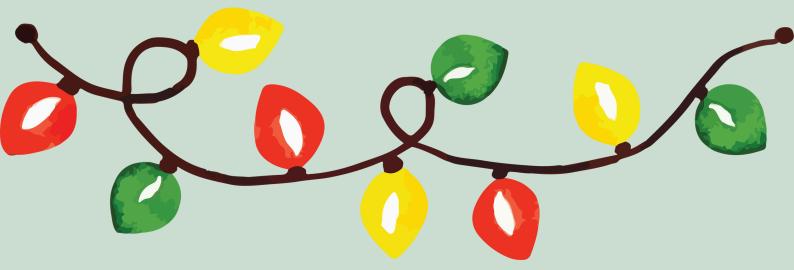
is back on November 17th 2025

This Christmas, hundreds of thousands of children will be living in poverty across the UK.

Many are at risk of waking up with nothing under the tree because Christmas is a luxury their families simply can't afford.

Mission Christmas is here to change that. They are getting ready to help Santa reach children who might receive nothing — making sure they have something special to open on Christmas morning. Organisations & schools working with disadvantaged children in most parts of the UK can now apply to receive gifts or gift vouchers from Mission Christmas.

More details, criteria and application form HERE



Fun digital therapy for childhood anxiety
Lumi Nova supports children to build
confidence and learn lifelong skills to
manage their worries through an
intergalactic adventure game!



The offer is free and instantly accessible to families, visit **HERE** and click 'GET ACCESS NOW'

Young People across Hertfordshire have free, instant access to Lumi Nova: Tales of Courage, a digital therapy delivered through a fun and engaging mobile game to help

7-12 years olds learn how to manage and reduce symptoms of anxiety whilst building resilience and skills to support them longer term, gain confidence and thrive.

Lumi Nova works best when children are supported by a parent or a trusted adult to complete challenges, especially the real life ones

(this can be at home, school or nearby).

It is suitable for: 7-12 year olds (who require initial support but are not in crisis)

Children who have some fears and worries that they find challenging

Instant access to Cognitive Behavioural Therapy (CBT) based support:

CBT is proven to be the most effective treatment for anxiety

Lumi Nova supports this by safely and gradually increasing exposure in relation to

concerns and worries and helping to develop the skills to deal with those concerns and

worries

UPCOMING EVENTS

FOR PARENTS



Parenting Teens - Online October 2025

Understanding Teen Behaviour, Feelings & Needs. Risky Behaviour, conflict and Issues

All of the sessions are filled with helpful techniques and ideas that we are sure will help you become a more confident and happier parent.

To access the parenting teens course, please **register here**.



Bringing up confident ADHD / ASD children - Online October 2025

If your child has ADHD/ASD, or you think they might, join this evening online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school

Website: http://www.familylives.org.uk



Supporting a Child Struggling to Attend School, for Hertfordshire parents/carers

Please visit the Nessie website for this webinar

Link below

register here



Talking ASD & ADHD: Tech Use For parents/carers in Herts. 24 November 2025

Recognise how to support difficulties with online behaviour

The workshop will take place via Zoom and will incorporate a Q&A.

register here



<u>Less Shouting, More Cooperation - Online</u> <u>October 2025</u>

Do you feel you are constantly nagging at your child to get what you need?

Are you tired of losing your cool and want a calmer house?

Join a free online 6- week group to learn how you can change the way you communicate with your child, respond better, and feel more in control

Telephone 0204 522 8700

Parenting Course.

Website: http://www.familylives.org.uk



Follow us on instagram **@hitchinthrive** for the latest parent courses, workshops and events.

BITESIZE WORKSHOPS



Answering common parenting questions in short, practical, interactive online workshops FREE to parents and carers living in Hertfordshire



Eventbrite page

How Do I Get My Child To Eat Better?

No matter how restrictive your child's diet is, there are things you can do to



Thu 4th Dec 2025, 10-11am

What Is Going On In My Teenager's Head?

How & why adolescent development affects teen behaviour



Thu 15th Jan 2026, 7-8pm

Why Does My Child Give Up So Easily?

