

Welcome to our December newsletter. It has certainly been a busy term; we can't quite believe it's December and nearly Christmas.

As usual we've been running our popular courses and workshops, and working with lots of lovely families and schools in the WelHat area. Please keep an eye out on the following pages for details of the courses we're offering after Christmas.

We've also included a list of places where kids eat free (or for £1) over the Christmas holiday - enjoy!

-We'll be back in the office from Monday 5th January 2026



Find us on FACEBOOK:
Welwyn Garden City & Hatfield Schools Partnership



Please take a look at our website for details of help & support available:

<https://wgc-hatfield-schoolspartnership.com/>

Other Support Service Contacts are available via our website too.

Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

Children's Clothing Bank

We offer a range of nearly-new and good-quality children's clothing for families in need. Please contact your School Family Worker or use the contact details below for further information:



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

Hygiene Bank

We run a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contact details below to find out more.



Contact: Cheryl Bodrozic
cbodrozic@stanborough.herts.sch.uk

PLACES WHERE KIDS EAT FREE (OR FOR £1)

OVER THE CHRISTMAS HOLIDAY 2025

Morrisons

At [Morrisons cafés](#), for every adult meal you buy for £5 or more, you get a free kids' meal including a drink.

Dunelm Pausa Café

For every £4 spent in [Dunelm Pausa Café](#), kids eat free. Choose a kids' main, drink and two snacks.

Bella Italia

At [Bella Italia](#), for every adult main meal purchased, kids aged 2–11 can eat free every Sunday to Thursday. This includes three courses of food, plus a drink for £1.

Café Rouge

For every adult main meal bought from Café Rouge between 12–4pm, a child can eat for free.

Dobbies Garden Centres

At [Dobbies](#), for every adult main meal purchased, you can get a children's breakfast, hot meal or pick n mix lunch box for £1

Franco Manca

Between Monday to Thursday at [Franco Manca](#), children under twelve can get a free kids' pizza at for every full-priced adult main meal (in selected pizzerias).

Gordon Ramsey restaurants

For every adult that orders two courses from the la carte menu at [Gordon Ramsay Restaurants](#), you get a free main course from the Ramsay Kids' menu

OK Diners

At [OK Diners](#), for every adult main course bought from the à la carte menu, a child under 10 years of age gets a free meal. Available all day, every day, excluding diners on the A1.

Premier Inn

At [Premier Inn](#), for every adult that orders a breakfast, up to two children can eat breakfast for free.

TGI Fridays

When you buy an adult main meal at [TGI Fridays](#), you get a free children's main if you download the free rewards app. This includes breakfasts, and is available all day, every day.

The Real Greek

On Sundays at [The Real Greek](#), get a free kid's meal for every £15 spent by an adult.

Beefeater

During school holidays at [Beefeater](#), for every adult breakfast you buy, two kids under 16 can eat for free.

Hungry Horse

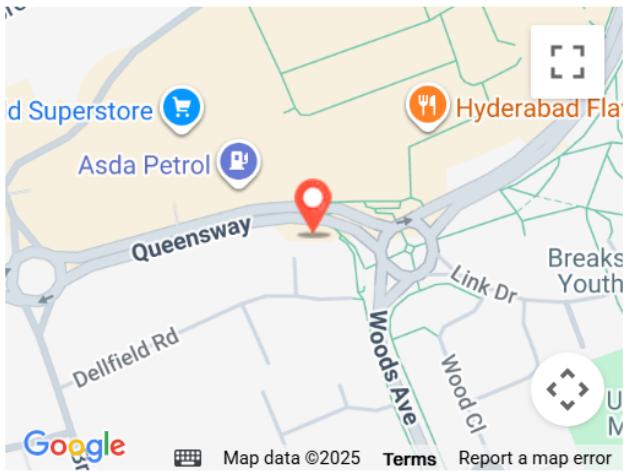
You can get a kids' meal for just £1 when buying one adult meal at a [Hungry Horse](#).

Sizzling Pubs

At [Sizzling Pubs](#), for every adult main meal you buy on a weekday after 12pm (or after 3pm during term time), you can get one children's main for £1.

Brewers Fayre

For every adult breakfast you buy at [Brewers Fayre](#), two kids under 16 eat for free.



