

Our tips for adapting to a new normal this Autumn

Ready or not, preparing for a new normal is going to be a challenge for many of us this autumn as we look to return to old routines or start new ones, whilst also living with COVID-19.

Why is this? It's worth having a think as understanding why certain negative feelings might be bothering you can go a long way to helping you tackle them and look after your emotional wellbeing.

So how can you learn to manage these feelings so you feel better prepared?

Share your feelings and worries with a trusted friend, family member or a YC Hertfordshire personal adviser or youth worker. Often getting somebody's else's advice and reassurance can help you to put things in perspective, and perhaps help you consider what steps you can take to prepare yourself.

Remember, everyone is in the same boat! Everyone has their own worries and, even though they might not show it, it's very likely that many of your friends or peers are also experiencing nerves and anxiety!

Focus on the positives: learning how to navigate and embrace change, bounce back from setbacks and tap into your resilience are positive skills that you will use over and over again during your life.

So even if you're experiencing a bumpy road at the moment, accept it for what it is, recognise what you can learn and don't give up when you do face a set-back.

Make sure you talk to someone if your worries or feelings become too much and stop you from going out and doing normal things. YC Hertfordshire are on hand if you find you need extra support with this.

Think about how you can adapt. 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 YC Hertfordshire Emotional Wellbeing Project?

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Challenge yourself to step out of your comfort zone and practise being confident: make new friends, try something new or a new behaviour. Practising a positive behaviour can help you to overcome the negative feelings that are holding you back.

Accept that you will have good and bad days. As you return to school/college or start university, learning how to adapt to change and build your resilience is part of life. See this opportunity for what it is: a fresh start for you to try new things and perhaps even reinvent yourself.

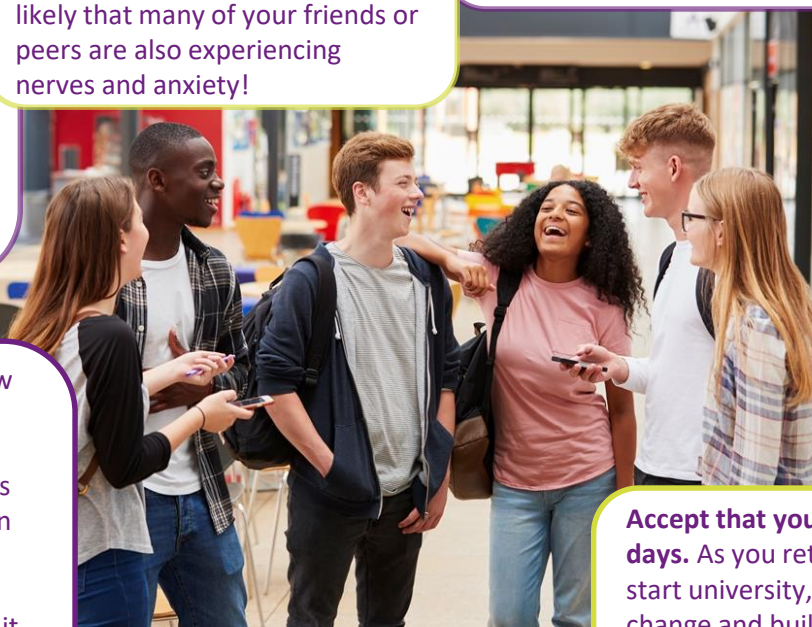
Contact Us

Call 01992 588220 or text 'SUPPORT' with your name and age to speak with one of our team about your needs 07860 065173

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HERTFORDSHIRE



Mondays

Ware Street Project

Mondays 4pm-6pm
(King George Estate)
For young people aged 13-17

Hertford & Ware Youth Forum

Ware Young People's Centre,
Marsh Lane, Ware SG12 9QB
Mondays 6.30pm-8.30pm
*For young people aged 13-17
who want to make a difference
in their community*

Positive Alternatives

Buntingford YPC, Baldock Road,
Buntingford SG9 9AA
Mondays 6pm-8pm
For young people aged 13-17

Tuesdays

Ware Young Women's Project

Ware Young People's Centre,
Marsh Lane, Ware SG12 9QB
Tuesdays 5.30pm-7.30pm
*For young women aged 13-17
to develop skills and confidence
to make positive life choices*

Tuesday Evening Project

Bishop's Stortford Young People's
Centre, Northgate End,
Bishop's Stortford CM23 2EU
Tuesdays 5.30pm-7.30pm
For young people aged 13-17

Healthy Relationships

Zoo Café, 11a Ware Road,
Hertford SG13 7DZ
Tuesdays 6pm-8pm
For young people aged 13-17

Wednesdays

Emotional Wellbeing Project

Ware Young People's Centre, Marsh
Lane, Ware SG12 9QB
Wednesdays 6pm-8pm
For young people aged 13-17

