

Issue: 126

Roundwood Park School, Roundwood Park,
Harpenden AL5 3AE Tel: 01582 765344
e-mail us at admin@roundwoodpark.co.uk

Date: 22 March 2019



RoundUp is published fortnightly on our website.
<http://www.roundwoodpark.co.uk>

Headlines

Dear Parents and Carers

Unfortunately, I want to start on a negative note this week. Our neighbours in Roundwood Park are great supporters of the school and indeed many of them are parents or grandparents of students here. Recently, there have been a number of instances where parents have parked across people's drives when picking up students or driven quite quickly up and down the road. We know that not all of these cars are from Roundwood Park School, with one or two of them being from the primary school, but we would still urge everyone who uses the road to be considerate to our neighbours and community in general. If you are the parent of a Sixth Former who drives to school, please remind them to drive slowly and carefully in a way that does not endanger anyone else and is considerate to our neighbours. If all of us can do this the road will be a safer place and residents will feel more supported by our school community. Thank you for considering this request.

Last Thursday we hosted a fashion show, organised by the BTEC Business Studies students. This was a well-attended event with many tickets being sold. It was also well received, with the students getting excellent feedback from the parents, students and staff who supported them, particularly Mrs Wilkins, Mr Desborough and Mrs Tattersall.

Finally, thanks to Mr Dumpleton, the history department and the trips co-ordinators for organising the Battlefields trip. This is a very interesting, yet poignant, visit which requires students to take in an awful lot about the horrors of the Western Front of the First World War. Throughout the trip the students showed great respect for the sacrifices that were made.

Have a good weekend.

Alan Henshall
Headteacher

Interested in Teaching?



Roundwood Park is a member of the Alban Federation partnership in the area of teacher training. Places are available across a range of curriculum areas for training to begin in September 2019, many of which offer a salary or significant bursary.

Further details can be obtained from the school by contacting Alex Gray via a.gray@roundwoodpark.co.uk or direct from Alban Federation team via afgtpenquiries@sandringham.herts.sch.uk

Trip Payments

Residential Trips

Y12 Nettlecombe Court Biology Trip 19:

Full Payment: overdue

Netball Tour 2019:

Final Payment: £85 overdue

Y10 South Wales Geography Trip:

Deposit: £50 overdue

Interim Payment 1: £140 overdue

Balance Payment: £86.00 due 17 April

Note: this trip is highly recommended for our geographers as it will greatly help students prepare for their Paper 3 Geographical Investigations written exam at the end of Year 11.

MFL Paris 2019:

Interim Payment 2: £150 overdue

Balance Payment: £125.00 28 March

MFL Rhineland 2019:

Interim Payment 2: £150 overdue

Balance Payment: £125 due 28 March

D of E Silver Award 2019:

Interim Payment 1: £80 overdue

Interim Payment 2: £80 overdue

Interim Payment 3: £130.00 23 March

Liverpool Geography Trip 2019 (Yr12):

Deposit: £90 overdue

Interim Payment: £150 due 29 March

Balance Payment: £170 due 07 May

Please refer to either your trip letter (always available on your CareMonkey account) or ParentPay for a complete list of payment due dates.

Mrs J Blight, Residential Trip Coordinator

Key Dates in 2019:

Year 7:

| | |
|-------------|-----------------------------|
| w/c 20 May | Exam Week |
| w/c 3 June | Exam Week |
| w/c 24 June | Enrichment Week |
| 4 July | Parent Consultation Evening |

Year 8:

| | |
|-------------|-----------------|
| w/c 20 May | Exam Week |
| w/c 3 June | Exam Week |
| w/c 24 June | Enrichment Week |

Year 9:

| | |
|-------------|-----------------|
| 3-14 June | Exams |
| w/c 24 June | Enrichment Week |

Year 10:

| | |
|-------------|------------------------------|
| 16 May | English Parents Info Evening |
| w/c 24 June | Enrichment Week |

Year 12:

| | |
|-------------|---------------------|
| w/c 10 June | Work Placement Week |
|-------------|---------------------|

Please visit [our website](#) for further information including [Roundwood Park School Calendar](#); [Daily Bulletin](#); [Latest News](#); [Letters Home](#); [Trips & Visits](#); [PE News](#); [Vacancies](#)

Please also follow us on Facebook and Twitter [@RPSCREATIVE](#)
[@RPSPE](#)
[@RPS Pastoral](#)

Or download the Roundwood Park mobile app to keep up to date.

