

YC Hertfordshire Services for Young People youth projects and all other face-to-face support work are currently suspended following the government's rules on staying at home in order to tackle the COVID-19 outbreak. We are still here to support young people in East Herts, offering 1-1 phone / text and email support and weekly online youth projects.

**Join an online youth project in East Herts ... Call us today to take part!**

## Bishop's Stortford & Ware Youth Forums

Bishop's Stortford Mondays, 4-5pm  
Ware Mondays, 6-7pm

These two groups are for young people who want to make a difference in their community, discuss current issues, share ideas and think of ways they can help improve things in their area. We always welcome new members, so please get in touch if you'd like to join. For young people aged 11-17.

## Emotional Wellbeing Project

Tuesdays 6-7pm

If you are struggling with anxiety or low mood or would like some support with your emotional wellbeing, this project is for you! You will learn techniques to help you look after your emotional and mental wellbeing and develop skills to improve your confidence and self esteem. We will help you through any challenges and pressures you are facing in your life. For young people aged 13-17.

## Plus One Project for Young Parents & Parents-to-be

Thursdays, 3-5pm

Meet with other young parents and get support with managing the challenges of parenthood, developing parenting skills and exploring future opportunities. For young parents and parents-to-be aged 14-21.

## Boy's & Young Men's Group

Thursdays, 4-5pm

This group is a safe space for you to explore issues important to a young man today, such as aspirations and opportunities, social media, identity, bullying and online safety, sex and relationships. For young men aged 13-17.

## LGBT+ Project

Thursdays, 6-7pm

This project is a for young lesbian, gay, bisexual, transgender, gender variant people and those questioning their sexuality in the Broxbourne district. Join this group for discussions with other young LGBT+ people in the area and to get information and support from YC Hertfordshire youth workers. For young LGBT+ people aged 13-17.



Visit our website for more resources covering a range of topics

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## How we can support you?

**If you need advice about anything worrying you then we can support you with finding a solution or just give you someone you can talk to confidentially.**

Access information, advice, guidance and support on a range of issues, including emotional wellbeing, bullying, drugs and alcohol misuse, sexual health, managing your finances, education and careers planning, and finding a job, by speaking with a qualified YC Hertfordshire Youth Worker or Personal Adviser on the phone or by email.

## Contact Us

Call 01992 588220

Or email us ...

[yc.eastherts@Hertfordshire.gov.uk](mailto:yc.eastherts@Hertfordshire.gov.uk)

 @EastHertsTeam

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## Tips for looking after your emotional wellbeing & physical health

**Social distancing, self-isolating and being unable to visit family or friends can be tricky and take a toll on your mental health.**

**Take simple steps to reduce stress and feel connected to others without taking risks.**

**Look after yourself both physical and mental health over the coming weeks and months with these tips ...**

- **Have a plan for your day:** get dressed, plan your day and stick to a routine. These basics will get your day off to a good start!
- **Get Active:** get that heart pumping and those endorphins going to boost your mood! Go out for a short walk, run or cycle in the fresh air or explore free online exercise classes.
- **Eat Healthy:** eat a balanced, healthy diet, eat regular meals and stay hydrated by drinking plenty of water. Why not try a new recipe?
- **Keep in touch with friends and family:** stay connected through virtual face-to-face chats. It's important that we all look out for each other during these challenging times.
- **Keep up to date with the facts about Covid-19** from reliable sources such as Public Health England, the NHS, the UK government and the World Health Organisation.
- **Switch off from the news:** avoid over-exposure to news updates, especially if you are feeling anxious.
- **Take practical steps to protect yourself and others:** visit the NHS website to find out what the latest recommendations are.
- **Get creative or learn a new skill:** plan activities in your day that you enjoy, maybe listen to some mood-boosting music, getting stuck into a hobby, learning a new language or exploring free online training courses.
- **Find ways to relax and reduce anxiety:** mindfulness is a powerful way to handle stress and anxiety. Search for mindfulness resources online or download a free mindfulness app such as Headspace or Calm.
- **Stick to a regular bedtime:** unplug from your phone and social media at least 2 hours before going to bed to help you get a restful night so you can wake up feeling refreshed.

