

Issue: 130

Roundwood Park School, Roundwood Park,
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Date: 7 June 2019



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

Headlines

Dear Parents and Carers

It has been a good first week back after the half term holiday. The students in Years 11 and 13 have resumed their exams and we all continue to be impressed by their attitude and determination as they arrive ready to sit the papers.

Next week, a group of Year 10 students will be doing work experience in the community and we are looking forward to visiting them and hearing all about what they achieved when they come back. This is a very exciting time for them and it will complement their studies superbly. In the same week, most of our Year 12 students will be doing work experience too. There are some very exciting placements and I would like to thank all the parents and employers who have offered such amazing opportunities for our students in the coming week.

We had our annual sports day on the last day before half term. This was a thoroughly enjoyable occasion where students of all abilities competed for their houses in a variety of field and track events. The level of competition was extremely fierce and, once again, the points tables were really close. This showed that participation by houses and students is one of the most crucial factors in determining who wins on the day. Just as impressive, and highly amusing, was the staff relay which, it is fair to say, featured a wide variety of running styles. As usual, I managed to do an excellent job in my role as starter!

I would like to wish you a lovely weekend and enjoy the carnival if you are going.

Alan Henshall
Headteacher

Policing of zig-zag lines outside school

The local Police Community Support Officer has been patrolling the zig-zag lines outside the school site recently. He has asked us to advise our school community that anyone caught illegally parked on these lines will now be issued with a £100 fine and 3 points on their licence.

Inconsiderate driving and parking put children at risk when buses have to mount the pavement endangering pedestrians.

Please can we also remind you that no-one should be parking in the turning circle at school drop off or pick up, unless your child has a significant mobility problem. This applies to all members of our community, enables safe access of school buses on to site and also means the school entrance is free from congestion as children enter and exit the site.

A copy of our Travel Code of Conduct has been sent by email to parents and carers this week and we respectfully request that this is followed at all times.

Paul Seymour
Director of Operations

Year 7 Consultation Evening

Year 7 Consultation Evening will take place on **Thursday 4 July from 4.30pm – 7.30pm.**

The online appointment booking system will be open to parents from 8.00pm on Monday 10 June until Thursday 20 June at 10.00pm.

Forthcoming Events

w/c 10 June

Y12 Work Placement Week

w/c 24 June

Enrichment Week

4 July

Year 7 Consultation Evening

Friday 19 July

Non Uniform Day

Please visit the [RPS 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.

Trip Payments

Residential Trips

Y12 Nettlecombe Court Biology Trip:

Full Payment: overdue

Y10 South Wales Geography Trip:

Balance payment: overdue

MFL Paris 2019:

Balance Payment: overdue

MFL Rhineland 2019:

Balance Payment: overdue

D of E Silver Award 2019:

Interim Payment 3: overdue

Balance payment: overdue

Liverpool Geography Trip 2019 (Yr12):

Balance Payment: overdue

Holland Football Tour 2020

Interim Payment 1: overdue

Interim Payment 2: £120 due 12 July

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

Miss C Manton, Residential Trip Coordinator

Vacancies



Any current vacancies are published on our website. Please follow the link below:

<https://roundwoodpark.co.uk/vacancies/>

Student Absences

If your child is unwell and cannot attend school please either email absence@roundwoodpark.co.uk or call the **absence line on 01582 714049** before 8.30am on the day of absence.

Whilst we would prefer that your child has medical appointments outside of the school day, if this is unavoidable please email absence@roundwoodpark.co.uk as far in advance as possible. This is also the case for exams held out of school or for other short appointments. These will be noted on the register which will be checked before your child signs out at reception. Please note that students will not be allowed to leave school without a note/advance notice given/collection by parent/carer. Students who are late to school because of appointments/late buses/other reasons or returning to school after appointments should sign in at the KS3 pastoral office in the English block up until 11am (reception thereafter).

