



QUICK LINKS				
SEND	Local Offer	Up on Downs	DS Achieve	Lending SPACE
	North Herts Family Centre	Abilities in Me	Down's Syndrome Listening Service	
Autism, ADHD, Neurodiversity	Angels Support Group	ADD -vance	SPACE in Herts	Potential Kids
	Ambitious About Autism	Autism Hertfordshire Transition Service for 16-20 year olds	SPRINGBOARD	
Mental Health & Wellbeing	NESSie	NHS Herts Community Trust	Children's Wellbeing Practitioners Courses and Resources	NHS HPFT IAPT Improving Access to Psychological Therapies – online portal for mental health services
	Just Talk Herts	Mind Hertfordshire Network CYP Digital Wellbeing	WithYouth (Mind Network) Herts Mind Network	First Steps ED
	The Ollie Foundation	Carers in Herts (CAMHS Support)	Togetherall	BeeZee Bodies
	Lumi Nova Herts Mind Network Children and Young People (withyouth.org) Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties		SandBox	Young Minds
	This May Help	Parenting & Young People	Supporting Links	Families Feeling Safe
		Family Lives	Services for Young People	Families in Focus
Further Signposting	<ul style="list-style-type: none"> Contact a SEND service (hertfordshire.gov.uk) ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk) Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk) Herts Parent Carer Involvement (hertparentcarers.org.uk) Webinars Herts Parent Carer Involvement (hertparentcarers.org.uk) 		<ul style="list-style-type: none"> Preparing for adulthood (hertfordshire.gov.uk) Help for children who aren't attending school regularly (hertfordshire.gov.uk) Caring for your health into adulthood (hertfordshire.gov.uk) Deaf and Hearing Support Service (hertfordshire.gov.uk) SEND documents and resources (hertfordshire.gov.uk) The Dyslexia-SpLD Trust - Parents Home (hertssendiass.org.uk) 	

SCROLL DOWN FOR NEW AND UPCOMING COURSES



AUTISM / ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
SURVEYS	<p>EMWiE Emotional and Mental Wellbeing in Education Team The Emotional and Mental Wellbeing in Education Team want to understand more about why there’s been an increase of children and young people struggling to regularly attend school. They are asking parents and carers to share their experiences in this survey.</p>	<p>Parent and Carer Feedback regarding their Young Person’s School Avoidance (smartsurvey.co.uk)</p>
SEND Strategy Programme	<p>Help shape support for autistic people in Hertfordshire. Working with children, young people and adults, and their families, as well as with people in health and social care, to review and develop a strategy for supporting autistic people. Events are for autistic people, their parents, carers, and professionals and are an opportunity to work together to discuss what the priorities should be for the new autism strategy.</p> <p>2 May 5:30pm to 7:30pm online Email autismstrategy@hertfordshire.gov.uk – you will need to complete a booking form.</p>	<p>Find courses and things to do (hertfordshire.gov.uk)</p>
<p>The Sandbox</p> <p>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p>	<p>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p> <p>The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p> <p>The Sandbox team would like to hear from young people and professionals working with them, to find out what resources/topics would be useful, so please let them know your ideas by emailing: nhs.operations@minder.co.uk.</p>	<p>This new free NHS funded service launches on 1 April 2023 and offer a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person’s needs</p> <ul style="list-style-type: none"> • Website: 24/7 • Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays • Live Chat: 10am-8pm Mondays-Fridays <p>Signing up is easy and doesn’t require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)</p>
NORTH HERTS FAMILY CENTRE	<p>SEND DROP IN – held monthly 4 May 2023 10am to 11:30am at Chestnut Tree Family Centre, Letchworth</p> <p>What's On North Herts District (mailchi.mp)</p>	<p>SEND Drop-In</p>



