



Activities, Signposting and Resources

Click on the images for more information

SPORTS ACTIVITIES

uPlay Multi-Sports

May Half-Term Multi-Sports Camp

10% SIBLING DISCOUNT

We accept Childcare and Tax-free Vouchers

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 loads more!

Hitchin

Hitchin Girls' School

Multi-Sports Camp @ Hitchin Girls' School
Monday 30th May - Wednesday 1st June
9.00am - 4.00pm
5-13 years

uPlay Netball

May Half-Term Netball Camp

10% SIBLING DISCOUNT

We accept Childcare and Tax-free Vouchers

ABOUT THE CAMP (9-14 y/o)

Led by an EN qualified netball coach, this will be a great day out for netball loving girls of all abilities in school years 5 to 9 (Ages 9 - 14).

Hitchin

Hitchin Girls' School

Netball Camp @ Hitchin Girls' School
Wednesday 1st June
12.30 - 16.30
9-14 years

Rickmansworth

Royal Masonic School

Netball Camp @ Royal Masonic School
Tuesday 31st May
10.00 - 15.00
9-14 years

uPlay Tennis

May Half-Term Tennis Camp

10% SIBLING DISCOUNT

We accept Childcare and Tax-free Vouchers

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.

Hitchin

Hitchin Girls' School

Tennis Camp @ Hitchin Girls' School
Monday 30th May - Wednesday 1st June
9.00am - 12.00pm
4-15 years - All abilities welcome

Biggleswade

Biggleswade Conservative Tennis Club

Tennis Camp @ Biggleswade Conservative Tennis Club
Monday 30th May - Wednesday 1st June
9.00am - 12.00pm
4-15 years - All abilities welcome

Rising Stars Multi-Sports Ltd

May Half Term Gymnastics and Trampoline Courses

Monday 30th - Codicote Primary
Tuesday 31st - Pixmore Junior School, Letchworth
Tuesday 31st - Samuel Lucas JMI, Hitchin
Wednesday 1st June - Panshanger Primary, Welwyn Garden City
Wednesday 1st June - Samuel Lucas JMI, Hitchin

For children aged 4 - 11 (open to children from all schools)

To book a space please visit our website www.risingstarsmulti.co.uk and follow the links.

Prices per child per day:
10.00 - 2.00: £17.50
10.00 - 3.00: £20.00
(Please note 4 year olds can only stay until 2.00)

Please provide a packed lunch!

On registering your child for a place on our course Rising Stars will collect certain information about you/your child which will include your name, email address, telephone number, child's date of birth, gender and school. We will not share this information with any third party for marketing purposes.

Rising Stars Wrap Around Clubs Ltd

7 Weston Barns, SG4 7AX
01462 790152
info@risingstars-wraparound.co.uk

Children from all schools welcome!

For children aged 4-11

Half Term Holiday Courses at Mary Exton School, Hitchin and Trotts Hill School, Stevenage

30 May - 1 June 2022

Activities including Indoor and outdoor games! Crafts! Inflatables! A variety of Sports! Chill and Care!

✓ Ofsted Registered ✓ Childcare Vouchers accepted

8.00 - 5.00 - £22.50 includes breakfast and light tea
8.00 - 1.00 - £17.50
10.00 - 3.00 - £17.50
12.00 - 5.00 - £17.50

PLEASE PROVIDE A PACKED LUNCH!

On registering your child for a place on our course Rising Stars will collect certain information about you/your child which will include your name, email address, telephone number, child's date of birth, gender and school. We will not share this information with any third party for marketing purposes.

To make a booking please go to:
risingstars.magicbooking.co.uk

THE ARENA North Herts' Football Facility

MAY HALF-TERM FOOTBALL FUN

31ST MAY & 1ST JUNE 2022
9.30AM-3.30PM
5-14 YR OLD BOYS & GIRLS
£40 PER CHILD

Book online!

DBS checked coaches

Hitchin Town Community FC, The Arena, Gordon Rd, Baldock, SG7 5AU
01462 720088 info@hitchin.co.uk
www.northhertsarena.co.uk