If your child will not be at school for a longer planned absence such as to attend a family funeral or for any other reason please email Mr Henshall to request his permission (head@roundwoodpark.co.uk).

UKMT Junior Maths Challenge

Congratulations to the Year 7 and 8 students who took part in the recent maths challenge.



M Gaches (Y8) and D Gaches (Y7) have qualified (with very impressive results) for the Olympiads.

The following students have all qualified for the Kangaroo round:

L Godbee, F Crowley, L Bromley, J Fakile and A Turner (Year 8)

B Wake, A Rothwell, E Watson and R Flaxbeard (Year 7)

Lost Property



We have a large amount of unnamed lost property at reception including some high value items such as phones, glasses, jewellery and headphones, as well as clothing and keys.

If you think your child may have misplaced something, please ask them to go to reception to check whether it is there.

All items will be donated to charity at the end of the summer term if not collected.

Please remember to name all your child's property as it will be returned to them if found.

School Uniform donations for Harris Academy, Tottenham

Our former Head of English, Mrs Lewis, left RPS last year to teach in an inner city school in Tottenham. Struck by the number of children



who cannot afford trainers for PE, school shoes or even winter coats (she knows of twins who have to share a winter coat – one wears a coat one day and the other the next), Mrs Lewis is setting up a second hand uniform stall at Harris Academy. She has asked whether we would be able to donate any unwanted school uniform - **black school shoes, trainers, football boots, white shirts, black trousers or skirts and coats.**

If you would like to help, and can spare any unwanted uniform, please bring these in to Mrs Barley in the English office by **Friday 21 June.**

Many thanks.

Medical Physics Technologies and Career Opportunities

On Tuesday 4th June all our Year 10 and 12 physics students were given a fascinating insight into the world of Medical Physics.

Janis Brown, a Clinical Scientist from the Department of Medical Physics (Nuclear Medicine) at Mount Vernon Hospital gave a series of talks about the role of physics and technology in medical imaging and treatment plans. Our students already learn about ultrasound, x-rays and use of radioactive materials in cancer treatment and diagnosis as part of their GCSE and A Level physics courses. Janis was able to show them real life applications of these technologies as well as explain other techniques such as CAT, PET and MRI scanning.

She also described some of the career opportunities in this field. There is a shortage of Clinical Scientists and it can be a very rewarding career.

Healthcare science staff are critical to the delivery of patient care. In fact, the healthcare science team are involved in 80% of all clinical decisions in the NHS and develop some of the most amazing clinical technologies.

Some healthcare science teams in areas such as genetics work in labs but many do not, especially in areas where they need to interact with patients. In Medical Physics, Clinical Scientists give therapies and advise on matters of radiation protection to both doctors, patients and relatives. They also take part in novel research to advance the field of medicine.

There is a clear career pathway for staff working in healthcare science. With hard work and a commitment to continuous learning, staff can reach the level of consultant healthcare scientist, with a PhD, advising doctors on patients' treatment.

Certainly food for thought for those of you with an interest in physics and medicine!

Mrs K Robbins, Head of Physics

Track & Field Cup (Herts round)



Well done to the Track and Field Cup squad, who competed at one of the county rounds of the national track and field cup recently. In this event, each student has to compete in two events and there are several tactical nuances to how you set your team up.

Competing as four age/gender teams, they've performed exceptionally well:

Junior boys (Yr 7&8): 2nd

Led in points by Bruzas, Chandra, Burrows & Hughes.

Junior girls (Yr 7&8): 2nd

Led in points by Adio-Moses, Parfitt, Crowley & Braylin.

Intermediate boys (Yr 9&10): 4th

Led in points by Bright, Mancey & Gaunce

Intermediate girls (Yr 9&10): WINNERS

Led in points by McIntosh, Booth & Pawlaczek.

We've since found out that the Inter-girls made the A regional final, while the other three teams have made the B final.

