



NEWSLETTER – 21st October 2022

VALUE: GENEROSITY

Focus: Caring for Creation

“God Loves a cheerful giver” 2 Corinthians 9:7



Reception and Buddies

FROM THE HEADTEACHER

As this is the last week of the half term, I have tried to take a moment or two to reflect. The year has started very well in so many ways. I consistently see children coming happily into school, keen to find their friends and start the day off. It is lovely to see the smiles as they get out of cars. For the few that find the start to the day a bit challenging, I have observed some fantastic examples of care and support as children have purposefully waited for a friend, whose car they have recognised in the queue, so that they can walk round to their class together. This kindness has such an immediate and positive impact.

I have also seen excellent behaviour in classrooms with children listening carefully to the adults and contributing well to discussions, even the youngest children. There is still some work to do in ensuring that all of the children listen well to other children and pay attention to their ideas but this is coming along. It is very easy for children to be self-absorbed and lack the maturity to realise that as they appreciate others listening to them, they should always reciprocate. Through focus and praise, we will work on this with them.

The displays in the classroom have developed over the term, providing key information and celebrating some of the super work. They look great and illustrate the learning that is taking place. I have also seen great progress in books. As part of our work together after school, the teachers and I look through children's books to check the progress and check that our teaching is proving to be effective for all of the children. I have been very pleased with what we have seen and know that the teachers are paying attention to anything that needs more attention for individual children.



I am so pleased with all of the staff and the hard work that they consistently put in to meeting all of the children's needs. I was delighted when we received an exceedingly positive report from a recent review of our work on wellbeing. Here are a couple of extracts:

Pupils spoke about their sense of belonging to the school community and described how they felt about being in school. Their comments included, 'I feel relaxed, safe', 'It's friendly', 'We are pushed in our learning', 'It's got a great atmosphere, it feels like home.'

Pupils were asked to reflect on what aspects of the school they would remember when they looked back as an adult. The highlights that they predicted would be in their 'memory banks' included: Christmas time, the amazing Christmas roast dinner, hanging your own bauble on the tree, singing, church services, their friends and teachers, the Jubilee party, the pumpkin hunt and sports activities. The school is certainly helping the children to build positive memories.

The Reception children are now joining the rest of the school on the playground at lunchtimes. They have settled in well and we feel they are now ready for this. To help them, they have buddies from Year 6 and have started to get to know them. The buddies volunteered for this and enjoy being responsible and supportive (and perhaps having the chance to play in the sandpit again).

This week, the children have been bringing in their homework projects. I am so pleased to see the number that are now reading most nights and I can't stress enough the importance. We have made changes to the maths and this is still developing, but the plan to reinforce their current learning seems to be working well. Today, I have given out over 50 gold certificates, and nearly 20 silver and 15 bronze. This is brilliant and shows that children are engaging with all of the elements. Unfortunately, there are still a few who do not complete the work or have the reading diaries signed. It does concern me that these children are missing out on developing the fluency and enjoyment of learning that this can ensure.



I am always impressed with the fantastic creations that come into school. I am aware that some are very independent pieces of work and others family collaborations. All are equally appreciated. When we give out certificates, we are aware that in many cases, we are recognising the whole family's support and involvement and we appreciate the benefits the children gain from working with parents and grandparents and learning a whole range of skills. This half term's topics have been Egyptians (Diamond Class), the Bronze and Iron Age (Emerald Class) and the History of Transport (Sapphire Class)

For Religious Education, we not only focus on teaching the children about Christianity, we also focus on other world religions. We believe that understanding and tolerance often go together. Children in Sapphire class have, as part of their harvest focus, learned about the Jewish festival of Sukot. One of the important traditions of this festival is the



making of a Sukkan. This is a type of hut with three sides and a roof made of organic materials and is the Jewish community's recognition of the time that their ancestors wandered in the desert and had no permanent homes. The children have enjoyed making their own Sukkan models and have also been fascinated by a somewhat larger version that the premises manager has constructed for them outside of their classroom.



Food Survey: The summary of the findings from the survey is attached with this newsletter. We have shared this with the catering staff so that any issues or recommendations relating to school dinners can be considered. I have asked

that the school council lead an exercise in gathering views from the children. We will be updating our policy regarding snacks and packed lunches sometime after half term and will inform you about this before any of our expectations change. In the meantime, please be aware that we will start enforcing the water only in water bottles from after half term (not juice). This is in response to the guidance from dental experts. If, however there is a medical reason for making an exception for your child, please could you provide the appropriate documentation.