DW SOCCER SCHOOL

MAY HALF TERM SOCCER CAMP

MINI TOURNAMENTS STREET FOOTBALL

OUR LADY SCHOOL OLD HALE WAY HITCHIN SG5 1XT

9.30 - 3.15PM
EARLY DROP OFF/LATE PICK UP AVAILABLE

5 - 13 YEAR OLDS

£17 PER DAY IF BOOKED BY 16/05/22
£19 THEREAFTER

MONDAY 30TH MAY - WEDNESDAY 1ST JUNE

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

ENCOURAGING AND INSPIRING THROUGH PE, SPORT & THE ARTS

SMALL STARS SUMMER HOLIDAY CAMP

@ Norton St. Nicholas Primary School

Tuesday 31st May & Wednesday 1st June
9.00am - 3.15pm

£25 per day - book by 18.05.2022 for Early Bird rate of £20

CONTACT SMALL STARS E: ADMIN@SMALLSTARSGROUP.COM
M: 07433049640 @ SMALL STARS @ SMALL STARSUK

Hitchin Partnership CIO, Family Support Service to Hitchin Schools hitchinpartnership.org.uk Registered Charity: 1158637

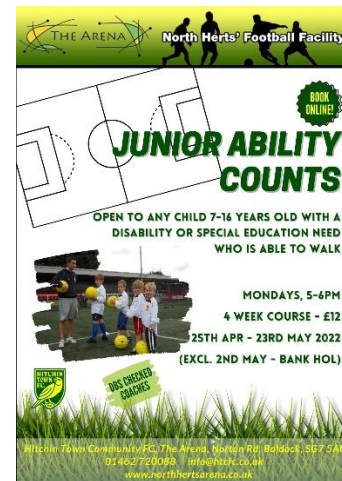
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SPORTS ACTIVITIES



FIT, FED & READ



DRAMA WORKSHOP



PLAYGROUPS / EARLY YEARS



Family Centre Opening Hours

Family Centre Main Hubs

Shephall Family Centre,
5 The Hyde,
Stevenage,
SG2 9SD

Monday to Friday
8.00am to 6.00pm

Oughton Family Centre,
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	8.00am - 12.00pm	St Nicholas & Martin Wood, The Oak Community Centre, Wardens Road, SG2 9SD	Monday to Friday	8.00am - 6.00pm	Chestnut Tree, Oakley City Academy Site, Radburn Way, Letchworth, SG6 2JZ
Tuesday	8.00am - 12.00pm	Barnet, 2-3 Redwood Park, SG2 1AB	Monday	12.00pm - 3pm	Strawberry Fields, Round Diamond School Site, Widdows Lane, Stevenage, SG1 8NF (Term Time Only)
Wednesday	12.00pm - 3.00pm	Chesham, The Kingsley Community Centre, Mellisham Way, SG2 8PT	Wednesday	8.00am - 12.00pm	Widdows Infant & Nursery School Site, Johnnie Way, Letchworth Garden City, SG6 4JW
Thursday	8.00am - 12.00pm	St Nicholas & Martin Wood, The Oak Community Centre, Wardens Road, SG2 9SD	Thursday	8.00am - 12.00pm	Widdows, Rushes Road, Royston, SG8 9SD
Friday	8.00am - 12.00pm	Widley Road, Woodcock Primary School Site, Widley Road East, SG2 9DQ	Friday	8.00am - 12.00pm	Widley, St Mary's C of E Infant School Site, St Mary's Way, SG2 8NF
Saturday	10.00am - 11.30am	Barnet, 2-3 Redwood Park, SG2 1AB			
Sunday	10.00am - 11.30am	Chesham, The Kingsley Community Centre, Mellisham Way, SG2 8PT			


Contact Number

0300 123 752



On behalf of

Delivered by



SEND DROP IN



Hitchin Partnership CIO, Family Support Service to Hitchin Schools hitchinpartnership.org.uk Registered Charity: 1158637

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YOUNG PEOPLE

Lister Empathy Project

Lister Hospital, Stevenage SG1 4AB

Tuesday 5.30pm – 8.00pm
Friday 6.00pm – 9.00pm

We are actively seeking young people aged 16-18 to volunteer to support young people aged 13-17 with emotional or well-being issues on Tuesday or Friday evenings at Lister Hospital A&E

Access Point Project

Information, advice, guidance and sexual health services including free condoms, chlamydia screening and pregnancy testing

Letchworth Young People's Centre
Town Hall, SG6 3BF
Monday, Wednesday and Friday 1.30 – 5.00pm
For all young people