Absence Line

When you call in for absence, please use our dedicated 24 hour absence line:

01582 714049 or e-mail us at absence@roundwoodpark.co.uk

National Governance Campaign

Funding the Future

28th February 2019, House of Commons

As a Governor of RPS I have had the opportunity and pleasure to attend many events in school where the students present their views and passion for a subject. Occasions such as the annual Charities Cup and Bully Free Form presentations allow our students to demonstrate their strength of feeling and their belief that as individuals we need to stand up for the things we believe in.

As a Governor at RPS, and at another local school, I am very aware of the increasing financial burden that is being placed on schools by central government and the impact, both short and long term, that this is having on the quality and breadth of our children's education. This year the National Governance Association (NGA) launched its first national political campaign – Funding the Future. On 28th February I joined 130 Governors at the House of Commons, to lobby for increased and planned education funding. The Panel on Funding was held in one of the formal Committee Rooms and included Lord Watson (Labour Shadow Spokesman, Education) and Lord Storey (LibDem Spokesperson, Education). Sadly the Conservatives failed to send a representative.

During the meeting Governors from across the country provided evidence to the Panel of the increasing burden being faced by schools. Schools having to close on Friday afternoons to save on Teaching Assistant costs, increased class sizes, increasing concerns over staff welfare/workloads as they have to take on multiple posts through staff cuts, unrepaired buildings and the unsustainable underfunded costs of supporting SEND and student mental health issues. The Governors represented all forms of schools (state maintained, Academies, MATs and faith schools) and a wide range of economic areas, including the most affluent ward in the country, all reported the same issues.

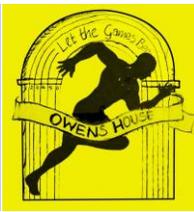
The NGA collected the evidence to form a briefing paper for MPs prior to a debate on 4th March. This debate on Education funding had been called after an online petition, started by a Governor in Yorkshire, reached over 100,000 signatures.

<https://parliamentlive.tv/event/index/198bdfcd-f451-4891-a8b5-c8a888c4c2a0>

Before and after the Panel some Governors were able to meet with their local MPs to share specific examples of the situation in their own schools. The NGA also asked Governors to fill out Funding the Future statement cards which they will be using in their ongoing campaign. In the RPS tradition of standing up for things we believe in I felt I should too.

Heather Bayne
(Vice Chair Governors)





SLG 2019/20

Head Boy:
G Armstrong

Head Girl:
B Taylor



Following the elections on Tuesday 19 March, and an incredibly high standard of candidates to choose from, very well done to the newly elected members of the Senior Leadership Group 2019/20: **Head Boy, Head Girl, Deputy Head Boy, Deputy Head Girl, 14 House Captains and 16 School Captains.**

Deputy Head Boy:
L Gupta

Deputy Head Girl:
E O'Connor



We will feature the House Captains and School Captains in a future RoundUp once their roles have been confirmed.

Please follow our House twitter pages to keep updated with all our weekly events:

[RPS HouseSystem](#)

HARPENDEN UNIFORMS

RUN BY THE SCHOOL FOR THE SCHOOL

March 19

Dear Parent/Carer

Students go into summer uniform on Tuesday 23rd April, which is a short sleeved shirt or blouse which must have the school logo embroidered on the breast pocket.

Our pop-up shop will be open on Monday 8th and 15th April between 10am and 4pm in reception at Roundwood Park School. We will have the full range of uniform available to purchase. There will also be ample free parking on site for your convenience.

If you are unable to visit the pop up shop, you can also visit our supplier's retail shop

Beat School Uniforms

4 Station Road
Harpenden
AL5 4SE

Opening Times:

Monday – Friday 9am – 6pm

Saturday 9am – 5:30pm

Tel: 0844 879 7288

Any orders placed through our website during the school holidays will be delivered to your home address within 48 hours.