**If you are still feeling low and anxious join your local YC Hertfordshire emotional wellbeing group for extra support. Call us to find out how to join.**

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 [@EastHertsTeam](https://twitter.com/EastHertsTeam)



It's important to look after your digital wellbeing, especially at a time when you may be more likely to be using social media and connecting with others online.

Here are our tips for keeping safe online ...

### Stranger Danger

You wouldn't talk to, share personal information or photos with a stranger on the street, so the same rule applies online. You never know who is really typing those messages! Always tell a parent, adult or YC Hertfordshire personal adviser or youth worker straight away if messages or images you see or receive online make you feel uncomfortable.

### Privacy Settings

Check your privacy settings on your social media accounts and make sure you have chosen the highest privacy setting so your profile and photos are hidden from people you do not know.

### Create strong passwords

Create strong passwords for your social media accounts, with a mix of symbols, numbers and capital letters. Never share your passwords with anyone, not even friends.

### Be kind to others online

It can be easy to type something mean or critical when you're hidden behind a screen. Just remember there is a real person on the other side of the screen so be respectful, polite and kind.

### Never share your personal information

Never share your address, school, telephone number or date of birth details with someone online. Always tell an adult if someone is asking you for this information.

### Nobody's life is perfect

The social media posts showing perfect lives and happy faces is just an illusion and is perhaps only a small part of that person's life in the real world. You can never tell what is really going in someone's life so take what you see online with a pinch of salt and try to avoid comparing your life with the too-good-to-be-true ones you see online.

## Tips for staying safe online



### Remember, posting is permanent!

After posting something online, anyone can save, download and re-use it! Think twice before posting something you may regret later – remember employers often check social profiles when hiring. Posting something in the heat of the moment or an inappropriate photo can make or break your future.

### Learn to switch off

Spending too much time online can have a negative impact on your emotional wellbeing so take breaks away from social media to talk with friends and family via virtual face-to-face chat and look after those offline meaningful relationships with people you know make you feel good and you can share your worries with.

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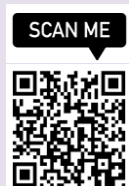


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## Sexual Health Services

You can text our **free sexual health text service** from your mobile phone wherever you are in the county by texting your questions to **07860 057369**.

You will get a response from a trained Youth Worker within three hours (during YC Hertfordshire Services for Young People opening times, or the next working day if outside of these times), with advice or information about the most appropriate service for their needs.

## Thinking about your future?

For many teenagers, in particular GCSE and A 'Level students, now is the ideal time for you to think about your future, explore different careers and start planning.

For those leaving school this year ask yourself the questions below and others to see if there are things you can do now to plan for starting a new chapter in your life:

- Have you got a place in sixth form, college, university, or found an apprenticeship or a job?
- Is your CV ready to send to potential employers?
- Have you prepared for college or job interviews?

If you are a school student please speak with your school's careers adviser who will be able to refer you to your school's YC Hertfordshire personal adviser.

## Looking for a job right now?

If you are a young person looking for a job right now, take a look at [Hop Into](#), Hertfordshire Local Enterprise Partnership's new website to find job vacancies in and access other useful resources.

Speak to a YC Hertfordshire personal adviser for help with your job hunt.



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Do you have a question about sexual health?

Text it to 07860 057369

or text **CONDOM**

to find out where you can get free condoms if you are aged 13-19 in Hertfordshire.



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

  
Hertfordshire

## Speak to a personal adviser today about how to reach your goals

Our qualified personal advisers are on hand via email and phone to answer any questions you might have, including how to identify the right career for you, finding work experience, support with college and apprenticeship applications, writing your Curriculum Vitae or tips for brushing up on your interview skills. With some spare time on your hands now is the perfect time to think about what practical things you can do to reach your goals.

You can also visit our [careers and jobs page](#) to explore college, apprenticeship and career options.