Parent meetings will be taking place on the 9th November and the appointment system will be available after half term. For parents who have had a recent discussion about your child's progress as part of a SEN review, you do not need to make an appointment but we will provide an opportunity for you to pop in and see your child's latest work. More information will be sent to you after the half term.

Wishing you all a lovely half term break,

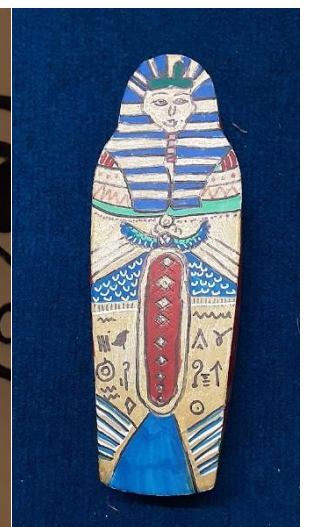
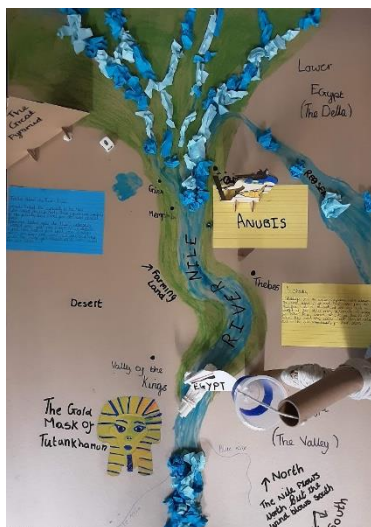
Jeremy Fisher



The History of Transport - Sapphire Class



The Bronze and Iron Ages - Emerald Class



Ancient Egypt - Diamond Class

MESSAGE FROM GREAT ST MARY'S CHURCH



Father Simon writes:

I was reading something the other day which was comparing two panoramas of London.

The first was an engraving from around 1600 - several decades before The Great Fire of London. As well as the densely packed housing and shops, the dominant feature in

the engraving is the number of church spires and towers, all reaching up into the sky as far as the eye can see.



The second image was a photograph taken in the past few years. Despite the Second World War efforts of the Luftwaffe, many of the churches still survive. But most of them can no longer be seen, dwarfed, like any of the other relatively low-rise buildings, by the number of contemporary office blocks attempting to touch the clouds.

The writer was highlighting how our buildings seem to reflect where power and influence - for good or bad - lies in society, and where society's heart probably dwells. In the past, the dominant buildings of London were temples pointing heavenward to God. Now the skyline is dominated by temples to materialism and consumerism in which, as we've seen in the past week or so, the power to unseat members of His Majesty's government still dwells.

Thankfully though, whilst often physically overshadowed by taller buildings, overshadowed by other distractions in life and overshadowed in our nation's public debates, God continues to be the focus of many human hearts.



This Sunday at Great St Mary's we're going to be celebrating the Feast of Dedication - an opportunity in the year to give thanks for our beautiful church building here in Sawbridgeworth, and the place it holds - with its spire thankfully still visible above the roof tops of our town - in our hearts and in our community. It's also an opportunity to give thanks and to remember those who, so many centuries ago, first laid the foundations of our town's great house of prayer, and all those many thousands of people since who have worshipped here, kept the building maintained, and who keep God's Church - both materially and personally - alive and ministering to our community.

It would be lovely to see you this Sunday at 9.30am for our celebration before you all have a wonderful half-term week.

Yours in Christ,

Fr Simon



BIRTHDAYS THIS WEEK AND OVER THE HALF TERM BREAK



Emerald
Lexie
Tristan



STARS OF THE WEEK

Ruby

- ✚ Rowan for working happily all week.
- Sapphire
- ✚ Abel for working hard in English lessons.
- ✚ Lisa for being a good role model to all her peers



Emerald

- ✚ Sienna T for her fantastic contributions to whole class reading.
- ✚ Tristan for working hard to improve his handwriting.

Diamond

- ✚ Mariia for excellent work across all her subjects.
- ✚ Toby for excellent focus in his learning.