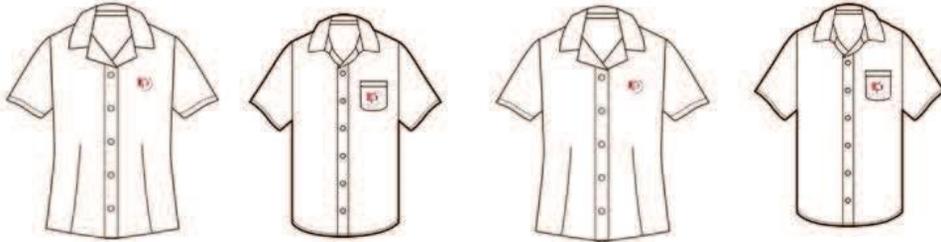
We have samples of uniform in school for trying-on purposes if you are unsure of the size you need to order. Please contact me on 01582 714028 or email to arrange a convenient time: enquiries@harpendenuniforms.co.uk

Yours faithfully

Debbie Attfield



ROUNDWOOD PARK SUMMER SHIRTS



Lovely quality, **non-iron** summer shirts with embroidered school logo to pocket.

Our shirts have the logo embroidered on the outside of the pocket so the pocket is fully usable and won't scratch the skin

Prices £19.50 - £24.00

(for a twin pack)

Available NOW in all sizes for FREE next day delivery to school.

FREE HOME DELIVERY throughout the Easter Holidays

YOU CAN ORDER ONLINE AT:

www.harpendenuniforms.co.uk

OR VISIT BEAT SCHOOL UNIFORMS:

4 Station Road

Harpenden

AL5 4SE

**OR visit our SCHOOL POP UP SHOPS THOUGHOUT
THE EASTER HOLIDAYS:**

Monday 8th April

Monday 15th April

10am - 4pm at Roundwood Park School

**HARPENDEN
UNIFORMS**



FREE MINI EASTER EGG GIFT WITH THE FIRST 50 ORDERS

Scott House Quiz Night

IN AID OF MACMILLAN, THE UNIQUE HOME
FOR GIRLS AND THE OLLIE FOUNDATION

Friday 29th March



All parents & over 18s invited

£8 per ticket – CASH BAR

VENUE: ROUNDWOOD PARK DINING HALL

Introducing a new Parent Governor

Sharleen Mortimer

Students, Families and Community Committee



My husband and I moved to Harpenden in the year 2000 and our daughter started Year 7 at Roundwood in September 2018.

I am a Fellow of the Higher Education Academy (now Advance HE). I graduated from Birmingham University with a Law degree and after teaching law for several years I returned to studying, completing an MBA. I then worked in the private sector, both in the UK and abroad, eventually returning to lecturing. I currently lecture in Business for the Open University.

I have a lifelong interest in sport, although now too much of that is from my armchair! In my spare time, I enjoy tennis, skiing and reading (also from my armchair). After many younger years spent playing and umpiring netball at club level in Birmingham, I am very excited about the overall excellent sports facilities at RPS. An indoor netball court whilst I was training would have been the stuff of dreams.....

I am looking forward to finding out more about Roundwood both as a school and as a community and I am delighted to be able to contribute in such a proactive and positive way. I hope my experience will be useful to the Board and to the School, and I very much look forward to my time serving as a parent governor at Roundwood Park.

Alumna of the Month: March 2019

VANESSA FOX (1988-95)

Chief Executive Officer at Farms for City Children (charity based in Exeter)



Vanessa graduated from the University of Cambridge with an MA in Political & Social Sciences.

From a start as a News Desk Assistant at the Express Newspapers, Vanessa has carved out a career that has provided diverse travel opportunities. After a few accounting and advisory positions, Vanessa moved to Nairobi, Kenya, to take up a consultancy dealing with Project Development & Proposals at Farm Africa. Other senior positions followed in Nairobi as Consultant for commodities, monetarization analysis and then as a Director for Development & Communications. Vanessa then moved to Dar-es-Salaam, Tanzania, as a Senior Project Manager at BBC Action. Then out of Africa to Geneva, Switzerland, as Programme Director for the Emerging Enterprises at a law firm.