Ex-student crowned English Women's Amateur Golf Champion



Ex Roundwood Park Student, Ellen Hume, is the new **English Women's Amateur Champion**, winning a superb final against Lily May Humphreys on the 19th hole at wet and windy Saunton Golf Club, Devon on 26th May 2019.

Despite the most testing conditions, the players produced great golf, with the momentum swinging to and fro over the closing stages.

"It's the toughest match I've ever played," said Hume, from Mill Green Golf Club. "I knew that Lily is a great player and I felt I was the underdog going into the match, definitely. It's unbelievable, I never expected to win, especially with the opponents I've had. The odds weren't in my favour!"

Ellen who left Roundwood last year had returned from her first year at university in the USA with her game in great shape. She underlined that earlier this month when she also won the Hertfordshire women's championship.

Well done Ellen and good luck for your future golf career.

Mr Barnett / Mr Hunter

Saracens win Gallagher Premiership title with help of ex-student

Congratulations to Ralph Adams-Hale, who left the school in 2016, as he came off the bench on Saturday 1st June and helped Saracens to secure the Gallagher Premiership title. Ralph has been mentioned by many pundits since the game for a key carry, offload and clearout which set up a key try for Saracens as they went on to beat Exeter.

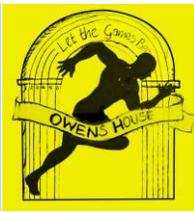
Ralph spoke brilliantly at this year's Sportspeople's dinner hosted by RPS PE. Since then he's gone from strength to strength and is now Premiership Champion.

Mr Hunter, Head of PE



Swimming

Congratulations to J Wilde (100) who has been invited to swim at the British Championships this summer, qualifying for two events - 50 free and 50 breast. He is ranked top 20 in Britain for his freestyle and breaststroke - an amazing achievement.



Sports Day 2019



Students and staff alike enjoyed a fabulous sports day on Friday 24 May. Well done to all those who took part, in whatever capacity – the atmosphere was fantastic, with students cheering each other on and excellent team spirit shown by all of the houses.

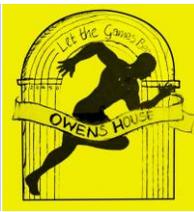
Congratulations to Mandela who were crowned Sports Day champions in this very close competition!

Mr Hunter, Head of PE

Overall Results

1st	Mandela	747
2nd	Scott	743
3rd	Frank	740
4th	GT	737
5th	Wilberforce	709
6th	Cadbury	693
7th	Owens	657



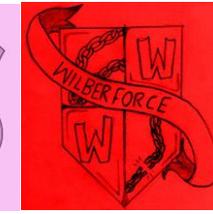
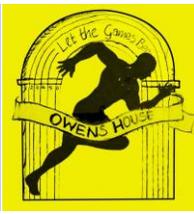


House Totals:

Mandela	184 pts
Wilberforce	184 pts
Owens	182 pts
GT	176 pts
Scott	171 pts
Cadbury	169 pts
Frank	152 pts

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

[RPS HouseSystem](#)



Warrior Packs for Cancer Patients

Charity is a very important element of Roundwood Park life and as the new Charity Captains in the Sixth Form SLG, we would like to expand our involvement with the local community.

For the past year, the school's national charity has been Macmillan Cancer Support. We are starting an initiative to make **Warrior Packs** for cancer patients, which are **collections of small items designed to lift their spirits and occupy their minds whilst going through treatment.**

As part of the initiative, we would be very grateful for donations of items that could be include in these Warrior Packs. These packs will be given to cancer patients of all ages, including children, teenagers and adults.

Some ideas of donations include:

a colouring book, pencils, journal, reading books, socks, lip balm, moisturiser, water bottle, playing cards, a manicure set, puzzle book, tissues, magazines, earphones, hand sanitizer, gift cards, gloves, scarves, teabags and scented candles.

We would like any donations by 26th June as we are intending to compile the packs and deliver them, along with Macmillan nurses, to our local hospitals.