Scan to view the latest list of projects

North Herts Projects for Young People

April – July 2022

Targeted prevention and early intervention to enable young people to succeed

Area Team Manager: Mark Hughes
Youth Work Practice Manager: Laura Butcher

01438 843340
styp.northherts@hertfordshire.gov.uk
www.servicesforyoungpeople.org

Supporting young people in North Herts

SUMMER TERM 2022

Mondays	Wednesdays	Fridays
Letchworth Monday Night Project The Icknield Centre, Icknield Way, Letchworth Garden City, SG6 1EF Monday 6.30pm – 8.30pm For young people aged 13-16	Royston Wednesday Project Coombes Community Centre, Burns Road, Royston SG8 5PT Wednesday 6.00pm – 8.00pm For young people aged 11-14	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
Let's Get By Together LGBT+ Project Get in touch for details, Monday 7.00pm – 9.00pm For LGBT+ young people aged 13-17	LD Project Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD Wednesday 5.30pm – 8.30pm For young people aged 13-17 with learning disabilities	Westmill Project Westmill Community Centre, John Barber Place, Hitchin, SG5 2PE Friday 4.30pm – 8.30pm For young people aged 11-14
Tuesdays	Thursdays	
Baloback Project Knights Templar School, Park St, Baloback SG7 6DZ Tuesday 2.15pm – 5.15pm For young people aged 12-15	Letchworth Street Project Howard Park and Gardens, Norton Way South, Letchworth Garden City, SG6 1NY Thursday 3.00pm – 5.00pm For young people aged 13-17 in Letchworth	Lister Empathy Project Lister Hospital, Stevenage SG1 4AB Tuesday 5.30pm – 8.00pm and Friday 6.00pm – 8.00pm For young people accessing A&E in need of support with emotional well-being aged 13-17
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	Hitchin Street Project King George Playing Fields, Old Hale Way, Hitchin, SG5 1XL Thursday 6.00pm – 8.00pm For young people aged 13-17	Access Point Project Information, advice, guidance and sexual health services including free condoms, chlamydia screening and pregnancy testing Letchworth Town Hall, SG6 3BF Monday, Wednesday, Friday 1.30pm – 5.00pm
North Herts Youth Council Letchworth Young People's Centre, Letchworth Town Hall, SG6 3BF Tuesday 6.00pm – 8.00pm A voice for young people aged 11-17 in North Herts		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.

CALL 01438 843340 TEXT 07860 065178
EMAIL styp.northherts@hertfordshire.gov.uk

www.servicesforyoungpeople.org Services for Young People (SFYP)

Hope Virgo. Eating Disorders

[Hope Virgo - parenting & eating disorders Tickets, Tue 24 May 2022 at 18:00 | Eventbrite](#)

This training is aimed at parents, carers, grandparents, sports coaches, youth and children's workers. It will cover eating disorders, difference between these and disordered eating, how to support and how to prevent a person developing an eating disorder. FREE by Phase Hitchin. Phase-hitchin.org

Supporting Young People in North Herts

April 2022 Month: May 2022

Pathways to Success

ARE YOU LOOKING FOR A JOB, APPRENTICESHIP, VOLUNTEERING OR FURTHER EDUCATION?

ARE YOU AGED 15-24?

SIGN UP AND WE CAN HELP YOU GET THE JOB OR TRAINING YOU WANT.

WORK EXPERIENCE INCENTIVES & INTERVIEWS JOIN!

CALL 0300 123 7538
TEXT: 07860 022943
styp@hertfordshire.gov.uk

Scan to find out more about Pathways to Success on our website

www.servicesforyoungpeople.org

Why join Pathways to Success?

Services for Young People can help you to improve your chances of finding a job, training or college course by:

- Connecting you with your very own Personal Adviser who will support you with identifying and achieving your next steps
- Working with you to identify, develop and promote your personal strengths and skills to future employers
- Supporting you with a 5 to 15 day work experience placement
- Helping you write your CV, obtain a reference from your work experience employer and prepare for interviews
- Coaching you so you can build your confidence and develop the best techniques for getting a job or apprenticeship
- Finding job vacancies and opportunities available to you

About Pathways to Success

Part-funded by the European Social Fund (ESF), Pathways to Success is a tailored programme which combines careers activities that are proven to enable entry into Education, Employment or Training (EET) for young people who are not in education, employment or training (NEET) or are at risk of becoming so. The programme runs until 31 December 2022.

Supporting Young People in North Herts

April 2022 Month: May 2022

Who are Services for Young People?

Hertfordshire County Council's Services for Young People provide free youth work projects, information, advice, careers guidance, work-related learning and wider support for all young people in Hertfordshire.

Access Point Projects

Access Point Projects provide young people with access to free and confidential information, advice, guidance and sexual health services.

You can come in and talk to us about:

- Careers advice
- Training & apprenticeships
- Independent living skills
- Emotional wellbeing & mental health
- Sexual Health Services
- Free condoms
- Pregnancy tests
- Screening for Chlamydia & Gonorrhoea
- Finances and housing
- Substance misuse

All young people in Hertfordshire aged 13-19 are welcome at any of our Access Point Projects. They are also available for care leavers aged 18-24 and for young people aged 13-24 with any type of disability.