Hatfield Foodbank

07504 627359

Opening times

Mon	Closed
Tue	11:30 - 14:00
Wed	Closed
Thu	Closed
Fri	Closed
Sat	Closed
Sun	Closed

Address

Gracemead Church
Gracemead House,
Woods Avenue,
Hatfield,
AL10 8HX



An eco-community on a mission to rescue food from landfill

Every week tonnes of fresh and edible food is thrown away by supermarkets in the UK as they clear older stock to make room for the new. Fresh fruit and vegetables, bakery products and store cupboard items which still have days and weeks of life remaining are destined for landfill, adding to the ever growing problem of CO2 emissions and climate change.

Food Rescue Hub rescues this food, crates and crates of it every week, and diverts it to fill tummies, not landfill. We make this food available to our ever-growing community of food rescuers who, like us, don't want to see perfectly good food go to waste. Everyone is welcome to bring their two empty bags and come and rescue food from our Hubs, and in doing so will be contributing to halting climate change.

You can #rescuefood



W G C

The Attimore Hall Pub,
Ridgeway,
Welwyn Garden City, AL7 2AD

09.30 am - 11.00am

TUESDAY

Weekly



HITCHIN

The Half Moon Pub
57 Queen Street
Hitchin, SG4 9TZ

09.30am - 11am

THURSDAY

Weekly

Pay-as-you-feel

Your donation towards your rescue is what keeps our project sustainable and which allows us to recover food for you to rescue. The suggested minimum donation of £5 for two bags of shopping per rescuer but of course any amount you can contribute is very gratefully received.

Pay-it-forward

We run a scheme which enables people to pay a donation in order for someone else who may need it, to get their rescue shopping for free. All donations welcome at our Hubs or via our website. Anyone is welcome to request a pay-it-forward voucher anytime, no questions asked.

PARENT/CARER WORKSHOP

Please note that the WGC & Hatfield Schools Partnership courses are only available to our buy-in partner schools. Details of our partner schools can be found here:

<https://wgc-hatfieldschoolspartnership.com/our-schools/>



Who's in Charge?

A FREE* 8 WEEK COURSE FOR PARENTS/CARERS LIVING WITH A STRONG-WILLED CHILD

COURSE COVERS:

- ENTITLEMENT VERSUS RESPONSIBILITY
- CONSEQUENCES
- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

DATES:

Wednesdays from 28th Jan - 25th March (no session in half-term)

TIME: 9:30-11:30am

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

LOCATION: Peartree Primary School

To book a place, please use the QR code or go to this link:

<https://forms.office.com/e/UzmG701hmR>

*Please note that this course is only available for free to our partner schools, details of which can be found here: <https://wgc-hatfieldschoolspartnership.com/our-schools/>



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PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

DATES:

Monday evenings,
starts Feb 2026 - exact date to be confirmed

TIME: 6:30-8:30pm

LOCATION: Onslow
St. Audrey's School

To book a place, please use the QR code or go to this link: <https://forms.office.com/e/q1ci0btEX5>



*Please note that this course is only available for free to our partner schools, details of which can be found here: <https://wgc-hatfieldschoolspartnership.com/our-schools/>

[Booking form - Who's in Charge? Monday evenings starting Feb 2026 6:30-8:30pm @ Onslow SA – Fill out form](#)



The Stanborough Park

Christmas Reindeer Search

21st to 29th December

There are 15 Roguish
Reindeers hiding
around the park,
can you find them all?

Pick up your map &
answer sheet from
Stanborough Park North Kiosk,
by Splashlands

**A free, fun and
festive way to enjoy
the outdoors**

DECEMBER ACTIVITIES

Date		Sessions	Time	Venue
1st,15th	Mon	Dungeons & Dragons (Full)	12.30-15.30	The Zone@The Galleria
4th	Thur	Trampolining Age 5+	17.30-18.30	Gosling Sports Centre
2nd/4th/5th	Tue Thur Fri	Christmas Big Give Sustainable Christmas Crafts Bring clothing to decorate and make festive, plus crafting. Competitions and Quizes .	11.00-2.00 All Welcome 4.30-6 SEN Session	The Zone@The Galleria
6th	Sat	Gift Wrapping	11-4	The Zone@The Galleria
6th	Sat	Christmas Canal boat Trip	10.30-2.45	Waterways Experiences Hemel Hempstead
11th,18th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30-12.00	Potential to Grow Garden
11th	Thur	Connect Secondary Age	16.30-18.00	The Zone@The Galleria
12th	Fri	Early Years Stay & Play	10.30-12.00	The Zone@The Galleria
12th	Fri	Parent /Carer Wellbeing	12.30-14.00	The Zone@The Galleria
12th	Fri	Youth Group 16 Plus	18.30-20.30	The Hub@The Galleria
16th	Tue	Connect Primary age	16.30-18.00	The Zone@The Galleria
19th	Fri	Skateboarding Age 9+	17.30-18.30	Pioneer Club St Albans
20th	Sat	PK Christmas party 4-11 years	1-2.30	The Hub@The Galleria
20th	Sat	Pk Christmas party 11-15 years	3-4.30	The Hub@The Galleria

To book visit : potentialkids.org.uk/events

For futher information email: info@potentialkids.org



SCAN FOR ALL OF OUR
IMPORTANT LINKS





THE ZONE brings opportunities to connect with others, build confidence, make friends in an inclusive, safe, welcoming environment.