If your child would like to donate, please get them to bring their donations to the form and House leaders and House Captains will then transfer them to the Business Studies office downstairs in the English Block and leave them with Mrs Tattersall.

Many thanks for your support.

S Singer, A Eckley and R Scott - Roundwood Park Charity Captains

V Tattersall - Head of House System

Expressive Arts



SPOTLIGHT

Calling all talented, creative or sporting alumni, parents, siblings and distant relatives!

Are you in a career that facilitates, encourages and promotes the studying of the arts and sport subjects within school? Have you managed to turn your love of art, design, drama, theatre, textiles, music or PE into a sustainable and viable career? Do you have passion, drive and enthusiasm about the career choice you made?

If so, we would LOVE to hear from you!

Your skills, knowledge and experience could really help us promote careers in the creative and/or sporting industries within our school. Here in the Expressive Arts faculty at Roundwood, we are firm believers that every child should follow what they are passionate about as far as they possibly can. However, many students feel obliged to take a different path, often influenced by those around them with a more limited view of the employment market or the potential opportunities for students who have studied our subjects. Every year we have visits from young people having chosen different pathways at GCSE and A level, who are visiting from University or who are out in the world of work and regret not taking their passion for one of our subjects further.

I'm not asking anything from you other than a few minutes of your time at this stage. I would love to create a directory of people within our school community whose jobs rely on knowledge, skills and experience cultivated in or gained from any of our Expressive Arts subjects including PE, whether that be in TV, broadcast media, advertising, theatre, website design or architecture, artist management, sound production, sports promotion, sporting and leisure events management to name but a few. It would be amazing if we could collect contacts who would be willing and able to do any of the following:

- i) Offer answers to questions we may have relating to your career.
- ii) Share links to schemes that young people can get involved in to relating to jobs within the Creative and/or Sporting sector.
- iii) Speak to small groups of pupils about their options, pathways and opportunities in your area of work.
- iv) Forward on or tag us in information/articles/circulars that would inspire our students and prick their interests about furthering their passions.

Whatever it happens to be, we would love to hear from you and so would our pupils. Please drop me a line to m.garbutt@roundwoodpark.co.uk if you have read the above and feel your experience may be helpful.

*Please also find and follow us on **Twitter** @RPSCreative and @RPSPE.*

Thank you for your support!

NOW CASTING

CASTING FAMILIES WITH 9 OR MORE KIDS FOR THIS HEART-WARMING NEW SERIES!

DO YOU HAVE 9 OR MORE KIDS?
IS YOUR FAMILY CHAOTIC BUT FUN?

DO YOU HAVE THE BEST AND BIGGEST FAMILY EVER?

DO YOU HAVE A MANIC MORNING ROUTINE?

IS YOUR SCHOOL RUN A SCRAMBLE?

ARE HOLIDAYS MORE RIOTOUS THAN RELAXING?

Please get in touch if this sounds like you!

Email: meandmycasting@elephanthousestudios.com

or call Miranda on: 02035803613

ME AND MY GREAT BIG FAMILY



5

University Application Process Information Evening

**Wednesday
10 July 2019**



**Come to find out how to apply
for a place at university.**

Are you a parent supporting your child with UCAS for the first time? Or, are you looking for a refresher of the application process? The University of Hertfordshire has organised an event just for you, to find out:

- The application procedure
- How to write a winning personal statement
- Hear from our Admissions team on what they look for in applications

Students, you are more than welcome to come along too.

We look forward to welcoming you to the University.

