

Welcome to our March newsletter.

It's been another busy half-term. We've worked with lots of lovely families and schools again and have plans in place for our next round of courses & workshops. Please keep an eye out on the following pages for details of what we're offering after the Easter holiday.

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

-We'll be back in the office from Monday 13th April 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-schoolpartnership.com/>

Other Support Service Contacts are available via our website too.

Contact: Cheryl Bodrozic  
cherylbodrozic@southfield.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  
cherylbodrozic@southfield.herts.sch.uk

# PLACES WHERE KIDS EAT FREE (OR FOR £1)

## OVER THE EASTER HOLIDAY 2026



### PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2026

[moneysavingcentral.co.uk/kids-eat-free](https://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**

2 Kids eat free from 27th March - 19th April 2026

#### **BELLA ITALIA**

Children eat free Sunday - Thursday

#### **BEEFEATER & BREWERS FAYRE**

2 Kids Eat Free Breakfast with one paying adult

#### **BILLS**

Kids eat free Mon 30th March - Fri 10th April

#### **BREWDOG**

Kids eat free 28th March - 12th April 2026

#### **CAFE ROUGE**

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

#### **COCONUT TREE**

Kids eat free Mon 30th March - Sun 19th April

#### **CHIQUITO**

Kids eat free during all school holidays

#### **DOBBIES GARDEN CENTRES**

Kids eat for £1 with an adult breakfast or lunch

#### **FARMHOUSE INNS**

Kids eat FREE weekdays 30th March - 17th April

#### **FRANKIE & BENNY'S**

Kids eat FREE daily from 30th March - 17th April

#### **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

#### **MORRISONS**

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

#### **MARCO PIERRE WHITE**

Kids under 12 Eat FREE daily with an adult spend

#### **PAUSA CAFE @ DUNELM**

Kids eat FREE with every £4 spend all day

#### **PIZZA HUT**

Kids Eat Free Every Day after 3pm

#### **PREMIER INN**

2 kids eat for free with 1 adult breakfast

#### **PRETO**

Kids up to age 10 eat free with 1 paying adult

#### **PUREZZA**

Kids under 10 get free pizza with every adult meal

#### **SA BRAINS PUBS**

Kids eat for £1 on Wednesdays

#### **SUBWAY**

Kids eat Free from the 6th - 13th April

#### **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**

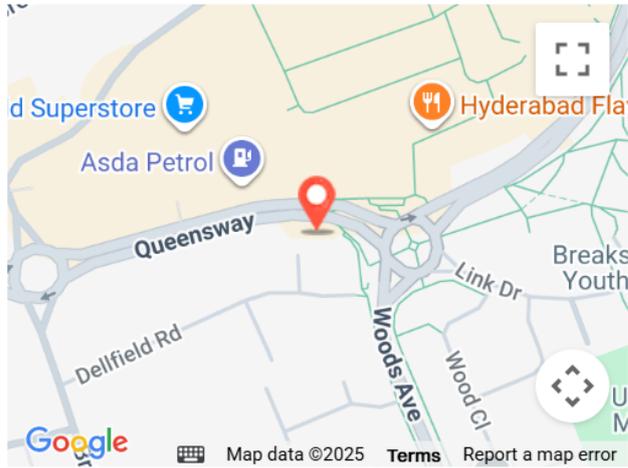
Kids eat free with every £15 adult spend

#### **WHITBREAD INNS**

2 kids eat for FREE with 1 adult breakfast

#### **YO! SUSHI**

Kids eat free all day (weekdays) in school holidays



# 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

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

#### DATES:

Thursdays from 14th May - 9th July 2026  
(no session in half-term)

TIME: 6:30-8:30pm

LOCATION: WelHat  
location TBC

To book a place, please use the QR code or go to this link: <https://forms.office.com/e/Y5SFh4tvGm>



\*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? Thursday evenings from 14th May - 9th July 2026, venue TBC - Fill out form](#)

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- ANGER
- ASSERTIVENESS
- SELF-CARE
- COOPERATIVE FAMILY RELATIONSHIPS

#### DATES:

Wednesdays from 13th May - 8th July 2026  
(no session in half-term)

TIME: 12:30-2:30pm

PROGRAMME CONSISTS OF 8 X 2 HOUR WEEKLY SESSIONS

LOCATION: Holy Family Catholic Primary School

To book a place, please use the QR code or go to:  
<https://forms.office.com/e/4rjRF7SY3u>



\*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? From Weds 13th May, 12:30-2:30pm @ Holy Family School – Fill out form](#)

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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:

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## UNDERSTANDING ANXIETY IN CHILDREN 2-DAY COURSE

TO HELP YOU SUPPORT CHILDREN AND YOUNG PEOPLE WHO MAY BE EXPERIENCING ANXIETY

### A FREE COURSE FOR PARENTS/CARERS

- TO UNDERSTAND THE CAUSES OF ANXIETY
- UNDERSTAND PHYSICAL SYMPTOMS AND HOW THEY MAY PRESENT IN CHILDREN
- STRATEGIES TO HELP A CHILD MANAGE THEIR STRESS AND BUILD RESILIENCE