SPACE Herts	Talking SENSory - Signs, Signals and Solutions - 2 week course Tickets, Thu 27 Apr 2023 at 19:00 Eventbrite	Talking SENSory – Signs, Signals and Solutions
SPACE Herts	Tourette's Tickets, Tue 9 May 2023 at 18:30 Eventbrite	Tourette's
SPACE Herts	Teens Online Toadstool Art Session Tickets, Fri 28 Apr 2023 at 19:00 Eventbrite	Art Session for teens
SPACE Herts	Understanding and Supporting Executive Functioning Difficulties Tickets, Tue 2 May 2023 at 18:30 Eventbrite	Understanding and Supporting Executive Functioning Difficulties
SPACE Herts	Sleep Workshop Tickets, Fri 5 May 2023 at 10:00 Eventbrite	Sleep
SPACE Herts	Navigating the SEND World Tickets, Wed 10 May 2023 at 10:00 Eventbrite	Navigating the SEND World
SPACE Herts	Family SEND Event at Hertford Fire Station Tickets, Sat 10 Jun 2023 at 11:00 Eventbrite	Family Fire Station Day - Hertford
NHS Herts Community Trust	Exam Stress Tickets, Thu 27 Apr 2023 at 18:00 Eventbrite	Exam Stress
	Exam Stress Tickets, Tue 9 May 2023 at 18:00 Eventbrite	Exam Stress
	Supporting Your Child's Self-esteem Tickets, Wed 10 May 2023 at 18:00 Eventbrite	Self-Esteem
	Adolescent Self-esteem Workshop Tickets, Thu 25 May 2023 at 18:00 Eventbrite	Self-Esteem – BOOK EARLY TO AVOID DISAPPOINTMENT
	Sleep Workshop (Child and Adolescent) Tickets, Tue 6 Jun 2023 at 18:00 Eventbrite	Sleep Workshop - BOOK EARLY TO AVOID DISAPPOINTMENT
	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
Hertfordshire Community NHS Trust	Understanding your child's sensory preferences Tickets, Thu 11 May 2023 at 10:00 Eventbrite	Understanding your child's sensory preferences
	Understanding your child's sensory preferences Tickets, Wed 7 Jun 2023 at 11:00 Eventbrite	Understanding your child's sensory preferences
	Understanding your child's sensory preferences Tickets, Tue 4 Jul 2023 at 10:00 Eventbrite	Understanding your child's sensory preferences



	Supporting your child's motor skills development Tickets, Tue 27 Jun 2023 at 10:00 Eventbrite	Supporting your child’s motor skills development
Angels Support Group	www.angelssupportgroup.org.uk Angels Summer Term Programme (half 1) (angelssupportgroup.org.uk)	Support Groups and workshops, Meet up and Chat
Angels Support Group	Angels Support Group and NESSie workshops Tuesdays via Zoom 10am to 12pm 2 May – Workshop: Emotionally Based School Avoidance 9 May – Parent/Carer Support Group with Lorraine Jones 16 May – Workshop What makes a good EHCP and Annual Review 23 May – Parent/Carer Support Group with Lorraine Jones	Support Groups and Workshops
Angels Support Group	Weds – Letchworth Meet Up and Chat 10 May in partnership with Letchworth Family Support Team	Meet Up and Chat
Angels Support Group	Thursdays Stevenage 10am to 12pm at Greenside School 27 April – Meet Up and Chat 4 May – Parent/Carer Support Group with Lorraine Jones 11 May – Meet Up and Chat 18 May – Parent/Carer Support Group with Lorraine Jones	Support Groups
Angels Support Group	Thursday – via Zoom 7:30pm to 8:30pm 27 April – Evening Parent/Carer Support Group 11 May – Evening Parent/Carer Support Group	Support Groups
Autism Bedfordshire	Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group	Visiting a Doctor/being admitted to hospital – group sessions listen to healthcare experience of autistic adults.
Autism Bedfordshire	Hear Me, See Me - Voice Group Tickets, Wed 10 May 2023 at 11:00 Eventbrite Going to the doctor or being admitted to hospital can be worrying experience if you are autistic.	
Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org Parents & Cares of autistic young adults (16-25)	
	Support Groups » Autism Bedfordshire Upcoming Events » Autism Bedfordshire	Support Group Upcoming Events



ADD-vance Eventbrite	Understanding Pathological Demand Avoidance (PDA)- FREE ONLINE WORKSHOP Tickets, Tue 2 May 2023 at 10:00 Eventbrite	Understanding PDA
ADD-vance Eventbrite	ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 2 May 2023 at 19:30 Eventbrite	Online Support parent/carers of 16-24 year olds
ADD-vance Eventbrite	Support for Dads - FREE ONLINE WORKSHOP Tickets, Mon 15 May 2023 at 19:00 Eventbrite	Support for Dads
ADD-vance Eventbrite	Understanding ADHD in Girls - FREE ONLINE WORKSHOP Tickets, Wed 3 May 2023 at 10:00 Eventbrite	Girls – understanding ADHD
ADD-vance Eventbrite	SCHOOL ANXIETY ONLINE SUPPORT GROUP for Parents/Carers Tickets, Tue 9 May 2023 at 13:00 Eventbrite	School Anxiety – online support group
ADD-vance Eventbrite	Understanding Autism - FREE ONLINE WORKSHOP Tickets, Wed 10 May 2023 at 19:00 Eventbrite	Understanding Autism
Autism Uk	Social stories and comic strip conversations (autism.org.uk)	Social Stories and Comic Strip Conversations
Challenging Behaviour Foundation	Video challenging behaviour - Challenging Behaviour Foundation Positive Behaviour Support - Challenging Behaviour Foundation	Resource – Challenging Behaviour
Recovery College online	Your mental health - Recovery College Online	Mental Health Recovery
Give Us a Shout	Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)	Free 24/7 mental health text support
Healthwatch	Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire	Healthwatch
This May Help	Home ThisMayHelp Topics include: How to support your child’s mental health. How to help someone who self harms. How to moderate your child’s video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn’t want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness.	Topics: Self-Harm Video Gaming Establish Trust and Boundaries Eating Disorder Mental Health Resilience
Down’s Syndrome Association	Down’s Syndrome Listening Service Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)	Down’s Syndrome Listening Service