ATTENDANCE THIS WEEK

Attendance Ladder



**Whole School
Attendance – 94.08%**

**Whole School Target Set –
96%**

Please contact school on the first day of any absence. This can be done by calling **01279 723 204, Option 1** and then leaving a message on the absence line.

If you are going to be late, please also advise the school office to ensure a meal is ordered in time.

NOTICES

- ✚ **Afterschool Care** – We have partnered up with Super Star Sports to run a trial to provide afterschool care up until the end of the autumn term. Afterschool care provision will start on **Monday 31st October** from **3.15 to 5.45 pm, Monday to Thursday's**. Please see the flyer below for more information on how to book directly with Super Star Sports or click on the link: <https://superstarsportuk.class4kids.co.uk/camp/107>
- ✚ **Secondary School Admissions** – this is a reminder to parents of **Year 6** children that the deadline to apply for a secondary school place is **Monday 31st October**.
- ✚ **Nasal Flu Vaccination** – the school nursing team will be in school on **Monday 7th November** to administer the nasal flu vaccine. To give or decline consent, please refer to the letter that was sent out earlier on this week.
- ✚ We have booked the children (**Reception –Year 6**) to see **Jack & the Beanstalk Pantomime** at **South Mill Arts** on **Thursday 8th December**. Children will be travelling to South Mill Arts by coach and will need to be picked up by parents at 3.30 pm. Please refer to the letter sent out for more details.
- ✚ **Christmas Crackers** - We are kindly asking for donations of Christmas Crackers for the children's

Christmas lunch on **Thursday 15th**

December please. All donations can be handed into the school office. Many thanks to the parents who have made donations.



NEXT WEEK'S MENU

Day	Menu
Monday	<ul style="list-style-type: none">❖ BBQ Dusted Chicken with Rice (Red)❖ Italian Pasta Bake (V) (Green)❖ Jacket Potato (Yellow)
Tuesday	<ul style="list-style-type: none">❖ Mediterranean Roll with Potato Wedges (Ve) (Red)❖ Macaroni Cheese (V) (Green)❖ Jacket Potato (Yellow)
Wednesday	<ul style="list-style-type: none">❖ Roast Chicken (Red)❖ Sausages in Yorkshire Pudding (V) (Green)❖ Jacket Potato (Yellow)
Thursday	<ul style="list-style-type: none">❖ Cottage Pie (Red)❖ Quorn Burger (V) (Green)❖ Jacket Potato (Yellow)
Friday	<ul style="list-style-type: none">❖ Battered Fish (Red)❖ Cheese & Tomato Pizza (V) (Green)❖ Jacket Potato (Yellow)

DATES FOR YOUR DIARY

Date	Event
24/10/22 – 28/10/22	Half Term
07/11/22	Nasal Flu Vaccination
02/12/22	Occasional Day
08/12/22	Pantomime
14/12/22	Emerald Class Last Swimming Lesson
15/12/22	Christmas Dinner
21/12/22	Last Day of Term
05/01/23	Inset 3
06/01/23	Inset 4
09/01/23	First Day Back
13/02/23 – 17/02/23	Half Term
20/02/23	Inset 5
21/02/23	First Day Back
31/03/23	Last Day of Term
17/04/23	First Day Back
29/05/23 – 02/06/23	Half Term
21/07/23	Last Day of Term

Contact: admin@spellbrook.herts.sch.uk

Website: www.spellbrook.herts.sch.uk



All Souls' Memorial Service

*Remembering our loved ones
with gratitude*

*Our annual opportunity to gather
and remember those who have died,
and to light a candle
in their memory.*

Sunday 30th October 2022 - 3pm

Followed by light refreshments



Spellbrook Church of England Primary School Monday - Thursday

**3:15PM - 4:15PM - Super sports
session/activity 1**

**4:15PM - 4:30PM - Chill out time
and break**

**4:30PM - 5:30PM - Super sports
session/activity 2**

**5:30PM - 5:45PM - Chill out games
and home time until dismissal**

**Inclusive to all children!
£10 per evening**

**We accept
childcare vouchers!**

If you would like to use childcare vouchers to pay for your booking please contact the school office to confirm this. Following confirmation please book online, select pay later and email info@superstarsport.co.uk

*Food is not provided and children will be
advised to bring their own snacks.*

WHY DO SUPER STAR SPORT RUN THEIR AFTER SCHOOL CLUBS

Our number one passion is to get as many children active and smiling as possible. We want to make sure your children spend their After school clubs keeping healthy, making friends, staying active and having fun!