**DATES:** Tuesdays starting mid-June 2026

**TIME:** 9:30-11:30am

**VENUE:** WelHat TBC

To book a place, please use the QR code or go to: <https://forms.office.com/e/S4WCpa4xZ5>



Made with PosterMyWall.com

[Booking form - Understanding Anxiety in Children course - June 2026 – Fill out form](#)

# 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/>



## UNDERSTANDING ANXIETY IN CHILDREN TWILIGHT WORKSHOP

TO HELP YOU SUPPORT CHILDREN AND YOUNG PEOPLE WHO MAY BE EXPERIENCING ANXIETY

### A FREE ONLINE WORKSHOP FOR PROFESSIONALS

- TO UNDERSTAND THE CAUSES OF ANXIETY
- UNDERSTAND PHYSICAL SYMPTOMS AND HOW THEY MAY PRESENT IN CHILDREN
- STRATEGIES TO HELP A CHILD MANAGE THEIR STRESS AND BUILD RESILIENCE

**DATES:** Wednesday 1st July 2026

**TIME:** 3:30-5:30pm

**DELIVERY MODE:** Online

To book a place, please use the QR code or go to: <https://forms.office.com/e/33yHK4nzbD>



Made with PosterMyWall.com

[Booking form - Understanding Anxiety in Children for pros - Weds 1st July 2026 - twilight – Fill out form](#)

# EASTER FUN

# POTENTIAL KIDS

Tue 31st March  
6.00-7.30pm  
Roller Skating  
Roller City  
Campus West  
Age 8 Yrs +

Wed 1st April  
Wed 8th April  
1.00-2.00pm  
Fun Rings  
Snow Centre  
Gosling  
Age 8 yrs +

Thur 2<sup>nd</sup> April  
Thur 9<sup>th</sup> April  
10.00-12pm  
Pony Morning  
Danecroft Stables  
Age 5-11 yrs

Thur 2<sup>nd</sup> April  
6.30-8.00pm  
Soft Play  
Funzone  
Birchwood  
Age 4-12 yrs

Tue 7th April  
10.30-12.30  
1.30-3.30  
Cooking&Gardening  
Potential Kids  
Garden  
Age 4 yrs +

Thur 9th April  
6.00-7.00pm  
Trampolining  
Gosling Sports  
Centre  
Age 5 yrs +

Sessions for neurodivergent children, young people and their siblings

**BOOKINGS:**  
[potentialkids.org.uk/events](http://potentialkids.org.uk/events)

Further event details can be found on our website



Promoting social inclusion, new friendships, physical activity, life skills, learning and social skills

the galleria

## EMBRACING NEURODIVERSITY

Autism-ADHD-Dyslexia-Dyspraxia-Tourettes  
[www.potentialkids.org.uk](http://www.potentialkids.org.uk)



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

# THE ZONE

POTENTIAL KIDS

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



## 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 28<sup>th</sup> October 2-3.30pm**  
**Halloween themed crafts**  
**Cost £5**

Booking @ [potentialkids.org.uk/events](https://potentialkids.org.uk/events)

Unit 55 The Galleria  
Comet Way  
Hatfield, AL10 0XR

For further information email: [info@potentialkids.org](mailto:info@potentialkids.org)

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



Relax & Connect..



For times & dates please see  
our website

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





## 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](http://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](http://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](http://www.giveusashout.org)

**Young Minds:** In urgent need text free 24/7 to 85258 [www.youngminds.org.uk](http://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](http://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](http://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](http://www.hertfordshiremindcyp.org)

**Just Talk** - helping young people in Hertfordshire to talk about their mental health - [www.justtalkherts.org](http://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](http://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](http://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](http://www.themix.org.uk)

**Anxiety UK:** Help and support for anxiety [www.anxietyuk.org.uk](http://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](http://www.hpft.nhs.uk)

**Mind in Mid Herts:** Over 16's counselling and group work 03303 208100 [www.mindinmidherts.org.uk](http://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://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](http://www.childpsychotherapy.org.uk)

**BACP:** British Association of Counselling & Psychotherapy

[www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists)

**UKCP:** UK Council for Psychotherapy

[www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

### Counselling Directory:

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

## SPECIFIC HELP

**The Ollie Foundation** – suicide prevention (information and training)

[www.theolliefoundation.org](http://www.theolliefoundation.org)

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

[www.griefencounter.org.uk](http://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](http://www.thewishcentre.org.uk)

**Young Carers in Hertfordshire** – practical and emotional support to young people with caring responsibilities. [www.ycih.org](http://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](http://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](http://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](http://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](mailto:herts.sarc@nhs.net) [www.hertssarc.org](http://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](http://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.