SfYP Services for Young People	<p>SING Autism Project –discussion group 8 March 2023, 5:30pm FREE Focolare Centre, Welwyn Garden City For young people aged 13-17 with Asperger’s syndrome or autism. Opportunity to meet others and join in discussion. Supportive discussions with youth workers and other young people who have autism. Relationships, confidence and resilience, staying safe, emotional wellbeing, healthy lifestyles, food, nutrition and cooking, managing money and budgeting.</p>	<p>Booking Info: Booking always needed. Contact: Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email sfyp.welwynhatfield@hertfordshire.gov.uk.</p>
Phoenix Group for Deaf Children	<p>Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children</p>	<p>Connecting Families Event</p>



MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
NESSie		
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers with Children with Self-Harming Behaviours 4 May 2023 – 9:20am to 11am	Self-Harm
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers of Children with Emotional Based School Avoidance 10 May 2023 – 10am to 11:30am	Emotional Based School Avoidance
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers with Children Gender Questioning 16 May 2023 – 10am to 11:30am	Gender Questioning
NESSie	Nessie Public Booking Platform (procfu.com) Supporting Children with Bereavement and Loss 24 May 2023 – 1pm to 2:30pm	Bereavement
NESSie	NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools. FREE online and face-to-face workshops on a range of mental health issues that affect children and young people. Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups 1-1 support advice sessions 1-2 Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio	Mental Health support for parents/carers – 1-1, online, support groups



Carers in Herts	<p>CAMHS Online Monthly Support Group for Parents and Carers Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a monthly online support group hosted by Carers in Herts. The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information. The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom.</p> <ul style="list-style-type: none"> “This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent. <p>Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen. For more information or to book a place: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk)</p>	CAMHS Monthly Support Group via Carers in Herts
Herts Mind Network	<p>Overcoming Anxiety and Fear (online) – Hertfordshire Mind Network (hertsmindnetwork.org) 3 May to 24 May from 10:30am to 12:30pm £10</p>	Overcoming Anxiety and Fear
Herts Mind Network	<p>Understanding Anger and Other Emotions – Hertfordshire Mind Network (hertsmindnetwork.org) 1 June to 29 June from 10:30am to 12:30pm £10</p>	Understanding Anger and Other Emotions
Herts Mind Network	<p>Mental Health and Work – Hertfordshire Mind Network (hertsmindnetwork.org) Taking place online every Wednesday for 4 weeks 3 May to 24 May 5pm to 7:30pm £10</p>	Mental Health and Work
Herts Mind Network	<p>Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon</p>	Coming soon : Overcoming Social Anxiety



<p>Young Minds</p>	<p>If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.</p>	<p>CAMHS Support via Young Minds</p>
<p>JustTalkHerts</p>	<p>The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)</p>	<p>The Real Bodies Campaign</p>
<p>Nip In the Bud</p>	<p>https://youtu.be/uMdDB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?</p>	<p>Early Intervention</p>
<p>HPFT IAPT</p>	<p>HPFT IAPT Virtual Workshop Registration Form HPFT IAPT Services (hpft-iapt.nhs.uk) Homepage HPFT IAPT Services (hpft-iapt.nhs.uk)</p>	<p>Managing Worry – For Adults 27 April 2023</p>
<p>-REMINDER Mind Hertfordshire Network CYP Digital Wellbeing</p>	<p>Lumi Nova: Therapeutic Digital Intervention Gaming App 7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis</p> <p>With YOUTH - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October</p> <p>CYP aged 5 to18 will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. www.withyouth.org (live from 3 Oct) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.</p>	<p>Digital Wellbeing Services</p> <p>Digital directory</p> <p>Gaming App - Anxiety Help</p>
<p>HCC Services for Young People</p>	<p>Services for Young People North Herts Wellbeing Project at Hitchin Young People’s Centre If you’re aged 12-15 and struggling w... Services for Young People Listings</p>	<p>12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time</p>