Build resilience in your child and encourage them to have a go, or keep trying



Mon 19th Jan 2026, 7-8pm

How Do I Get My Child To Listen To Me?

Improve communication by encouraging your child to listen to you and talk to you



Thu 29th Jan 2026, 7-8pm

How Can My Child Learn To Manage Their Feelings?

Teaching emotional regulation to young people



Mon 23rd Mar 2026, 10-11am

How Do I Talk To My Teen/Preteen About...? Having difficult conversations with your son or daughter about sex, drugs & social media



Wed 25th Mar 2026, 7-8pm

Eventbrite: https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843







www.supportinglinks.co.uk

info@supportinglinks.co.uk Funded by Hertfordshire County Council for all parents & carers in Herts



Free Emotional Based School Avoidance Support Group

Vista St Albans (Local School Partnership) are running EBSA coffee afternoon for parents and children to come along every Wednesday at The Pioneer Club in St Albans for families. (View leaflet).

Every Wednesday, 1pm-3pm, The Pioneer Youth Club, St Albans, AL3 5AY

There are activities for the young people to do whilst the parents have a coffee and chat and get some advice.

Its free to attend and parents are welcome to come without the young people if they struggle to get them out of the house.

It is open to the whole of Hertfordshire. Any questions please email: jackie.green@vistastalbans.org.uk





(Growing Resilience n Teens) are offering A fun and active 3 days of boxing, fitness, and wellbeing activities designed to boost confidence, connection, and selfbelief during the October half term. 28th - 30th October 10am-2pm U8 Fitness Hub, Hitchin For Years 7-9 Suggested £10 donation per day 3-day attendance required. Spaces are limited secure your spot today!

hello@gritcharity.org

Local Charity GRIT



Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Weekly topics are detailed on our programme.

General Enquiries

email: info@angelssupportgroup.org.uk

Admin only telephone: 01462 685150 (our phone line is for admin purposes only)

If you need support please email: support@angelssupportgroup.org.uk

Please note Angels are not an urgent support service –
For a more immediate response you can contact the Neurodiversity Hub
by calling on 01727 833963 or emailing supporthub@add-vance.org



For a small weekly subscription of £5, members of this pantry will be able to buy food, including fresh fruit and vegetables and store cupboard favourites, to the value of £15 or more. Membership is open to the community surrounding the pantry address and local families are strongly encouraged to join.

The address is:
Scout Hut
Our Lady Immaculate and St Andrew
Church
16 Nightingale Road
Hitchin
SG5 1QS
Opening hours:

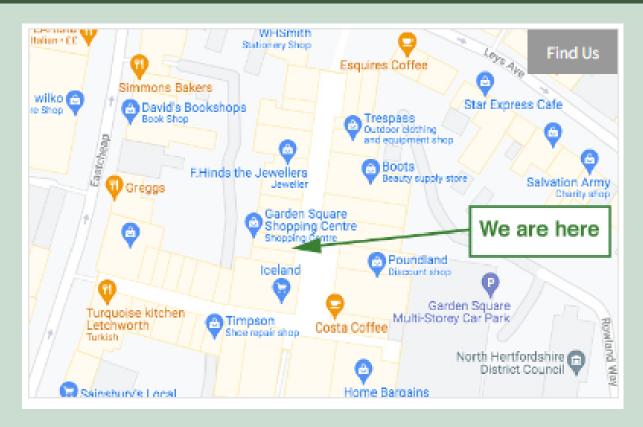
Friday: 2.00pm-4.00pm Saturday: 1.00pm-3.00pm Contact the pantry:

Email: hitchin@yourlocalpantry.co.uk



Our message is simple - feed people not landfil!

Minimum donation is £3 for a bag of groceries, fruit and vegetables.
Bag of bread is free!



Shop Tuesday, Wednesday and Friday from 11.30am to 1.30pm and Tuesday evening from 4.45pm to 5.30pm.

Thursday take-away service runs from 11.30am to 1.30pm.

Min donation £2 a bag of fruit/veg/misc - free bread bag



Supporting Letchworth, Hitchin and Baldock

Are you struggling to afford the essentials?