Book your place, go to go.herts.ac.uk/applicationevening

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

**Wednesday
10 July 2019
19:30-21:00**

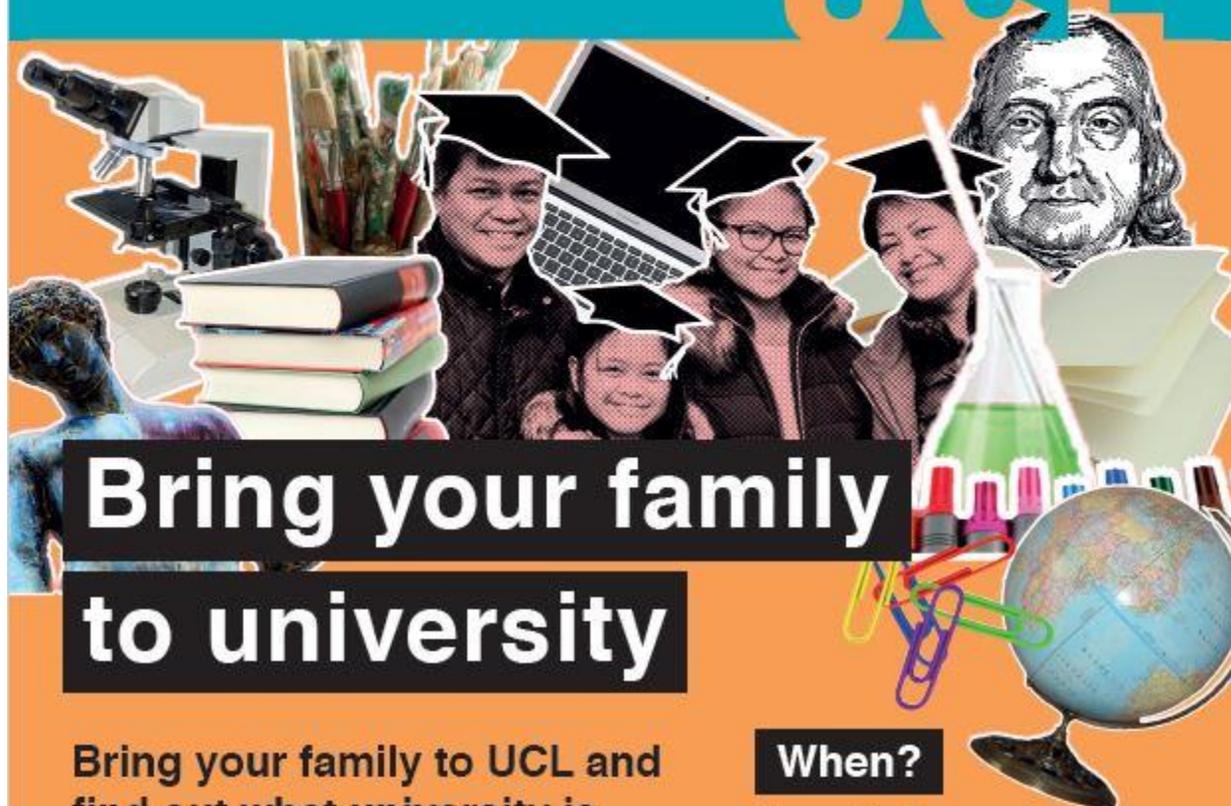
College Lane Campus
University of Hertfordshire
AL10 9AB

Admission: **Free**

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



UCL



Bring your family to university

Bring your family to UCL and find out what university is really like. You will learn about:

- How to start planning your journey to university
- The range of subjects available
- Possible career paths
- Transitioning to life as a student in central London
- How you can support your children to make informed choices (for parents)

This event is FREE and includes lunch.

UCL is able to provide travel arrangements where necessary.

Applications close:

Monday, 17 June 2019, 10am

When?

Years 5–6
13 August 2019

Years 7–11
16 August 2019

Where?

UCL, Bloomsbury campus,
Gower Street, London,
WC1E 6BT

How do I apply?

Complete our application at

ucl.ac.uk/widening-participation/family-visits



Starting Secondary School?

A friendly workshop for parents and carers of Year 6 pupils, exploring both what you need to know, and what you can do to support your child through the change to secondary school education.

