

Access Points

HCC SfYP Access Points are centres specifically for young people to access free and confidential information, advice, guidance, including:

- Careers advice
- Finances and housing
- Substance misuse
- Training & apprenticeships
- Independent living skills

We also offer sexual health services for young people, such as:

- Sexual and general health advice
- Free condoms
- Free pregnancy testing
- Free chlamydia & gonorrhoea testing

All young people in Hertfordshire under 19 are welcome at any SfYP Access Point. They are also available for care leavers under the age of 21 and for young people with any type of disability under 25 years old.

Drop in and appointments available.

Where's my nearest Access Point?

If you live in the St Albans area, your nearest Access Point is **Catherine Street Young People's Centre:**

*Catherine Street Young People's Centre,
41 Catherine Street, St Albans, AL3 5BN
Tuesdays, Wednesdays and Fridays 3-6pm*

Social Media

Follow us on social media to keep up-to-date with our youth work projects, Access Point opening hours and for tips and advice from our team!



Who are we and what do we do?

Services for Young People (SfYP) is part of Hertfordshire County Council. We provide free youth work projects, information, advice, work related learning, careers guidance and wider support for all young people in Hertfordshire.

Planning for your future

SfYP Personal 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.

If you're not currently in work, training or education, our Employment & Training Advisers can support you with developing your CV, practising for interviews and even writing applications.

Text CAREERS to 07860 065195 to connect with our team.

Contact us

**Call 01442 454060 Text 07860 065195
Email sfyp.stalbans@hertfordshire.gov.uk**

Services for
Young People



Our tips for managing uncertainty and change in 2022

2020 and 2021 brought a lot more uncertainty than most of us are used to dealing with. As human beings, we all want to feel safe and have a sense of control over our lives and wellbeing, but this is not always possible.

Some people may enjoy being spontaneous and unpredictable, but for others this can make them feel anxious, sad or angry.

If you're feeling overwhelmed, it's important to know that you're not alone – everyone is in the same boat! We are all going to have to get better at learning how to manage uncertainty.

No matter how helpless or overwhelmed you may feel, you can control how you choose to manage your anxiety and face the future with confidence. What can you do to feel better prepared to cope?

Contact Us

Call 01442 454060 or text SUPPORT to 07860 065195 with your name and age to connect with one of our team.

Why do I feel sad or anxious? Everything changed so quickly and almost all of us missed out on something we had been looking forward to. Some of us may have even lost a loved one. Sudden loss can make our emotions go up and down and it can take a long time to adjust to this. Don't put pressure on yourself to feel 'normal' again, it will take everyone different lengths of time to adjust to change.

Know that this will pass! People are very resilient and we always find ways to cope with change. Even after going through huge amounts of uncertainty, we find new ways to manage and adapt!

Practice some relaxation techniques. Relaxation can be helpful to help process your feelings. Some people like to do some exercise (why not try going for a walk or trying a yoga tutorial on YouTube?), listening to music or doing something creative. If you find that you feel more stressed after looking at Instagram, perhaps try to have an hour without screens to unwind.

Why do I feel angry? It is normal to feel angry, frozen or confused when faced with change or uncertainty. When you don't know how long life will be different or how the changes will affect you or your loved ones, it's easy to imagine the worst-case scenario.

Take control of your own actions. What positive thoughts and behaviours can you take on to help you manage the change? If you want to learn some useful coping tips, why not join a SfYP Emotional Wellbeing Project?

Talk to someone. Think about how you are feeling. Are you sad? Confused? Angry? Try to share these emotions with someone, or even just write them down. SfYP can provide extra support with managing your feelings if you feel that it would be helpful to tell someone that you don't see every day.

Acknowledge and accept your feelings. You may worry that this will make you feel worse, but identifying your feelings can help to recognise that they are a reaction to uncertainty and help you feel more in control.



Services for
Young People

Mondays

The Detached Project
St Albans
Mondays 3.15-5.15pm
For young people aged 13-17

The Resilience Project
Pioneer Young People's Centre,
Heathland's Drive, St Albans, AL3
5AY
Mondays 3.30-5.30pm
*For young people aged 13-17 out of
formal education*

Creative Spark LD Project
Harpenden Young People's Centre,
27 High Street, Harpenden, AL5
2RU
Mondays 5-7pm
*For young people with additional
learning needs aged 18-24*

Monday Night Project
Pioneer Young People's Centre,
Heathland's Drive, St Albans, AL3
5AY
Mondays 6-8pm
For young people aged 13-17

St Albans Youth Council
Harpenden Young People's Centre,
27 High Street, Harpenden, AL5
2RU
Mondays 6-8pm
*For young people aged 11-17 to
have a voice in their community*

The Young People in Care Project
Contact us for more information
Mondays 6-8pm
*For young people in care aged 13-
17*

Tuesdays

Creative Spark LD Project
Harpenden Young People's Centre,
27 High Street, Harpenden, AL5
2RU
Tuesdays 4.30-6.30pm
*For young people with additional
learning needs aged 13-17*