**Book online at www.superstarsport.co.uk
Click "Book Now" and find your session!**



WEEK ONE

Served Week Commencing:

• 2022: 31 October, 21 November, 12 December • 2023: 5 January, 23 January, 20 February, 13 March

MONDAY

BBQ Dusted Chicken
with Rice
Italian Pasta Bake (Ve)
with Crusty Bread

Jacket Potato
with various toppings

TUESDAY

Mediterranean Roll (Ve)
with Potato Wedges
Macaroni Cheese (V)
with Garlic Bread

Jacket Potato
with various toppings

WEDNESDAY

Roast Chicken
with Sage and Onion Stuffing
Sausages in Yorkshire Pudding (V)
with Roast Potatoes
or Wholemeal Pasta

Jacket Potato
with various toppings

THURSDAY

Cottage Pie
Quorn Burger in a Bun (V)
with Diced Potatoes

Jacket Potato
with various toppings

FRIDAY

Battered Fish
Cheese and Tomato Pizza (V)
with Oven Chips
or Pasta

Jacket Potato
with various toppings

WEEK TWO

Served Week Commencing:

• 2022: 7 November, 28 November, 19 December • 2023: 9 January, 30 January, 27 February, 20 March

MONDAY

Pork Sausages in Gravy
with Creamed Potatoes
Cheese & Veg Pasties (V)
with Diced Potatoes

Jacket Potato
with various toppings

TUESDAY

Chicken Pie
with Herby Potatoes
Mild Vegetable Curry (Ve)
with Rice

Jacket Potato
with various toppings

WEDNESDAY

Roast Beef
and Yorkshire Pudding
Lentil Roast (V)
with Roast Potatoes
or Wholemeal Pasta

Jacket Potato
with various toppings

THURSDAY

Quorn Hot Dog (V)
Roasted Vegetable Lasagne (V)
with Garlic Bread
with Potato Wedges or Pasta

Jacket Potato
with various toppings

FRIDAY

Crispy Coated Salmon
Cheese and Tomato Pizza (V)
with Oven Chips
or Pasta

Jacket Potato
with various toppings

WEEK THREE

Served Week Commencing:

• 2022: 14 November, 5 December • 2023: 16 January, 6 February, 6 March, 27 March

MONDAY

Vegballs in Homemade Tomato
Sauce (Ve) with Pasta
Cheese Pinwheel
with Diced Potatoes (V)

Jacket Potato
with various toppings

TUESDAY

Mild Chicken Curry with Rice
Omelette, Grilled Tomatoes
and Baked Beans (V)
with Potato Wedges
or Tricolour Pasta

Jacket Potato
with various toppings

WEDNESDAY

Roast Pork
with Sage and Onion Stuffing
Tomato Bolognese (Ve)
with Roast Potatoes
or Wholemeal Pasta

Jacket Potato
with various toppings

THURSDAY

Beef Burger in a Bun
with Potato Wedges
Cheese, Potato
and Broccoli Bake (V)

Jacket Potato
with various toppings

FRIDAY

Fish Fillet Fingers
Cheese and Tomato Pizza (V)
with Oven Chips
or Pasta

Jacket Potato
with various toppings

Freshly baked bread, seasonal vegetables and bowl salads are available daily • Gravy and Custard are always available separately when on the menu • All our milk is organic - fresh from the dairy (V) = Vegetarian (Ve) = Vegan

HCL Registered Office: Mundells - Welwyn Garden City - Herts - AL7 1FT Tel: 01707 938625 - Email: hcl.info@hcl.co.uk - www.hcl.co.uk

Twitter: @HCLcatering

Facebook: HCLcatering

LinkedIn: HCLcatering

THE
FORGOTTEN GARDENS OF
EASTON LODGE

PUMPKINS & AUTUMN FUN



Open Day: Sunday 23 October

- Pumpkin Trail • Den building • Craft activity
- Jam and Jelly tombola • Pumpkins & squashes
- Music • Craft & Plant Stalls