Play ...



And Stay...



Relax & Connect...



Game Zone!

CONNECT GROUP

A welcoming Session for neurodivergent young people and their siblings to connect, relax, make friends, and have fun with Lego, board games, themed crafts, and chill-out and chat areas. Time to unwind in a friendly space!
Secondary school Age Session
@The Zone (ground floor of galleria)
Tuesday 28th October 2-3.30pm
Halloween themed crafts
Cost £5

Booking @ potentialkids.org.uk/events

Unit 55 The Galleria
Comet Way
Hatfield, AL10 0XR

For times & dates please see
our website

SCAN FOR ALL OF OUR
IMPORTANT LINKS



For further information email: info@potentialkids.org

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Registered Charity No. 1182917



SUPPORTING YOUNG PEOPLE IN WELWYN HATFIELD

Services for
Young People

WHAT IS SERVICES FOR YOUNG PEOPLE (SFYP)?

Services for Young People is part of Hertfordshire County Council and provides free youth work projects, information, advice, careers guidance, work-related learning and wider support for young people in Hertfordshire.

WELWYN GARDEN CITY & HATFIELD ACCESS POINT PROJECTS

SfYP 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:

- Jobs and careers
- Training & apprenticeships
- Independent living skills
- Emotional wellbeing and mental health
- Sexual health services:
 - ✓ Free condoms
 - ✓ Free pregnancy testing
 - ✓ Free chlamydia and gonorrhoea testing
- Finances and housing
- Alcohol, drugs or 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 experienced young people aged 18-24 and for young people aged 13-24 with any type of disability.

Welwyn Garden City Young People's Centre
Block A Oaklands College
The Campus
College Way
Welwyn Garden City
AL8 6AH

Hatfield Young People's Centre
Breaks Manor
Link Drive
Hatfield
AL10 8TP

PLANNING YOUR FUTURE

Our 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.

Ask at your school, or if you are not in school, work or training, visit the Welwyn Garden City or Hatfield Access Point Projects to talk to one of our team.



Enabling young people to succeed

www.servicesforyoungpeople.org



@HCCSFYP



**Our FREE 12 week in-person and online programmes
start on week commencing 22nd September 2025**

Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Aberford Park Community Centre, WD6 1PN 4:30 - 6:30pm	WATFORD Holywell Community Centre Chaffinch Lane, WD18 9QD 5:30 - 7:30pm	STEVENAGE Oval Community Centre SG1 5RD 5:30 - 7:30pm	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 5:00 - 7:00pm
CHESHUNT Andrews Lane Primary School, EN7 6LB 4:30 - 6:30pm	** NO SESSION **	HATFIELD Birchwood Avenue Primary School, AL10 0PS 5:00 - 7:00pm	** NO SESSION **
ONLINE (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (ages 5 - 8) 5:30 - 6:30pm (ages 9 - 12) 5:30 - 6:30pm (ages 9 - 12) 6:30 - 7:30pm	ONLINE (ages 9 - 12) 5:30 - 6:30pm	** NO SESSION **



Sign up today!

BZInfo@maximusuk.co.uk

01707 248 648



Our programmes are for children above their ideal weight, see our website for more information.



Ready to make a change?

The first step starts with you

Join our **FREE** 8-week health and wellbeing programme. It's made with the help of young people, for young people. This is a chance for you to talk about topics that matter to you.

Achieving
Goals

Body
Image

Communication

Exam
Stress

Motivation

Physical
Activity

Relationships

Self-Love

Our online group sessions start on:

Date: Weds 8th October 25 & weekly thereafter

Time: Starts at 6pm - Ends at 7pm

**Sign up for your
FREE PLACE**
today



BZInfo@maximusuk.co.uk

01707 248 648



Our programmes are for 13 to 17-year-olds, see our website for more information.