Friday 5th July

9:30—12

**Harpenden Plus Partnership
Jubilee Room, Sauncey Wood School,
Pickford Hill, Harpenden AL5 5HL**

Fully funded by Harpenden Plus Partnership *

To register your interest

email : dmarsden@saunceywood.herts.sch.uk

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

*£20 fee if your child does not attend a HarpendenPlus Partnership school

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

Understanding Adolescence – Positive Strategies for Children- Talk

Summary



Adolescence is a developmental stage that takes up 10% of our lifespan. We all experience it, few of us remember it, yet arguably it has the greatest impact on our futures. Adolescents often feel misunderstood and frustrated, whilst parents feel that everything they ever knew about being a parent is snatched away almost overnight.

This talk will discuss the challenges of living with young people, and introduce successful strategies for managing behaviour. It will invite the audience to consider how thinking about things from their child's perspective can encourage more collaborative conversations. It will show parents how to adopt a more open, person centred, communication style that uses active listening, ensuring conversations can end with parents feeling appreciated and adolescents feeling more understood. This approach will be useful for all members of the family to help motivate young people and keep their lives on track.

Who is this talk for?

This talk is for parents, grandparents and carers of children aged 11 to 19.

What parents will gain from this talk

- An understanding of the biological, psychological and social changes in adolescence
- An understanding of how these developmental changes can have an impact on, and be impacted by, the developmental demands of being a parent.
- Knowledge of the current successful strategies for managing teenage behaviour
- Knowledge of positive communication approaches and five simple steps used as part of a person-centred communication style

Booking is essential. Book NOW

Event Details

Date: Mon, 24th June 2019

Time: 19.30-21.00

Location: The SandPit Theatre, St Albans, AL4 9NX

Cost: £19pp

About our speaker

Deborah Christie is Professor of Paediatric and Adolescent Psychology and Consultant clinical psychologist/clinical lead for paediatric and adolescent psychological services at University College London Hospital's NHS Foundation Trust. She is currently President of the Society for Adolescent Health and Medicine and Co-Editor in Chief of *Clinical Child Psychology and Psychiatry*. She has published over 100 peer reviewed papers and chapters and is co-editor of the bestselling *Psychosocial Aspects of Diabetes in Children, Adolescents and Families*.

She has a passion for working with young people searching for ways to live with chronic illness. She is an international presenter and trainer in adolescent psychosocial development, motivational and solution focused therapies and works with multidisciplinary teams to help them engage and communicate effectively with children, young people and families living with chronic illness and managing complexity.

Growth Mindset – a Guide for Parents

Summary



Do you believe that you are either clever or you're not? Do you think intelligence is a fixed thing?

A ground breaking theory on mindset is making huge waves in how children are being taught today. Most of our teachers are nurturing a 'growth mindset' in our children. According to pioneering psychologist Carol Dweck, "In a growth

mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone is the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it." It is an exciting and progressive concept schools are using and through this talk by Dr Warren parents have a chance to reinforce the concept at home too.

Who is this event for?

This talk is for parents, grandparents and carers of children of ALL ages.

What parents will gain from the event?

Dr Frances Warren from Growing Learners, University of Portsmouth will talk about mindset research and theory from the US conceived by Carol Dweck. Dr Warren will address three broad questions during her talk:

- What is mindset?
- How do different mindsets develop and why are they important?
- How can parents help children to develop a growth mindset?

What you will gain from coming to the talk:

- An understanding of the theory and research about Mindsets.
- Knowledge to enable them to identify their own and their children's Mindsets.
- An understanding of the impact of Mindset on education and resilience.
- Tips on how to support their children to develop a Growth Mindset.

[Booking is essential - click here to book](#)

Event Details

Date: Thurs, 4th July 2019

Time: 19:00 to 20:45

Location: Parmiter's school (Main Hall), High Elms Lane, **Watford**

Cost: £19pp

About our speaker

Dr Frances Warren is part of the Growing Learners team of education research psychologists based in the Psychology Department at the University of Portsmouth. Dr Warren has worked with the team since its inception and they have now provided mindset interventions for over 250 nursery schools, schools (primary and secondary) and colleges across Europe.