We can help

Our referral partners can issue you a food bank voucher which you can exchange at one of our centres for emergency food, household essentials and support from our volunteers.

Contact us to find your local referral organisation.

Contact Us

Tel: 07547 211940

Email: info@letchworth.foodbank.org.uk Website: Letchworth.foodbank.org.uk

Registered Charity in England & Wales (1197672).

If you are a school professional you can refer families of your students to your local foodbank. Families can sometimes be referred for a 3 day emergency pantry food pack up to 3 times in any 6 month period. (check with your provider)

Contact the Hitchin Letchworth and Baldock Foodbank here

<u>Phone</u> <u>07547 211940</u>

Email us info@letchworth.foodbank.org.uk

Details of your local food provisions below:

	Location	Opening hours	Service	Contact
Ashwell Food Pantry	St Mary's Church 17 Mill Street Ashwell SG7 5LY	Mon-Sun 8:30 -17:00	"Stocked by donations and there to be used by anyone in need" Free service	Tel 01462 743922 Email ashwellfoodpantry@gmail.com https://stmarysashwell.org.uk/food-pantry/
Best Before Café	Garden Square Shopping Centre Letchworth SG6 3DN	Shop: Tue, Wed and Fri 11:30 - 13:30 and Tue 16:45 - 17:30 Take-away: Thu 11:30 - 13:30	Food rescue from supermarkets is shared with the community. "Feed people, not landfill." Min donation £2 per bag of fruit/veg/misc - bread is free	https://bestbeforecafe.co.uk/find-best-before-cafe/
Codicote Foodbank	119 High St, Codicote SG4 8XE	Wed 18:00 – 19:00	"Helps bridge the food gap in our local communities" Free service	Tel 07858 472832 Email codicotefoodbank@gmail.com https://en-gb.facebook.com/codicotefoodbank
Feed Up Warm Up	Scout Hut, Our Lady Immaculate Church, 16 Nightingale Road, Hitchin, SG5 1QS	Wed 18:00 - 20:00	Not a traditional foodbank but a safe, welcoming space, where guests can enjoy a hot meal and a chat, and find practical and emotional help Free service	Tel 01462 659139 https://feedupwarmup.co.uk/
	North Stand, Lamex Stadium, Stevenage SG2 8RH	Tue 17:00- 19:00		Tel 01438 223223 https://feedupwarmup.co.uk/
Food Angels Baldock	St Mary's Church Hall Baldock, SG7 5AE.	Thu 10:30 - 11:30	Offering rescue food collected from local supermarket to the community	https://www.neighbourly.com/project/6735ebba7c10c1e983 a51f46
Foodshed	The Vineyard Centre Unit 1, The Orbital Centre Stevenage SG1 2NB	Wed 12:00-14:00	Open to anyone living in Stevenage and surrounding villages who has been referred to us by a charity/ school/ organisation	Tel: 01438 361616 Email foodshed@stevenage-vineyard.co.uk
Hitchin Food Rescue Hub	The Half Moon 57 Queen St, Hitchin SG4 9TB	Thu 9:30 – 11:00	Eco-community whose mission is to offer food support to people who are in need and/or want to save waste Pay as you feel - suggested donation £5 but please give what you can	Email: hello@foodrescuehub.uk https://www.instagram.com/foodrescuehub/

Hitchin Food Rescue Hub	The Half Moon	Inu 9:30 – 11:00	Eco-community whose mission is to offer food support to	Email:
	57 Queen St, Hitchin SG4		people who are in need and/or want to save waste	hello@foodrescuehub.uk
	9TB		Pay as you feel - suggested donation £5 but please give	https://www.instagram.com/foodrescuehub/
			what you can	
Hitchin Pantry	Scout Hut, Our Lady	Fri 14:00 - 16:00	Social supermarket and an alternative to the foodbank	Email: hitchin@yourlocalpantry.co.uk
	Immaculate Church,	Sat 13:00 - 15:00	model. £5 weekly subscription for shopping to the value	https://www.yourlocalpantry.co.uk/pantry-listings/hitchin-pa
	16 Nightingale Road,		£15 or more	ntry/
	Hitchin, SG5 1QS			
Ickleford Community	St. Katharine Church,	Sun 14:00 - 15:30	Community project offering rescue food and larder	https://www.neighbourly.com/project/5f324d30c7ac892524c
Larder	Ickleford SG5 3UX		essential to relieve food poverty and prevent food from	edddb/information
			going into landfill.	
			Donations welcome but not compulsory	
The Need Project	36 High St, Stotfold,	Mon, Tue, Thu, Fri	Provides food parcels, clothing, equipment and furniture.	Tel 07496 833940
	Hitchin SG5 4LL	11:00 - 12:30	Works as an intermediary between statutory organisations	Email admin@theneedproject.org
			and those in need.	https://theneedproject.org/
			Referral required	