Bishop's Stortford Youth Forum

Bishop's Stortford YPC, Northgate End,
Bishop's Stortford CM23 2EU
Wednesdays 6pm-8pm
For young people aged 13-17

East Herts Supporting You Project

Delivered online via MS Teams
Call or email for details
Wednesdays 6pm-8pm
For young people aged 13-17

Sele Street Project

Tuesdays 6pm-8pm
(Sele Farm Estate, Hertford)
For young people aged 13-17

Healthy Relationships Project

Delivered online via MS Teams
Wednesdays 6pm-8pm
Call or email for details
For young people aged 13-17

Supporting You Project

Delivered online via MS Teams
Wednesdays 6pm-8pm
Call or email for details
*For young people aged 13-17 who want
to learn CBT techniques for managing
their anxiety*

Emotional Wellbeing Project

Delivered online via MS Teams
Wednesdays 6pm-8pm
Call or email for details
For young people aged 13-17

Why not join a project to
make new friends, learn new
skills, build your confidence
and plan for your future?



Bishop's Stortford Access Point

Information, advice, guidance and
sexual health services including
free condoms, chlamydia screening
and pregnancy testing at:

Bishop's Stortford Young People's Centre
Northgate End,
Bishop's Stortford CM23 2EU

Tuesdays & Thursdays 2pm-5pm
For all young people aged 13-19

Thursdays

Plus One Young Parents & Parents-to-be Project in Ware

Call or email for details
Thursdays 1-4pm
*For young parents and parents-to-be
aged 14-21*

Bishop's Stortford Street Project

Thursdays 4pm-6pm (Town Centre)
For young people aged 13-17

Ware LGBT+ Project

Call or email for details
Thursdays 5.30pm-7.30pm
For LGBT+ young people aged 13-17

M&M LD Young People's Project

Bishop's Stortford YPC, Northgate End,
Bishop's Stortford CM23 2EU
Thursdays 7.30pm-9.30pm
*For young people aged 13-17 with
learning disabilities*

Sawbridgeworth Project

The Bullfield Centre, Culforth Road,
Sawbridgeworth CM21 9EA
Thursdays 7pm-9pm
For young people aged 13-17

LGBT+ Online Project

Delivered online via MS Teams
Call or email for details
Thursdays 8.30-9.30pm
*For LGBT+ young people
aged 18-24*

Fridays

Hertford Street Project

Fridays 4pm-6pm (Hartham Common)
For young people aged 13-17

Buntingford Project

Buntingford Young People's Centre,
Baldock Road, Buntingford SG9 9AA
Fridays 6pm-8pm
For young people aged 13-17

Hertford Project

Zoo Café, 11a Ware Road, Hertford
SG13 7DZ
Fridays 6.30-8.30pm
For young people aged 13-17

Bishop's Stortford Friday Night Project

Bishop's Stortford Young People's
Centre, Northgate End,
Bishop's Stortford CM23 2EU
Fridays 7.30pm-9.30pm
For young people aged 13-17

Duke of Edinburgh (DofE) Award

Ware Young People's Centre,
Marsh Lane, Ware SG12 9QB
Every third Friday -Call for details
*For young people aged 14-17
6pm-7pm*
*For young people aged 18-24
7pm-8pm*

Saturdays

Ware Saturday Project

Ware Young People's Centre, Marsh
Lane, Ware SG12 9QB
Saturdays 4pm-6pm
For young people aged 13-17

Join today!

 @EastHertsTeam

CALL 01992 588220

TEXT your name and age to 07860 065173 or

EMAIL yhc.eastherts@hertfordshire.gov.uk

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Our online projects give you the opportunity to join a project from the comfort of your own home and meet other young people living in Broxbourne, Welwyn Hatfield and East Herts.

Wednesdays

Healthy Relationships Project
Delivered online via MS Teams
Wednesdays 6pm-8pm
Call or email for details
For young people aged 13-17

Supporting You Project
Delivered online via MS Teams
Wednesdays 6pm-8pm
Call or email for details
For young people aged 13-17 who want to learn CBT techniques for managing their anxiety

Emotional Wellbeing Project
Delivered online via MS Teams
Wednesdays 6pm-8pm
Call or email for details
For young people aged 13-17 to learn about ways to reduce stress and anxiety

East Herts Supporting You Project
Delivered online via MS Teams
Call or email for details
Wednesdays 6pm-8pm
For East Herts young people aged 13-17

Thursdays

LGBT+ Online Project
Delivered online via MS Teams
Call or email for details
Thursdays 8.30-9.30pm
For LGBT+ young people aged 18-24