Then, back in the UK, in May 2018, Vanessa took over as CEO of the charity <https://farmsforcitychildren.org>, a charity founded in 1976 by Sir Michael Morpurgo and his wife Lady Clare Morpurgo, that provides week-long residential stays at their 3 working farms in Devon, Gloucestershire, and Pembrokeshire for primary school groups from disadvantaged city schools.

Go to Roundwood Park and see the world!

Experience?

With over 5 years' experience in coaching backed up with professional sporting background, we have hosted successful summer camps for all ages and abilities and have been working with individual clients and small groups for 2 years. We believe we can help develop physical, technical and social ability by providing engaging sessions tailored to every individual!

Who is it for?

Anyone looking to improve in their sport whatever your ability! We specialise in football, fitness and health!

Additional info?

Please visit our Facebook page or see our flyer for more info on what goes on!

CS SPORT

- 1 to 1 coaching in sport and fitness
- Small group coaching
- External team support/sessions



- Enhanced DBS checked
- First aid trained
- For all enquires please call 07896008958 or email charlie.smith33@hotmail.com

HERTFORDSHIRE TEACHER RECRUITMENT FAIRS 2019



Your Future. Their Future.

Come and meet Hertfordshire schools face to face at any of these three events in 2019 to secure your first NQT post. You will be able to meet face to face with schools who have vacancies for September 2019 (some may be keen for a July start). Find out in workshops and discussions why Hertfordshire is such a unique place to live and work and the wealth of support, mentoring and peer connections you can expect in your NQT year and for your future career. Register on our website for one of these events: teachinherts.com



SATURDAY FEBRUARY 9, 9:30AM – 1PM

Watford, South and West Herts

SATURDAY MARCH 23, 9:30AM – 1PM

Letchworth, North and East Herts

SATURDAY MAY 11, 9:30AM – 1PM

Cheshunt, Central and East Herts

Register for job alerts

Visit our website: teachinherts.com to register as a candidate and set up your job alerts for the areas you want. You can then manage your own profile for both your first and any future job applications in Hertfordshire. Please apply directly to schools with vacancies using the Teach in Herts portal as soon as possible during your training year. **Schools do not incur agency fees.**

01438 845785
teachinherts.com

FOLLOW US
ON SOCIAL MEDIA



Herts
for Learning

Teach in Herts





Company Programme @RPS

We are planning on relaunching YE company programme at RPS in September

YE are looking for business advisors, sponsors and other supporters to help students at RPS and other schools in the area.

Without support we will not be able to offer students the amazing opportunities on offer through this programme.

Who are Young Enterprise?

Young Enterprise is a national charity that believes that, with the **right skills**, **young people can go on to achieve amazing things in their working life**. We help young people to develop the skills they need to get into work, start their own business, and manage their money.

What is Company Programme?

Students **start up and run their own company** for a year. Making and **sharing profits, learning and experiences**.

YE provide a Business Advisor, a real Entrepreneur or business leader, who can share their own experience and help out along the way.

Students can make **real money** from sales and decide what to do with your profit, and there are also loads of opportunities to win cash prizes and awards throughout the year by entering **local and national competitions**.



Support us

Check out [@young.enterprise](https://www.instagram.com/young.enterprise) on Instagram or visit www.y-e.org.uk to find out more.

We are looking for **businesses to sponsor our teams** and **entrepreneurs or business people to be advisors or supporters**. Commitment can vary between a few hours a year to an hour a week in term time.

If you would like to support us in any way, please contact Mr M Desborough (Head of Business and Economics) M.Desborough@roundwoodpark.co.uk or Jill O'Neill, Area Manager, South Hertfordshire Jill.oneill@y-e.org.uk 07787 828783.