North Herts' Access Point Project takes place at Letchworth Young People's Centre, Letchworth Town Hall. For opening times and exact locations, please visit our website.

CALL 01438 843340 TEXT 07860 065178
EMAIL styp.northherts@hertfordshire.gov.uk

www.servicesforyoungpeople.org

PLATINUM JUBILEE CELEBRATIONS - TUESDAY 31ST MAY

LUDWICK FAMILY CENTRE, WGC, AL7 4PH

TRINITEAL OF EVENTS

ALL DAY FACE PAINTING

10.30 - NOON

TRADITIONAL SPORTS AND GAMES WITH WILL

FLAG MAKING AND COLLAGE WITH ANI ARCHER

CROWN MAKING WITH CAITLIN

CIRCUS SKILLS WITH MEL

12.00 - 12.30 LUNCH FOR EVERYONE!

12.30 - 1.30 ENTERTAINMENT AND MAGIC SHOW WITH MEL

1.30 - 1.50 RHYTHMICITY DRUM WORKSHOPS (all ages)

1.50 - COLLECT YOUR SOUVENIR MUG

HCF THE QUEEN'S PLATINUM JUBILEE 2022

HALF TERM FUN

CHARITY NUMBER 1180870

FLYERS, YOUTH AND PHOENIX PLUS
Painting at Pots of Art, St Albans AL1 1EZ

ALL PHOENIX MEMBERS
Platinum Jubilee Celebrations, Welwyn Garden City

EARLY BIRDS
Phoenix Fun and games in Stanborough Park

MON 30 MAY 10.30AM - 12.30PM
Come and have fun painting your own original masterpiece, even if you don't think you're artistic!

TUE 31 MAY 10.30AM - 3.30PM
A variety of activities including drumming, a children's entertainer and art creators. A buffet lunch will be provided.

WED 01 JUNE 11.00AM - 1.00PM
A variety of activities and games in the Park, followed by a picnic lunch (please bring your picnic).

£5 PER PERSON FREE £1000

Full: <https://www.phoenixgroup.org.uk/groups>
For more information: info@phoenixgroup.org.uk 01743 600089

SEND info for parents: [North Herts DSPL 1 Weekly - a roundup of training, information, and events in our area \(nhdspl.org.uk\)](#)

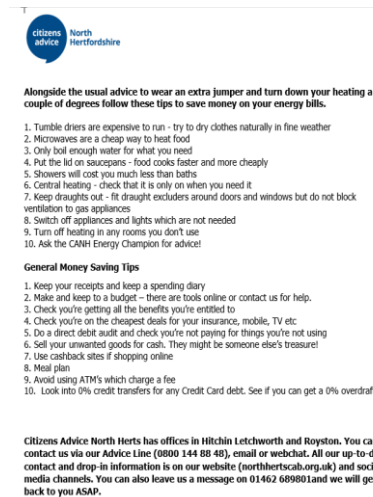
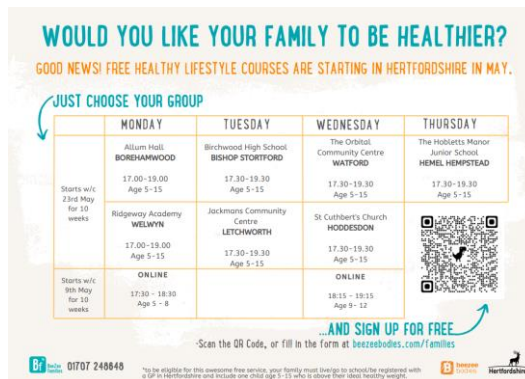
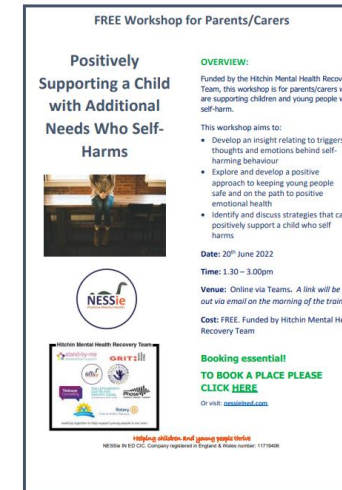
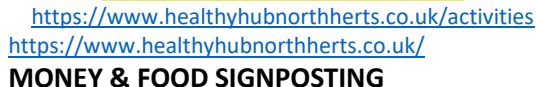
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Managing Exam Stress

Phase Hitchin bring you this YouTube video on 7 top tips to help manage the stress, pressure and anxiety of exams. This is a practical guide on what you can do to manage the challenges of exams.



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