TALKING FAMILIES



Promoting Strong Family Relationships

Wednesdays 8.00 - 9.30pm Online Course ID: 774 17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025

Tuesdays 9.45 - 11.15am Online Course ID: 772 4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 2025

Tuesdays 8.00 - 9.30pm Online Course ID: 773 4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 2025

6, weekly sessions for parents and carers of children under 12, sharing tips on how to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- · Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children
- Develop a strong parent/child relationship now and for the future

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Every parent should do this course! It has taught me so much about how to deal with family life.'

Booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:

07512 709 556

These courses are provided free to participants by Hertfordshire County

Hertfordshire Council's Targeted Parenting Fund



bookings@supportinglinks.co.uk www.supportinglinks.co.uk



Tuesdays 7.45 - 9.30pm Online Course ID: 776 4th, 11th, 18th, 25th Nov, 2nd & 9th Dec 2025

6, weekly sessions for parents and carers of children aged 12-18, supporting you to:

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'I am not ashamed to say that their anger used to scare me. I now feel able to cope with it, and even help. I am much more confident, thank you so much'.

Booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk
www.supportinglinks.co.uk

These courses are provided free to participants by Hertfordshire County

Hertfordshire Council's Targeted Parenting Fund





Tuesdays 7.45 - 9.15pm Online Course ID: 778 16th, 23rd, 30th Sept, 7th, 14th & 21st Oct 2025

Thursdays 7.45 - 9.15pm Online Course ID: 777 6th, 13th, 20th, 27th Nov, 4th & 11th Dec 2025

6, weekly sessions for parents and carers of children aged 12-19, covering:

- The Teen Brain: Recognising the physical and emotional changes taking place and why their behaviour changes.
- The link between behaviour and difficult feelings.
- Maintaining your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

Our online sessions are delivered weekly via Zoom.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk www.supportinglinks.co.uk

These courses are provided free to participants by Hertfordshire County Hertfordshire Council's Targeted Parenting Fund





Wednesdays 7.45 - 9.15pm Online Course ID: 779 17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025

Wednesdays 7.45 - 9.15pm Online Course ID: 780 5th, 12th, 19th, 26th Nov, 3rd & 10th Dec 2025

6, weekly sessions for dads & male carers of all ages, sharing information on:

- Increasing confidence in your parenting.
- Developing a healthy dad/child relationship now and for the future.
- Improved listening and communication skills.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.

Our online sessions are delivered weekly via Zoom.

Groups are open to dads and male carers living, or with a child in school, in Hertfordshire.

"Our home is no longer a battlefield. I am less stressed and my teenager speaks to me more. Thank you!"

Booking essential
Please quote the course ID
To check eligibility and book a place,
contact Supporting Links on:

07512 709 556

bookings@supportinglinks.co.uk www.supportinglinks.co.uk

These courses are provided free to participants by Hertfordshire County Hertfordshire Council's Targeted Parenting Fund



Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2025



Promoting Strong Family Relationships



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Eventbrite Page

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

https://www.eventbrite.co.uk/e/asd-adhd-respondingto-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtdtcreator

SCHOOL **AVOIDANCE**



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- · How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhdschool-avoidance783-for-parentscarers-in-hertsregistration-1417463965879?aff=oddtdtcreator

Follow us on:







Contact via:

info@supportinglinks.co.uk www.supportinglinks.co.uk Funded by Hertfordshire County

THE TEENAGE

- YEARS Teenage brain development and how it affects a
- child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-theteenage-years-782-for-parentscarers-in-hertsregistration-1417376895449?aff=oddtdtcreator

TECH USE

- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-techuse-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtdtcreator





Youth Mental Health First Aid Training

FREE



1 day Champion course designed specifically for school professionals working with 8 to 18 year olds.