APPRENTICESHIP OPEN EVENING

JOIN US AND YOU COULD END UP WORKING ON SOME OF THE MOST EXCITING BUILDING AND INFRASTRUCTURE PROJECTS AT HOME AND AROUND THE WORLD

Potential opportunities in
Building Engineering | Ground
Engineering | Structural Civil
Engineering | Sustainability |
Transportation | Water

Please email

openevening.uki@aecom.com

to register, confirming names of those attending, including your CV if possible

**Trainee & Apprenticeship
Open Evening, St Albans**

Thursday 28 March
from 6:00pm to 8:00pm
AECOM House
63-77 Victoria Street
St Albans AL1 3ER

Tickets: £30
If you would like to attend, please contact
s.smith@roundwoodpark.co.uk

So, You Want To Be A Doctor?

Education Centre, Watford General Hospital

Friday 31st May 2019

- 08:30** ***Registration & Refreshments***
- 09:00** **Welcome, Introduction and Overview of West Herts Hospital NHS Trust**
- Mr Howard Borkett-Jones, Emergency Medicine Consultant & Medical Education Director
- 09:30** **The Journey to Medical School**
- Dr Ariella Midgen & Dr Aishah Yahaya - Former UCL Students
 - Vishal Shah – St George’s University Student
- 10:00** **Life as a Junior Doctor**
- Dr Rina Shah & Dr Natalia Sanchez - Thompson – Foundation Doctors
- 10:30** ***Refreshment Break***
- 10:45** **University Admissions**
- Professor Sue Smith – Director of Admissions: Imperial College London
- 11:15** **Preparing a Personal Statement**
- Mary Jane Platt – Associate Dean for Admissions: Norwich Medical School
- 11:45** **Hand Hygiene**
- 12:00** ***Lunch***
- 12:45** **Clinical Skills** (split into 5 groups to rotate through stations)
- An opportunity to try your hands at 5 practical/clinical skills that are an everyday feature of life as a medical student / junior doctor*
- Ventilation
 - 3 Lead ECG
 - Surgical Knot Tying
 - Measuring Blood Pressure & Other Vital Signs
 - Defibrillation Demonstration
- 14:30** **Speciality Talks**
- Surgery
 - Paediatrics
 - Psychiatry
 - Pathology
- 15:30** **Q & A Panel** (Consultants, Senior Clinicians, Junior Doctors and Medical Students)
- 16:15** ***Close***

For further information or enquirers please contact:

Charlotte Osgood, Education Centre Administrator on 01923217323/ charlotte.osgood@whht.nhs.uk or
Alex Paice, Undergraduate Supervisor & UCL Co-ordinator on 01923 217957 alex.paice@nhs.net

Student Finance

Parents' Information Evening

Wednesday 3 April 2019



Student Finance Postcard_A6_v1.indd 1

25/01/2019 10:38

The cost of university is a major concern for young people and parents.

Come and join us to put your mind at ease and have your questions answered.

Join us at 19:30 for light refreshments with the Finance talk starting at 20:00. This event is aimed at parents/carers and students that are planning to start University in September 2019.

The evening will address the following areas:

- What is student finance and how does the application process work?
- What funding is available (including bursaries and scholarships)?
- What support is available whilst at university?
- Budgeting advice and tips.

We look forward to welcoming you to the University.

To book your place, go to go.herts.ac.uk/financeevening

For further information and advice, please visit our Parent and Guardian pages: go.herts.ac.uk/parents

**Wednesday
3 April 2019
19:30-21:00**

De Havilland Campus,
University of Hertfordshire
AL10 9EU

Admission: **Free**
Contact: Education Liaison Team
educationliaison@herts.ac.uk
or **01707 286545**

Student Finance Postcard_A6_v1.indd 2

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Lecture Series 2019

Tuesday 19th March 2019
Kate Richardson- Walsh, MBE
Winning Together



Monday 3rd June 2019
Clarke and Carrie Carlisle
Living with Depression



Monday 29th April 2019
Steve Munby
In Celebration of Imperfect Leadership



Tuesday 25th June 2019
Ade Adepitan
Overcoming Obstacles and Achieving Your Dreams



Tuesday 21st May 2019
Diana Osagie
It takes courage to do what we do



The Sandpit Theatre, Sandringham School, St.Albans AL4 9NX

All talks take place from 5-6pm followed by drinks and networking in the foyer area until 6.30pm.
Each lecture can be booked online at <https://albantsa.co.uk/courses> or via your Professional Learning Co-ordinator



Build your future... leave your mark on the local skyline!