The Detached Project
Wheathampstead Tuesdays 6-8pm
St Albans Tuesdays 6.30-8.30pm
For young people aged 13-17

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

Catherine Street Young People's Centre
41 Catherine Street (on the corner with Adelaide Street), St Albans, AL3
5BN
Tuesdays, Wednesdays and Fridays 3-6pm
For all young people

Wednesdays

LGBT+ Project
Contact us for more information
Wednesdays 5-7pm
*For LGBT+ young people aged 13-
17*

Thursdays

Young Parents Project
Hemel Hempstead Young People's
Centre,
1st Floor XC Centre, Jarman Park,
Hemel Hempstead, HP2 4JS
Thursdays 12-2pm
*For young parents and parents-to-
be up to the age of 21*

The Emotional Wellbeing Project
Contact us for more information
Thursdays 6.30-8.30pm
For young people aged 11-17

The Care Leavers Project
Harpenden Young People's Centre,
27 High Street, Harpenden, AL5
2RU
Thursdays 6.30-8.30pm
For care leavers aged 13-21

Fridays

The Detached Project
St Albans City Centre & Sopwell
Area
Fridays 6-8pm
For young people aged 13-17

The Friday Night Project
Pioneer Young People's Centre,
Heathlands Drive, St. Albans, AL3
5AY
Fridays 6-8pm
For young people aged 13-17

The Friday Night Project
Harpenden Young People's Centre,
27 High Street, Harpenden, AL5
2RU
Fridays 6-8pm
For young people aged 13-17

Find out more

Call 01442 454060 Text 07860 065195
sfyp.stalbans@hertfordshire.gov.uk

**Services for
Young People**



How much exercise should I do? Under 18s should aim to take part in moderate physical activities for at least one hour a day. This means working hard enough to raise your heartbeat and breathe harder, but still being able to talk.

How to keep active at home

What type of physical activity should I do? You should aim to do two types of physical activity: aerobic exercise and exercises to strengthen your muscles and bones. Aerobic exercises are any activities that raise heart rate and make you breathe harder.



Get creative: You don't need an expensive gym membership or pricey activewear to stay active. YouTube is a great resource to find exercise tutorials that you can do at home, especially yoga, Pilates, aerobics and cardio workouts.

It's not always easy to find the motivation to get outside and exercise but it can have many benefits for both your physical and mental health. Evidence shows that young people who are more physically active have more confidence, higher self-esteem, less anxiety and stress and better social skills. It can also help to increase your concentration, make your sleep quality better and improve your academic grades.

Whatever your level of physical ability, there are options that are right for everyone. Organisations like the Activity Alliance can support you with having a more active lifestyle.

Get outside: Spending time in nature can benefit both your mental and physical wellbeing and can even help with anxiety and depression. Going for a walk or cycle is a good way to stay active and also to socialise with a friend.



Safety: Try to exercise in daylight and make sure you wear bright or reflective clothes. Stay aware of your surroundings and any traffic. Tell someone where you are going and when you should be back.

Don't put too much pressure on yourself. An hour of exercise a day is ideal, it may not always be achievable. Any opportunity to move around and be active is good, so try to do a small amount each day.

Running: The NHS 'Couch to 5K' is a free running app for complete beginners. It helps you to gradually build up your fitness and stamina.



Contact Us

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Services for Young People

Making plans for your future?

Even without the pandemic, planning for your future can feel like a real challenge and sometimes even long-term goals can suddenly change. Perhaps you started a college course or apprenticeship and realised that it wasn't for you, or maybe you have completed your school education but struggled to find work.

SfYP Personal Advisers can support you with researching your options, making decisions, or even suggesting new possibilities that you might not have previously considered.

Not in education, training or employment?

SfYP's *Pathways to Success* programme is designed to support young people who are not in education, work or further training, such as apprenticeships, or those who may become so in the future. SfYP Personal Advisers will support you on a one-to-one basis to identify your skills and interests, work on your CV, practise your interview skills, and boost your employability.

What have other young people said about SfYP's career support?

'I always felt that I had help and guidance when I needed it. I had somebody looking out for me and keeping me on track.'

'I have found SfYP very helpful... my Personal Adviser has been a big support with helping me apply to college.'

'I really enjoyed our sessions, they really helped me with my confidence and to pick the right college course.'

'The help I got from SfYP has really helped me with bringing up my confidence and get on a programme I liked. Now I feel happier about my future.'

'SfYP inspired me to go to college and helped me get a place and the support I needed.'

Where you can get support

Our qualified personal advisers are available for face-to-face, email or virtual support. Some schools and colleges in St Albans may have their own Personal Adviser who comes in once a week, but if not you can make an appointment by email or over the phone.

Contact Us

Call **01442 454060** or text **CAREERS** with your name and age to **07860 065195** to speak with a Personal Adviser. You can also email us directly on: sfyp.stalbans@hertfordshire.gov.uk

Services for
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Services for Young People (SfYP)

www.servicesforyoungpeople.org

