



Parent Post - February 2026



Welcome to our February newsletter.

It's been a great start to the year. We've worked with lots of lovely families and schools again this half-term. Please keep an eye out on the following pages for details of the courses we're offering after the February half-term break.

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

-We'll be back in the office from Monday 23rd February

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-schoolpartnership.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 HALF-TERM HOLIDAY



PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2026

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with one paying adult

BILLS

Kids eat free Monday 17th - Friday 28th Feb

BREWDOG

Kids eat free this Feb Half Term

BEEFEATER & BREWERS FAYRE

2 under 16s get free breakfast daily with 1 adult!

COCONUT TREE

Kids eat FREE from 10th to the 16th of Feb 2026.

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S

Kids eat FREE during all school holidays

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids eat for £1 from 6th Jan to 11th February 2026.

PUREZZA

Kids under 10 get free pizza with every adult meal

PIZZA HUT

Kids Eat Free Every Day after 3pm

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

TURTLE BAY

Kids eat free with every £15 adult spend

WHITBREAD INNS

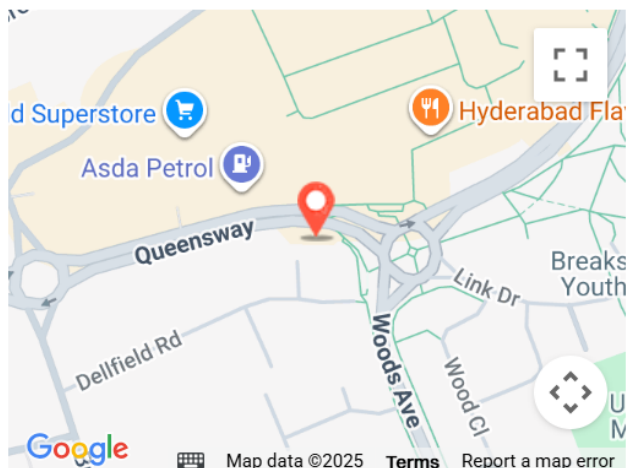
2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free all day Feb 16th - 20th 2026



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**



WGC

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 25th Feb (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/>



[Booking form - Who's in Charge? Wednesday mornings: 28th Jan - 25th March 2026](#)

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- COOPERATIVE FAMILY RELATIONSHIPS

DATES:

**Mondays from 23rd Feb
(no session in
half-term)**

TIME: 6:30-8:30pm

**PROGRAMME CONSISTS OF 8 X 2 HOUR
WEEKLY SESSIONS**

**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/>

Made With PosterMyWall.com

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

FEBRUARY 2026 ACTIVITIES



Date		Sessions	Time	Venue
2nd,9th, 23rd	Mon	Dungeons & Dragons (Full)	12.30- 3.30	The Zone@The Galleria
3rd	Tue	Connect Primary age	4.30- 6.00	The Zone@The Galleria
5th,12th 26th	Thu	Bushcraft/Stem Home Ed Age 4+	10.30- 12.00	The Zone @ The Galleria
5th	Thur	Teens Group@The Hub	5.00- 6.30	The Hub@The Galleria
6th,13th 27th	Fri	Parent /Carer Wellbeing	12.30- 2.00	The Zone@The Galleria
7th	Sat	Basketball/Archery	4.00- 5.00	Birchwood Leisure Centre
11th,25th	Wed	Early Years Stay & Play	12.30 2.00	The Zone@The Galleria
12th,26th	Thur	Trampolining Age 5+	5.30 6.30	Gosling Sports Centre
13th	Fri	Youth Group 16 Plus	6.30- 8.00	The Hub@The Galleria
14th,21st	Sat	Family Football	4.00- 5.00	Birchwood Leisure Centre
17th	Tue	Roller Skating	6.00 7.30	Roller City WGC
18th	Wed	Connect under12s	10.30 12.30	The Zone@The Galleria
18th	Wed	Connect 12 Plus	1.00 3.00	The Zone@The Galleria
19th	Thur	Soft Play	6.30 8.00	Birchwood Leisure Centre
TBC	Fri	Skateboarding Age 9+	5.30- 6.30	Pioneer Club St Albans
28th	Sat	Potential Tracks Train Club 10+	12.00- 2.00	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

POTENTIAL KIDS

For Neurodivergent Children, Young People
Their Siblings and Parents/Carers

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

Welcome To...



Explore



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

For further information email: info@potentialkids.org

Potential Kids Limited Registered in England and Wales Company No. 10912345.
Registered Charity No. 1182917

SCAN FOR ALL OF OUR
IMPORTANT LINKS





Ludwick Family Centre

Hall Grove
Welwyn Garden City
AL7 4PH

Join us
Saturdays 12-3pm

Term time only

For all young people aged 11-17
up to 25 for care leavers
and those with SEND

This new Saturday afternoon project is a safe space to meet new people and get involved in free activities including sports, music, dance and creative arts.

Our Youth Workers will also help you:

- Improve your wellbeing and confidence
- Recognise and build healthy relationships
- Keep yourself safe
- Overcome any challenges you may be facing
- Identify and achieve your goals
- Express your views and get your voice heard

No booking needed – just come along!

Tel: 01992 588220 Text: 07860 065173
SfYP.WelwynHatfield@hertfordshire.gov.uk
www.servicesforyoungpeople.org

X f i @HCCSfYP



Funded by
UK Government



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!

@ BZBInfo@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



@ BZBInfo@maximusuk.co.uk

01707 248 648



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

24-0882

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

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

"I'm worried about money"

"I need reassurance and support"

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

[Home - DSPL \(Area\) 5](#)

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.hpft.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

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 Abby, 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.itsgoodtotalk.org.uk/therapists

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

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

**YOUTH
TALK**
We're listening

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/>

Winston's Wish – support with bereavement, children, and young people up to age of 35. 08088 020 021,
<https://www.winstonswish.org>

The WISH Centre (Harrow) 020 3137 9044, free service for young people for self-harm.
www.thewishcentre.org.uk

Young Carers in Hertfordshire – practical and emotional support to young people with caring responsibilities. www.ycih.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/>

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/night-light-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

If you're young
and feeling
a bit low, or
worried,
find the help you
need in Herts.



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](#)

Mental health support and advice



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