Year 10 students!
22nd to 25th July 2019

Make the very most of your school holidays this summer by joining BAM, one of the leading construction companies in the UK, and gain a CREST Bronze Award in Sustainable Communities.

As a construction contractor, BAM manages many prestigious projects, including the construction of St Antony's College, Oxford.

By taking part in the Challenge CREST Award you will:

- Visit a live construction site
- Undertake research
- Plan a project
- Design a project
- Present your proposal

The successful candidates will develop:

- Communication and organisational skills
- Time management skills
- Problem solving
- Working to deadlines
- Attention to detail



ADVANCED LEARNING ALLIANCE PAID MATHS AND PHYSICS INTERNSHIPS.

**Are you in your penultimate year at University?
Are you thinking about a career in teaching?**

**Would you like to earn up to £1200 for a four week
internship?**

The Advanced Learning Alliance is offering school internships to prepare University Students for Teacher Training via School Direct or University based PGCE.

School Direct involves work based training with a bursary in Maths and Physics of up to £28000. Internships are based in local Outstanding Schools.

We will support you to gain the most out of school internship by:-

- Support and mentoring you throughout the Internship, you will have a personal teacher mentor.
- The opportunity to work with small groups and whole classes.
- The opportunity for you to mentor sixth formers in preparation for their University application.
- The chance to take part in projects and activities across at least two schools.
- Opportunities to join school trips, enrichment activities and wider school activities.
- We will provide written testimonials and references for Interns who successfully complete the course, as well as comprehensive information about routes into teaching.

**We are now in our fifth year of successful delivery of
internships.**

Placements will be available in June and July 2019 and applications are now open.

We are interested in undergraduates following studying the following subjects: Maths, Physics, Computing, Engineering or whole have elements of those subjects in their degree.

To apply please email a letter and CV to Miss Jane Hart, Director of Teaching and Learning, Watford Grammar School for Girls, j.hart@watfordgirls.herts.sch.uk

Eating Disorders in Children and Teens— a Parent's Guide - Talk

6-12_{yr}

teens

Summary



Eating Disorders often appear in the media and have touched many personally. At one extreme they are trivialised as vanity or a lifestyle choice, and at the other cause alarm due to high profile deaths. Effective psychological treatments are available and the majority of young people recover if they get high quality care early enough. Dr. Nicholls will describe the characteristics of eating disorders, as well as outlining disturbances of eating behaviour that would not be classified as eating disorders. Once established, eating disorders can have a profound effect on young people and on their families. This talk will focus on the early signs of eating disorders, risks for developing eating disorders, and how parents can help if they recognise these difficulties in their child. Dr Nicholls will touch on the latest research about what makes one child vulnerable to developing an eating disorder when another child from the same family and in the same environment may not. The sorts of treatment that a young person should expect will also be outlined, along with pointers to useful sources of support.

Who is this event for?

This talk is primarily for parents of children age eight and above who are interested in increasing their awareness of this issue. It will also be of interest to all those who work with children and adolescents. The talk will not cover other types of eating difficulties such as fussy or picky eating.

What parents will gain from the event:

- An understanding of the types of eating disorder and knowledge of how they differ from 'normal' concern about eating, weight and shape
- Recognition of the early signs of disordered eating behaviour and how to respond
- An understanding of some of the factors that may keep an eating disorder going once it has developed
- Knowledge about the types of effective psychological treatment that are available
- Knowledge of who to contact and where to turn if you need more help

[Click to Book Now](#)