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



[@FamiliesFirstHerts](#)



[@FFHerts](#)

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

*"I'm worried
about
money"*

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

*"I need
reassurance
and support"*



Hertfordshire

hertfordshire.gov.uk/familiesfirst

DSPL | Delivering Special
Provision Locally

Achieving quality outcomes

**PASSIONATE ABOUT SUPPORTING OUR
LOCAL CHILDREN, YOUNG PEOPLE,
FAMILIES AND SCHOOLS'**

DSPL Area 5 (Welwyn and Hatfield) covers 32 primary schools, 5 secondary schools, 3 special schools and 3 nurseries.

ALTERNATIVE LIST OF HELP

In an emergency dial 999 and ask for an ambulance or go to A&E departments of your local hospital.

ChildLine: Help and advice from a trained counsellor for under 19's, through their helpline and webchat anytime, about anything. Tel: 0800 1111. www.childline.org.uk

Samaritans: 116 123 free to call anytime any age about anything.

Papyrus: Free confidential space to talk about your thoughts of suicide with trained advisors. For children and young people, up to 35 years. Phone, text webchat HopeLine UK 0800 0684141. <https://www.papyrus-uk.org/>

Shout: Provides free 24/7 text support for young people across the UK experiencing a mental health crisis anytime, anywhere, any age. Text SHOUT to 85258. www.giveusashout.org

Young Minds: In urgent need text free 24/7 to 85258 www.youngminds.org.uk

NHS - Hertfordshire NHS Foundation Trust - Urgent Out of hours advice and telephone support. Single Point of Access (SPA) Mental Health Help line. Anytime, any age 0800 6444 101

ONLINE HELP

SANDBOX - Online support for 10-25 years. Access to games, worksheets, group chats and 1:2:1 support via text, phone or online. <https://sandbox.getcerebral.co.uk/>

Stop. Breathe. Think. Free 1-1 counselling sessions for 8 to 21 years. You can have a chat on text to BREATHE to 85258 <https://www.stopbreathethink.org.uk/>

With YOUTH (Mind Hertfordshire CYP) - children and young people's digital wellbeing service 5-18 years <https://www.withyouth.org/>

Big White Wall/Scape: On-line service for mild Mental Health issues for over 18's, 24/7 www.bigwhitewall.com

Stayalive.app - an app which can be downloaded onto your mobile for those at risk of suicide and people worried about someone. www.stayalive.app

HELP LINES

Young Minds Helpline - 10-17 years living in Herts 01923 256391 for support and advice as well as carers and parents. www.hertfordshiremindcyp.org

Just Talk - helping young people in Hertfordshire to talk about their mental health - www.justtalkherts.org

Health for Teens - advice for 11-19's on topics ranging from emotional wellbeing, healthy relationships, and physical health. Select the Hertfordshire pages for up-to-date advice on local services. www.healthforteens.co.uk

Saneline: Mental Health Support for over 16s. Offering emotional support, guidance, and information to anyone affected by mental illness - including family, friends and carers www.sane.org.uk Tel 0300 304 7000. Open from 4pm to 10pm.

The Mix: Under 25s Free Information and support for mental health issues 0808 808 4994 www.themix.org.uk

Anxiety UK: Help and support for anxiety www.anxietyuk.org.uk

COUNSELLING

Contact your GP who can assess your needs and make a referral if appropriate.

NHS - Hertfordshire Partnership NHS Foundation Trust - SPA (Single Point of Access) can put you in touch with NHS mental health services. If you call them, they will help, get you to the service best for your needs Tel: 0300 777 0707; Out of hours 01438 843322 www.hft.nhs.uk

Mind in Mid Herts: Over 16's counselling and group work 03303 208100 www.mindinmidherts.org.uk - covers Hertford, St Albans, Stevenage, and Hatfield

Talk in Herts - Under 18 years. Based in Welwyn but will take referrals out of area. Low-cost counselling on a sliding scale up to maximum of £40 per session. 07843 481040 <https://talk-in-herts-counselling.co.uk/>

The Counselling Foundation - St Albans Centre: 18-25 years self-referral, sliding scale charge between £5-£50, GP referral for 16-17 years for free sessions 01727 856693 The Counselling Foundation: Over 16's Counselling with GP referrals 0300 303 6690 [www.counsellingfoundation.org](http://counsellingfoundation.org)

School Counselling - please speak to your individual school, college & University.

Safe Space Counselling in Schools: The Counselling in Schools Service provides Counselling & Arts Therapies to schools across Hertfordshire for 5-19-year-olds. 01992 588796 Professional to make referral.