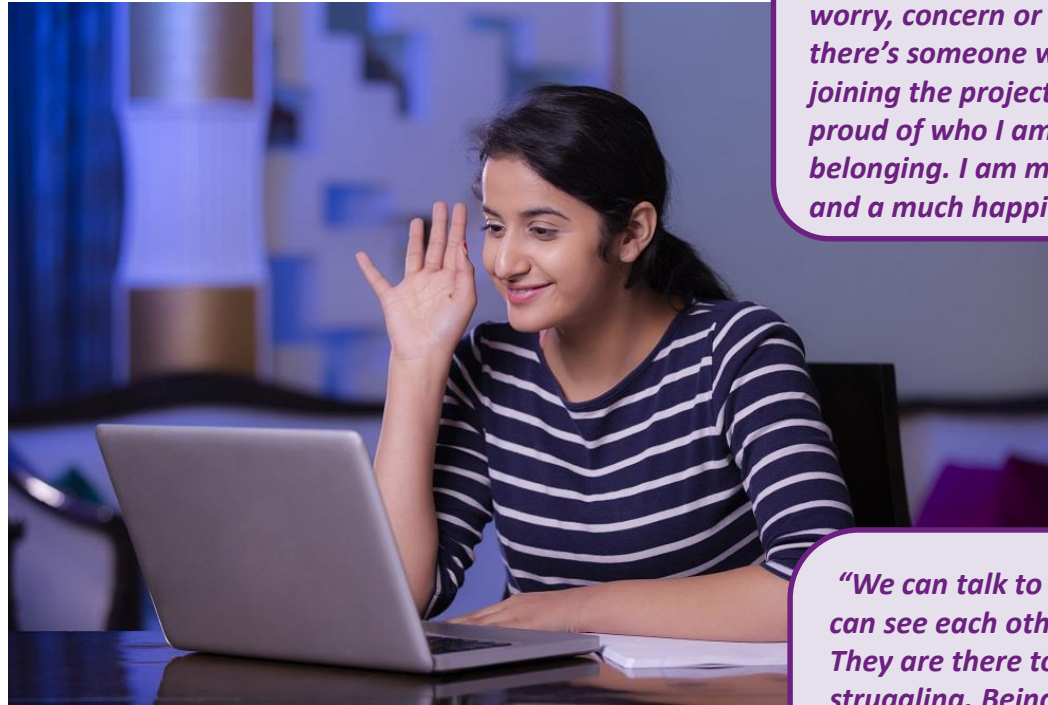
What do other young people say about attending a project?

"I am so grateful that this support has been there as I know that if I have a worry, concern or need to chat then there's someone who will help me. Since joining the project I have learnt to be proud of who I am, and I feel a sense of belonging. I am more confident now and a much happier person."



"It has really helped my self-confidence and communication skills. I know I can adapt to different situations and I now want to try and be better at my social skills, get to know more people and try to make more friends."

"We can talk to each other and can see each other on screen. They are there to talk to if I'm struggling. Being part of this group has made me happier and boosted my self-esteem and because of that I'm much more active, so I'm now doing walking, cycling and running."



Join today!

 @EastHertsTeam

CALL 01992 588220

TEXT your name and age to 07860 065173 or

EMAIL [ych.eastherts@hertfordshire.gov.uk](mailto:yhc.eastherts@hertfordshire.gov.uk)

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Rethinking your future?

For many teenagers, especially students who have received GCSE and A' Level results this summer, you may well have had to change your plans because of COVID-19, or are still rethinking what you want to do and weighing up your options.

YC Hertfordshire personal advisers can support you with making these decisions and perhaps suggesting new possibilities that you might not have considered.

Contact Us

Call **01992 588220**

Text **'CAREERS'** with your name and age to **07860 065173** to speak with a Personal Adviser or email us

yhc.eastherts@hertfordshire.gov.uk

Final year in school or college?

For those who are entering their final year at school or who are currently out of education and employment, now is the ideal time for you to think about your future, explore different careers and start planning. 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 explored all your career options? If not, now is the time!
- What practical steps do you need to take to reach your career goal?
- Have you got a place in sixth form, college, university, or found an apprenticeship or a job lined-up?
- Do you have a plan B and even C if your first and second choices doesn't pan out?
- 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.



WHAT'S
YOUR
NEXT STEP

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.

Sexual Health Services

You can use our **free sexual health text service** wherever you are in the county. Text 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 your needs.

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Tips for looking after your emotional wellbeing & physical health

Whilst you adapt to your new routine this autumn, make time for looking after both your physical and mental health with these tips ...

- **Get Active:** get your 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:** wash your hands regularly and try not to touch your face. 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, try learning a new language for free on the Duolingo app or explore 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, text or email us to find out how to join.

Contact Us

Call **01992 588220**
Or text **'SUPPORT'** with your name and age to speak with one of our team about your needs **07860 065173**



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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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Contact Us

Call 01992 588220 | Text 'KEEPING SAFE' to 07860 065173 if you want to learn more or email us yhc.eastherts@hertfordshire.gov.uk

 @EastHertsTeam

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