The Growing Learners team is passionate about supporting schools and parents to improve children's expectations and attainment using evidence based practice to support them to become resilient, confident and effective learners. Everything that they offer is underpinned by psychology and education theory and applied research showing what works.

Tweenies Workshop



A free* work shop for Parents and Carers of children in year 6 and 7

Have you noticed your child is developing into a Teenager?, would you like some strategies to support your developing child?, Is your child about to/ recently transitioned to Secondary School ? - come and find out how to support them, does your child want more independence ? - find out how to safely meet their needs without the worry.

Friday 13th September 9:30 - 12, Jubilee Room, Sauncey Wood School, Pickford Hill, Harpenden, AL5 5HL

To express interest please contact dmarsden@saunceywood.herts.sch.uk

You will be sent a booking form and your place will be secured upon return of your form and £10 refundable deposit, if the deposit is a barrier to your attendance please contact us in confidence.

*£15 if your child does not attend a HarpendenPlus Partnership school

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

About Carers in Hertfordshire

We are a leading charity that supports unpaid carers throughout Hertfordshire.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

We support carers of all ages, including children, and our services are free of charge.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX

Tel: 01992 58 69 69

Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

Our support for parents and carers.

We have Involvement and Development Workers supporting carers of someone with a mental health condition or who misuses drugs or alcohol, who can provide information relevant to your caring role and can help you to speak up to those providing or planning local services.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage CAMHS (Child and Adolescent Mental Health Services) in Hertfordshire;
- Provide training and learning opportunities;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)



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

NATIONAL HEALTHCARE WEEKEND



YEARS 10 - 12 AND PARENTS, JOIN US AT MEDIC MENTOR'S 2 DAY
CONFERENCE FOR ASPIRING MEDICS, DENTISTS AND VETS.

Day 1: Insight into Medicine, Dentistry or Veterinary

14 unique talks for each specialty looking at experiences from A Levels, throughout university and leading to life as a fully qualified professional.

Day 2: Medicine only UCAS Lectures

A full day of lectures covering the medical application process including work experience, personal statements and interview techniques led by our team of doctors.

Stirling	15th - 16th June
London	6th - 7th July
Cardiff	13th - 14th July
Birmingham	20th - 21st July

Registration:*
Day 1 starts from £25
Day 2 £150

*Students from low income backgrounds can apply to attend for free
Teachers attend free
Proceeds from events are reinvested to support the next generation of healthcare professionals.

Register now at medicmentor.co.uk
or call 01524 389772

HERTFORDSHIRE PRACTICAL PARENTING PROGRAMME ST ALBANS AND DISTRICT AREA



Introduction

Hertfordshire Practical Parenting Programme is a Community Interest Company who offer specialist family support. This includes parenting support which covers child-parent abuse and parenting teenagers. We are a not for profit organisation.

St Albans Inclusion Advocacy Service

Our Advocacy Co-Ordinator will be on hand to support families in the St Albans and District area. It may be that you are experiencing isolation or need support to access services. We will be specializing in supporting families with children who are 12+ and need family support and will work with families in need either by phone or face to face. The Project will be linked to our service

Parenting Group

Within the advocacy service we will be looking to set a parent group offering additional support from both our volunteers and your own peers. We will provide a safe, comfortable environment where you can come and chat with others who may be in a similar situation. Tea and coffee will be on hand!

Cost of the Service

There is no cost to the service for advice and guidance that you receive from the Advocacy Co-ordinator.

If you are looking for family support then we will be happy to help you with phone advice. If you would like a Family Support Worker to work alongside your family, there may be a small charge to cover the costs to our charity. No family will be turned away if they need our help. We will always do what we can to help.

Please contact us to find out more!