11.00am – 5pm (last entry 4pm)

Entry fees: Adults £5.50, children under 16 free

Bacon, cheese or hummus rolls; homemade soup & cakes

- Picnics welcome • Dogs on leads welcome

See website for details

www.eastonlodge.co.uk



Great St Mary's
Sawbridgeworth

Passion for Christ - Compassion for all

*Mustard Seed -
our new
monthly short,
informal
service
with crafts
and activities*



*Followed by a
party tea for
children
and hot
refreshments
for grown-ups.*

*Why not join us at 4pm
on the third Sunday of the month?*

Sunday 16th October
Sunday 20th November



HERTFORDSHIRE
CONSTABULARY



Electric Blanket & Portable Heating testing run by Hertfordshire County Council

Reminder

Stay safe and warm this winter with FREE of charge ELECTRIC BLANKET & PORTABLE HEATER testing run by HERTFORDSHIRE COUNTY COUNCIL Trading Standards and Fire & Rescue Services. Testing will take place at the following locations:

- County Hall, Pegs Lane, Hertford SG13 8DE on Tuesday 18 October 2022 9:30am – 4:30pm
- Watford Central Library, Hempstead Road WD17 3EU on Wednesday 19 October 2022 9:30am – 4:30pm
- Welwyn Garden City Library, Campus West AL8 6AJ on Thursday 20 October 2022 9:30am – 4:30pm

To book a slot for testing please call: 01707 292429

You can also attend without an appointment on a first come, first served basis.

How to contact us

Telephone us between 8am and 6pm Monday to Friday. Calls are charged at the local rate and there is an answerphone outside of these hours. Your call is confidential and our staff will return it as soon as possible.

Worry and stress can make you feel unwell, so take the first step towards getting back on track by calling **HertsHelp**.

Tel: **0300 123 40 44**
Email: **info@hertshelp.net**
Textphone: **0300 456 2364**
Text: **Hertshelp to 81025**
Skype: **Hertshelp**
Web: **www.hertshelp.net**



“I was surprised to learn how much there is in my local area.”

Independent information, advice and support in Hertfordshire



Need help and don't know where to turn?

We're here to listen and help you find the support, advice and information you need to get the most out of life. Our network of community organisations can help you to make positive changes to your life and feel more in control.

 **0300 123 40 44**

Worry and stress can make you feel unwell, so take the first step towards getting back on track by calling **HertsHelp**.

How we can help you:

- Become more active and healthy
- Feel safe and confident when leaving hospital
- Get through a crisis or a difficult time
- Find out what's on in your community
- Get advice on care planning and paying for care
- Support if you are caring for someone
- Getting help to manage at home
- Make sure you have your say



*“After I fell over, **HertsHelp** helped me to get practical help and equipment. I feel safer at home now.”*



*“When my wife died, I felt lost with all the paper work but **HertsHelp** helped me to stay on top of it.”*



“I didn't need to 'get a grip' I just needed someone to talk to.”

We can talk things through on the phone or face to face and come up with a plan by:

- Discussing your situation
- Finding out what is important to you
- Exploring the local services
- Connecting you with the right people and organisations

You can contact us directly, or your GP, support worker or relative can refer you to us with your permission.

*“I needed support when I left hospital. **HertsHelp** organised for someone to visit me.”*



SAWBRIDGEWORTH EVANGELICAL
CONGREGATIONAL CHURCH CM21 9EH

Make Lunch

Come and join us for fun, games, crafts and a
hot lunch!

We are here to support families needing a helping hand throughout the school holidays.

SCAN ME



Wednesday 26th October 2022
11:30 - 13:00

To book your place, scan the QR code or visit:
makelunch@secchurch.org.uk or 07549006777

East Herts
Community Safety Partnership

BISHOP'S STORTFORD LARK IN THE PARK



FREE
No need
to book

FOR 11 TO 19 YEAR OLDS
OCTOBER HALF TERM

The sessions are fully supervised and include a varied mix of sporting activities
and team games, designed for all abilities.

SWORDER'S FIELD, CM23 2AY
TUESDAY 25TH OCTOBER, 3:00-5:00PM

If you have any questions, please contact
community.safety@eastherts.gov.uk

EastHertsDC eastherts easthertscouncil

We are thankful to the following organisations who have contributed towards these activities:
Hertford Town Council, Ware Town Council, Buslingford Town Council, Bishop's Stortford Town Council, Network Homes,
Sporting Inspirations, Hertfordshire County Council's Services for Young People & East Herts Council.