OTHER COUNSELLING SERVICES IN HERTFORDSHIRE

YCT – Counselling with 5-25 in Harlow. Supporting children and young people aged 5-25 years in Harlow and 11-19 years old in locations across East, North & West Hertfordshire including Waltham Abbey, Stansted, Hoddesdon, Ware, Bishops Stortford, Stevenage, Letchworth 01279 414 090.
<https://yctsupport.com/>

Signpost Counselling offering counselling to young people between 10-18 olds to a maximum of 12 sessions and for those 19-25 there could be a charge depending on your circumstances as in calculated as a percentage of your income. 01923 239495.
<https://oneymca.org/signpost>

Raphael House 4-25 covering London Borough of Barnet including an Hertfordshire Outreach covering Hatfield & Welwyn Garden City covering young people 11-18. 020 8440 9144.
<https://www.rephaelhouse.org.uk>

Finding private counsellors:

ACP: Association of Child Psychotherapists
www.childpsychotherapy.org.uk

BACP: British Association of Counselling & Psychotherapy
www.it'sgoodtotalk.org.uk/therapists

UKCP: UK Council for Psychotherapy
www.psychotherapy.org.uk

Counselling Directory:
www.counselling-directory.org.uk

SPECIFIC HELP

The Ollie Foundation – suicide prevention (information and training)

www.theolliefoundation.org

Grief Encounter: Support with bereavement of a sibling/ parent 0808 802 0111

www.griefencounter.org.uk

CRUSE Support with bereavement 0808 808 1677
[https://www.cruse.org.uk/](http://www.cruse.org.uk/)

Winston's Wish – support with bereavement, children, and young people up to age of 35. 08088 020 021.

[https://www.winstonswish.org](http://www.winstonswish.org)

The WISH Centre (Harrow) 020 3137 9044, free service for young people for self-harm.
[Www.thewishcentre.org.uk](http://www.thewishcentre.org.uk)

Young Carers in Hertfordshire – practical and emotional support to young people with caring responsibilities. www.ych.org 01992 58 69 69

Herts Young Homeless – advice and practical support for 16-24-year-olds who are homeless or worried they might become homeless. Tel: 18-24 years call 08000 355 775. For 16-17-year-olds call 03003 230130 www.hyh.org.uk

FRANK Offer a 24-hour confidential helpline for young people with questions or concerns about alcohol or drugs. You can chat online with advisors daily from 2pm – 6pm. Tel: 0300 123 6600

A-Dash: Help with drug/alcohol issues for under 18s
[https://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire](http://www.healthforteens.co.uk/hertfordshire/services/adash-adolescent-drug-and-alcohol-service-hertfordshire)

Spectrum: Help with drug/alcohol issues/recovery for over 18's in Hertfordshire
<https://www.changegrowlive.org/spectrum-hertfordshire-drug-alcohol-services>

The Living Room: Daytime group therapy sessions for any addiction, 18+, 0300 365 0304
<https://www.livingroomherts.org/st-albans-huh>

Night Light Crisis Service: Over 18s, Fridays - Monday between 7pm - 2am - Out of hours mental health service 01923 256391
<https://www.stayalive.app/find-help-now/resources-by-area/england/hertfordshire/nightlight-crisis-service-hertfordshire/>

Eating disorders: Support for anyone suffering from an eating disorder
www.beateatingdisorders.org.uk

First steps ED – 5-17-year-olds eating difficulties and disorders – no professional diagnosis required (confidential from 14+)
www.firststepsed.co.uk

ADD-vance – support for ADHD and autism 01727 833963
<http://www.add-vance.org/>

Palms Hertfordshire – Positive behaviours, autism, learning disability and Mental health service. 01727 582122
<https://www.hct.nhs.uk/our-services/palms/>

Herts SARC – offers free support and practical help to anyone over 13 years in Herts who have experienced sexual violence and/or abuse 24/7 helpline 08081784448, herts.sarc@nhs.net
www.hertssarc.org

Herts Domestic abuse Helpline 0808 808 8088 9am-9pm Mon-Fri and 9am-4pm weekends

National Domestic Abuse Helpline 0808 2000 247



www.hertfordshire.gov.uk/youthmentalhealth



Mental health support for all children and young people in Hertfordshire

Talk to someone!

Always remember: it's OK to not be OK. Talking shows strength, not weakness.

If you or your child need support with improving emotional wellbeing / mental health, there are lots of self-help resources and services available in Hertfordshire all year round.

Please always ask for support if you need it. Don't ever struggle alone.

Click below for further information:

[Mental health support for all children and young people in Hertfordshire](http://www.hertfordshire.gov.uk/youthmentalhealth)

Mental health support and advice



Includes information about mental health and some of the resources and services that can help you.