Address

The Hub, Civic Centre,
St Peters Street, St Albans,
Hertfordshire, AL1 3JE,

Email

ias@hertfordshireppp.co.uk

Phone

01992 638 000

Key Contact

Marianne Burrows
Advocacy Co-Ordinator

Website Address

www.hertfordshireppp.co.uk See what our families and colleagues say about us!

Volunteers

We welcome anyone who would like to volunteer on behalf of the St Albans Inclusion Advocacy Service to come along, share your knowledge, skills, support others and give something back in your community.

Full training will be provided, and all workers will need to have a DBS check and references taken.

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

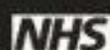
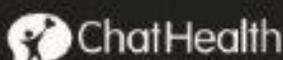
TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS



QUIZ NIGHT

Friday 14th June 2019

Roundwood Park Canteen

7.45-9.45pm

Join us for a night of Fun, Friends and Quizzes. We will have a fully stocked CASH bar and in addition we will be providing snacks on the evening – guests are welcome to bring own food.

Group sizes are up to 10 – please do not worry if there are only a couple of you, we can combine groups to make a team on the night.

TICKET prices are £10pp that includes your first Prosecco or Beer alongside table treats.

Please email v.tattersall@roundwoodpark.co.uk

Fundraising for Ecuador 2020

Cate Tattersall

Hannah Brown

Sophie Veal



80S NIGHT

Friday
14th
June



7.30pm to
Midnight
Tickets £10

BENNETS
21 Leyton Road
Harpenden AL5 2HU

For tickets please contact
zara_mehra@yahoo.co.uk or
monapatel1973@yahoo.co.uk

*Featuring
DJ Steve Dee*

Fundraising event for
World Challenge Ecuador 2020

HARPENDEN
ARROWS

The Oval
Summer
fun day

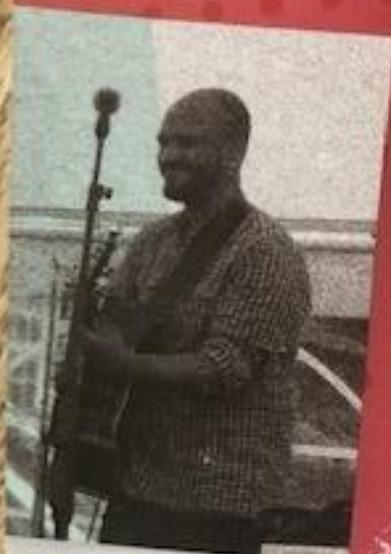
22
JUNE

2:00
to 5:00
pm

 **YWAM**
HARPENDEN
Registered Charity Number 1156283

HARPENDEN
ARROWS 

Tractor Rides
Bouncy Castles
Activities
Stalls/Food
Fun Dog Show



Summer Fair

Registration for Dog Show from 2:00 pm

Interested in having a stall? Contact:
bookings@ywamharpenden.org

The Oval Run

1 mile fun run for all: 1:30pm

5 mile run for adults: 2:00pm

*Chip timing for both 1 mile fun run
and 5 mile run.*

Entry just **£5** for the 1 mile
and **£10** for the 5 mile!

[facebook/theovalrun](https://www.facebook.com/theovalrun)

Onsite parking:

£2 per vehicle

Highfield Oval, Harpenden, AL5 4BX

www.ywamharpenden.org



Sign Up Online At:
www.theovalrun.co.uk



**GRAB A
TEAM
ITS
QUIZ
NIGHT**



Bennet's Club

21 Leyton Road
Harpenden
AL5 2HU

At 7.30pm

On Thursday 11th July

£5 per person on the door

Please come and support our fundraising event for Kimberley Miller and Jacob Davies' World challenge trip to Ecuador. Please contact Sara Miller (07542 941607) or Michelle Davies (07985 913435) if you'd like to book a table for your team. Maximum of 8 per team. There will be a raffle with some fantastic prizes.