OCTOBER HALF TERM!

TECH HOLIDAY CAMP

ONE WEEK OF SPOOKY TECH FUN!



Creative



Spooktacular



Fun!

Bishop's Stortford College

Maze Green Road, Bishop's Stortford CM23 2PQ

FIND YOUR NEAREST CAMP ON OUR WEBSITE

www.nextthing.education



Scan me

CHILDCARE
VOUCHERS
ACCEPTED

OCTOBER HALF TERM 2022

What's on?



Revoluting Robots
& Creepy Coding



Magical Minecraft
& Insane Inventions



LEGO & Eerie
Engineering



Vampire Videography
& Virtual Reality



Terrifying
Tech Fun

Different activity theme each day, please check website for your camps activities

24TH - 28TH OCTOBER **LIMITED SPACES**

AGES 5 - 11 MULTI DAY BOOKING DISCOUNTS!



A great environment!

"My kids loved it and we've
rebooked for the next camps in
October. The staff were also super
helpful. Would 10/10 recommend!"
St Bernadette Primary School

★★★★★



How to book

STEP 1

SCAN THE
QR CODE



STEP 2

FIND YOUR
NEAREST CAMP



STEP 3

USE OUR COUPON
TO GET £5 OFF

5OCT

What to bring to camp



Packed Lunch and Snacks
(NOT FREE)



Water
Bottle



Medication
If Required



Halloween Costume
for Friday (optional)

www.nextthing.education



**Essex Fire Museum Halloween
Open Days**
Tuesday 25th October 2022
Sunday 30th October 2022
(10.00am to 4.00pm)



Visits must be pre-booked via:
museum@essex-fire.gov.uk

Address: Essex Fire Museum, Grays Fire station,
Hogg Lane, Grays, RM17 5QS

ONLINE course
starting
November 2022

Families Feeling Safe

Supporting families with Protective Behaviours

A FREE course for Dads,
Step-Dads and Male Carers



Thursday evenings Online
7.30pm to 9.00pm

3, 10, 17, 24 Nov, 1 & 8 December
2022

Sessions will run on Zoom

Are you looking for some strategies and new ideas
to help improve family life? This course can help
you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

"I wish I had done the course sooner"

Places are funded by HCC for families in Hertfordshire and there are eligibility criteria.

For eligibility and to book your FREE place please
Email: enquiries@familiesfeeling-safe.co.uk

Course No: L4E4

Tel: 07748 332606



Please like us on Facebook for further updates @familiesfeeling-safe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeeling-safe.co.uk E-mail: enquiries@familiesfeeling-safe.co.uk



East and North Hertfordshire
NHS Trust

New Children's Emergency Department at Lister Hospital to Open on Wednesday 19th October

The new and improved children's emergency department at Lister Hospital is set to open on Wednesday 19 October after refurbishment and extension works.

From Wednesday 19 October, the new children's emergency department will be located at Lister Hospital, Gate 4. You can enter through main emergency department and follow signs to children's emergency department.

For minor injuries and minor illness:

- Our urgent treatment centre (UTC) at the New QEII Hospital, in Welwyn Garden City treats children aged 1 year and above.
- The UTC treats minor illness, muscle and joint injuries, such as sprains; bites, stings, cuts, bruises and grazes; burns and scalds; objects stuck in ears or noses and minor eye injuries. We can x-ray if your child/young person has an injury to a limb.
- The UTC opens at 8am every morning, and closes at 10pm. Patients already in the UTC being treated, or waiting to be treated, at 10pm will continue to be cared for appropriately. No appointment is necessary.
- If you think your child urgently needs to see a GP outside of these hours, please call NHS 111. - If your child is feeling unwell and you don't know what to do, phone NHS 111. These phone and web-based services are open all day, every day.



New Free Youth Wellbeing Service for Herts

New free service to help young people manage their worries.

With YOUth - Children & Young People's Digital Wellbeing Service

Hertfordshire's children and young people, who are experiencing emotional health problems and/or their parents/care givers, can now use a new free digital wellbeing service, without the need for a professional referral.