You will learn:

- . An understanding of common mental health issues and how they can affect young people
- · The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- · Knowledge and confidence to advocate for mental health awareness
- · Skills to support positive wellbeing

Friday 10 Oct 2025	The Hub, Fleetville Junior School,	School	Parking available
9.30am to 4pm	St Albans, AL1 4LW	Professionals	on site
Friday 21 Nov 2025	Hobbs Hill Wood Primary School,	Parents/Carers	Parking available
9.30am to 4pm	Hemel Hempstead, HP3 8ER		on site
Friday 5 Dec 2025	Hertfordshire County Council,	School	Parking available
9.30am to 4pm	Robertson House, Stevenage, SG1 2FQ	Professionals	on site
Friday 23 Jan 2026	Peartree Spring Primary School,	Parents/Carers	Parking available on
9.30am to 4pm	Stevenage, SG2 9GG		roads near venue
Friday 6 Feb 2026	Springmead Primary School, Welwyn	School	Parking available on
9.30am to 4pm	Garden City, AL7 2HB	Professionals	roads near the venue
Friday 6 Mar 2026	Hobbs Hill Wood Primary School,	School	Parking available
9.30am to 4pm	Hemel Hempstead, HP3 8ER	Professionals	on site

2 day First Aider course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

You will learn:

- · An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- · Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills, such as non judgemental listening
- · Knowledge to help a young person recover their health by guiding them to further support
- · How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- · Tools to look after your own wellbeing

Thursday 6 & Friday 7 Nov 2025	Peartree Spring Primary School,	School	Parking available on roads near venue
9.30am to 4pm	Stevenage, SG2 9GG	Professionals	
Thursday 15 & Friday 16 Jan 2026	Hobbs Hill Wood Primary School,	School	Parking available on site
9.30am to 4pm	Hemel Hempstead, HP3 8ER	Professionals	

UPCOMING EVENTS

PROFESSIONALS



Self-harm in Children and Young People Thursday 23 October 2025 (09:30 - 11:30)

This session provides an overview of types of self-harm and how they present in children and young people. Attendees will be provided with an overview of the common warning signs and causes of self-harm in children and young people.

please register here.



<u>Introduction To Mental Health</u> <u>Tuesday 4 November 2025 (09:30 - 11:00)</u>

This session provides a universal introduction to mental health by increasing knowledge of how mental health relates to everyone. Individuals will be provided an overview of common mental health issues including, prevalence, signs and how they can affect young people.

please register here.



Spot the Signs (Youth Suicide Prevention Course) Thursday 13 November 2025 (09:30 - 14:30)

The purpose of this session is to increase participants' knowledge and awareness about youth suicide. We will explore information about which groups of young people are most at risk and why, protective factors and increase confidence in using practical strategies for identifying and responding to signs of risk in young people.

please register here.



<u>Understanding and Identifying Neglect with a focus</u> <u>on Early Help</u> <u>Tuesday 25 November 2025 (10:00 - 12:15)</u>

To provide professionals with a greater understanding of the concept of neglect and what current research tells us in relation to the abuse of children.

please register here.



<u>Eating Disorders in Children and Young People</u> <u>Thursday 27 November 2025 (09:30 - 12:15)</u>

This session provides an overview of the types of eating disorders and how they present in children and young people. Attendees will be provided with an overview of the common warning signs of eating disorders in children and young people, both physical and emotional.

please register here.

Please also see the HSCP/HSAB L&D
PROGRAMME
sent alongside this newsletter to schools for professionals for live webinars and the latest safeguarding practice.

or click on the link below

LD Programme October 2025 - Click HERE



Follow us on instagram **@hitchinthrive** for the latest courses, workshops and events.