Event Details

Date: Mon, 25th Mar 2019

Time: 19.30-21.15

Location: The Maltings Theatre

St Albans, AL1 3HL

Cost: £19pp

About our speaker



Dr Dasha Nicholls is a Reader in Child and Adolescent Psychiatry at Imperial College London and works as a Consultant Child and Adolescent Eating Disorders Psychiatrist in London and Bedfordshire. Previously she co-led the Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital. Her clinical work is concerned with feeding and eating disorders in children and adolescents, including early onset eating disorders, avoidant restrictive food intake disorders, and child and adolescent obesity. She has published over 60 research articles and book chapters and is actively engaged in lecturing and teaching. She is Past President of the Academy of Eating Disorders, was Chair of the Junior MARSIPAN group, is a member of the NICE Guideline Committee and Expert Reference Group, and is chair of the Eating Disorders Faculty of the Royal College of Psychiatrists.



Come along to a funded* 9 week course for parents/carers of children aged 5-19 at our partnership schools about:

- Recognising and trusting feelings
- Expressing feelings in a responsible way
 - Developing problem-solving skills
- Improving relationships and communication
 - Raising confidence and self-esteem
 - Building networks of support

Families Feeling Safe

Fridays - 26th April, 3rd, 10th, 17th, 31st may, 7th, 14th, 21st and 28th June
9:30 – 12.00

Harpenden Plus Partnership, Sauncey wood School
Pickford Hill, Harpenden

Bookings for this course will be taken by emailing
dmarsden@saunceywood.herts.sch.uk

You will be sent a booking form and places will be secured upon receipt of your completed form and a refundable deposit.

All information is correct at the time of going to press, but may be subject to change.

*£50 if your child does not attend a Harpenden Plus Partnership school

List of partnership schools: Beech Hyde Schools, Crabtree schools, The Grove schools, Harpenden Academy, High Beeches, Kimpton, The Lea, Manland, Redbourn, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End, Batford, Kimpton

Wellbeing Support for Parents

1 in 4 people will experience stress, anxiety or low mood at some stage

Every year we help over 19,000 people in Hertfordshire

Who are we?

The Wellbeing team is designed to help people like you manage everyday problems.

We are part of the national initiative Improving Access to Psychological Therapies (IAPT).

The NHS Wellbeing Team are offering free, confidential support to all parents.

Are you...



This support is based on Cognitive Behaviour Therapy (CBT). CBT is highly effective at reducing symptoms of low mood, anxiety and other emotional problems.

If you are feeling anxious or stressed we aim to help you:

- Understand why you feel this way
- Explore with you, how the way you behave effects how you are feeling
- Agree what you want to improve and develop new ways of thinking and coping

Our help is offered in different ways to suit your needs including:

- Individual sessions
- Online programmes that you can access in your own time with telephone support
- Workshops and/or group work

How to get help:

You can make a self-referral by calling the Single Point of Access Team on 0300 777 0707. Or find out more about what we do and make an on-line referral by visiting

www.talkwellbeing.co.uk

We pride ourselves on seeing people quickly – and you will be contacted within a week of referral to book your first appointment.

HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR

CONFIDENTIAL HEALTH ADVICE AND SUPPORT:



07480 635 050

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING | RELATIONSHIPS | SEX

EMOTIONAL HEALTH | BULLYING | SMOKING

SELF HARM | CONTRACEPTION | ALCOHOL & DRUGS

YOU CAN ALSO VISIT:

HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH

INFORMATION, TAKE QUIZZES, JOIN

WEBCHATS AND FIND OUT THE

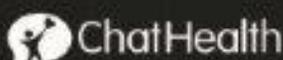
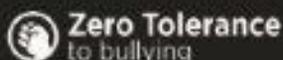
TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS



PREPARE TO BE AMAZED
AT A CHARITY EVENT LIKE NO OTHER



An evening of platters, drinks and magical entertainment
as International Performers come to Harpenden

FOR ONE NIGHT ONLY

PRESENTED BY
SHOWTIME CIRCUS
& DEBORAH FITZ
INTERIORS

Saturday 27th April, 8pm-12pm
Crabtree Fields, Harpenden, AL5
Tickets & Info available from
rollup@showtimecircus.co.uk



ALL PROCEEDS GO TO CHARITY