Asking for advice and help early, is the healthy, safe and positive choice for having good emotional and mental wellbeing – far better than trying to cope alone with worry and overwhelming feelings.

This new free service is for children and young people aged 5-18, who are registered with a GP in Hertfordshire. It will initially be available from Monday to Friday, 2-10pm at: www.withyouth.org providing:

- Instant online messaging
- Helpline: 0208 189 8400
- Lumi Nova (most suitable for ages 7-12) - therapeutic digital gaming app providing goal based help for social/separation anxiety and/or phobias, using the most beneficial parts of Cognitive Behavioural Therapy (CBT). Access via the link is instant (no referral needed)
- Worksheets, quick tips and other resources to help
- Additional one-to one and/or group support
- Signposting to other services

The With YOUth team can help with problems such as mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. The service is not for children and young people who are in crisis*.

With YOUth/Lumi Nova is part of Hertfordshire's Children and Adolescent Mental Health Services (CAMHS) System Redesign Programme. The Programme has made an ongoing commitment to improving access to emotional and mental wellbeing support at the earliest point.

Find out how Lumi Nova helped 11 year old Maisie to manage her anxiety in this short two minute report: 'Anxiety app helped me at my new school' says Essex pupil - BBC News

You can find out more about the With YOUth Children and Young People's Digital Wellbeing Service at: www.withyouth.org

Find out more about Lumi Nova: Lumi Nova | Herts Mind Network Children and Young People (withyouth.org)

*Getting help for a Mental Health Crisis

- Call HPFT's NHS freephone 24/7 helpline: 0800 6444 101 or
- Call NHS 111 and select option two for mental health services
- In the event of a life threatening condition that requires an emergency intervention, call 999 for the emergency services.



If you're having a problem with benefits, work, debt, housing, consumer rights and more,
WE CAN HELP YOU with free, confidential and impartial advice

GET ADVICE BY:

 Calling our local **Message line 01920 459944** (any time) and one of our advisers will call you back (usually within 24 hours except weekends)

 Requesting **email advice** or a **call back** from our website:
www.citizensadviceeastherts.org.uk

 Contacting us via **Facebook Messenger**:
www.facebook.com/EastHertsCitizensAdvice

 Going to our website at <https://citizensadviceeastherts.org.uk/get-advice/> for online information resources

We may also be able to arrange a face to face appointment or a home visit if, after an initial assessment, we feel that it's required to move you forward.



Charity reg no: 1083211



Citizens Advice Contact Centres

If you need extra support to access our advice, come along to a Contact Centre.

We do not give full advice at these sessions but our friendly, experienced staff will **assess how to move you forward with your issues**. They may refer you to a more relevant service, help you to self-refer, arrange for an adviser to call you, arrange for a face to face appointment or arrange a home visit.

Each Contact Centre has a **free phone** and **computers** that you can use to access our service if you can't do that from home.

Bishop's Stortford Methodist Church
34b South Street, CM23 3AZ
Tuesday 12-2pm

Hertford Seale Community Hub
18 Fleming Crescent, SG14 2DJ
Wednesday 11am -1pm



Make your home secure this autumn

Autumn is here and the clocks will be going back at the end of the month, meaning darker afternoons and increasing opportunities for criminals.

The number of residential burglaries is currently around similar levels as they were at same period last year, however during the autumn and winter months burglaries do tend to increase. If a home is left unlit during the dark afternoons, burglars know that the property is empty, so residents are being urged to follow home security advice in the months leading up to Christmas.

We will be holding crime prevention events across the county this autumn, offering free security devices, as well as tips on keeping homes and valuables safe. Keep an eye on your local team's social media pages for event details.

Residents are also being advised to consider installing some of the affordable security devices which are currently available. There's a variety of inexpensive security lights and wi-fi-enabled doorbell and interior cameras, fitted with motion sensors, which enable you to monitor your home remotely using your phone. These kinds of devices can be easily installed at minimal expense and have helped to deter burglaries and in some cases led to offenders being arrested.

Residents can make their homes more secure by following some of the tips on our crime prevention pages: www.herts.police.uk/protectyourhome.

If you see suspicious activity in your area please report it online at herts.police.uk/report, speak to an operator in our Force Communications Room via our online web chat at herts.police.uk/contact or call the non-emergency number 101.