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD																																																														
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Supporting Links	Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (585) Registration, Mon 22 May 2023 at 09:30 Eventbrite	Sibling Struggles – ADHD and Autism																																																												
Supporting Links	Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30 Eventbrite	Teenage Years – ADHD and Autism																																																												
Supporting Links	PowerPoint Presentation (supportinglinks.co.uk) New What's On (supportinglinks.co.uk) <table border="1" data-bbox="546 651 2002 1123"> <tbody> <tr> <td>Additional Needs</td> <td>Online</td> <td>576</td> <td>18th Apr to 23rd May</td> <td>Tue</td> <td>8.00-9.30pm</td> </tr> <tr> <td>Talking Additional Needs</td> <td>Online</td> <td>575</td> <td>5th Jun to 11st Jul</td> <td>Tue</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>577</td> <td>20th Apr to 25th May</td> <td>Thu</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>579</td> <td>20th Apr to 25th May</td> <td>Thu</td> <td>8.00-9.30pm</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>580</td> <td>6th Jun to 11th Jul</td> <td>Tue</td> <td>8.00-9.30pm</td> </tr> <tr> <td>Talking Families</td> <td>Online</td> <td>578</td> <td>7th Jun to 12th Jul</td> <td>Wes</td> <td>9.45-11.15am</td> </tr> <tr> <td>Talking Teens</td> <td>Online</td> <td>581</td> <td>19th Apr to 24th May</td> <td>Wed</td> <td>7.45-9.15pm</td> </tr> <tr> <td>Talking Teens</td> <td>WGC Face2Face</td> <td>582</td> <td>7th Jun to 12th Jul</td> <td>Wed</td> <td>7.00-9.00pm</td> </tr> <tr> <td>Talking Dads</td> <td>Online</td> <td>583</td> <td>18th Apr to 23rd May</td> <td>Tue</td> <td>7.45-9.15pm</td> </tr> <tr> <td>Talking Dads</td> <td>Online</td> <td>584</td> <td>7th Jun to 12th Jul</td> <td>Wed</td> <td>7.45-9.15pm</td> </tr> </tbody> </table>		Additional Needs	Online	576	18th Apr to 23rd May	Tue	8.00-9.30pm	Talking Additional Needs	Online	575	5th Jun to 11st Jul	Tue	9.45-11.15am	Talking Families	Online	577	20th Apr to 25th May	Thu	9.45-11.15am	Talking Families	Online	579	20th Apr to 25th May	Thu	8.00-9.30pm	Talking Families	Online	580	6th Jun to 11th Jul	Tue	8.00-9.30pm	Talking Families	Online	578	7th Jun to 12th Jul	Wes	9.45-11.15am	Talking Teens	Online	581	19th Apr to 24th May	Wed	7.45-9.15pm	Talking Teens	WGC Face2Face	582	7th Jun to 12th Jul	Wed	7.00-9.00pm	Talking Dads	Online	583	18th Apr to 23rd May	Tue	7.45-9.15pm	Talking Dads	Online	584	7th Jun to 12th Jul	Wed	7.45-9.15pm
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Foundations of Numeracy	Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties) For children aged 3 upwards. This talk will focus on what is known about how number awareness develops in the early years and what you can do to help your child build firm foundations for maths.	Playskill ❤️ Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties)																																																												
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	6:30pm to 8:30pm FREE Bowes Lyon Young People's Centre, Stevenage Join in, have some fun and make new friends. Runs on Tuesday evenings. Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport & Games, Arts & Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.	Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk																																																												



Family Lives	Building resilience in children and teens Family Lives	Infographic – building resilience
	Bringing up confident ADHD/ASD Children (6 weeks online course) Tuesday 18 April to 23 May 7pm to 9pm Contact Louise: 0204 522 8700 or 8701 email services@familylives.org.uk	Bring up confident ADHD/ASD Children
Family Lives	Let's Play Family Lives	Online Let's Play Free course
Family Lives	parenting classes online - Family Lives	Parenting Together Free Course
Family Lives	Getting on with your pre teen or teenager Family Lives 8 June to 13 July	Getting on with your Pre-Teen
Phase	Phase Hitchin - Passionate about helping young people (phase-hitchin.org)	Resources for parents and young people – wellbeing and resilience
Hope UK	Home - Hope UK	Alcohol and drug advice for parents and young people
Mixed Ability Rugby – Hertford RFC	Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby's sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier.	For more information contact projectrugby@saracens.net or call Matt Thompson 07974 785072
Potential Kids	Find courses and things to do (hertfordshire.gov.uk) Welcome to Potential Kids - Potential Kids	Minecraft Session, Hatfield 6:30pm