



**W**elcome to the Summer Newsletter for the Dacorum Family Services North & East Partnership team. We hope that the articles included in this issue will be of interest to you and your families. We have also included some suggestions to keep your children/teens busy over the summer period.

Your School Family Workers work term-time only and so will be unavailable during the summer holidays, returning to work on Monday 6th September 2021.

If you need urgent family support during this time, please see the helplines at the bottom of this page or alternatively Lyndsey Hooper, Partnership Manager, will be available for set days during the summer holidays - please see back page for details.

In the meantime keep safe and well!

**Dacorum Family Services North & East Team**

## *Free & Fun things to do*

- Head up to Dunstable Downs to fly kites, enjoy spectacular views and watch gliders take off 
- Cycle the seven-mile Nickey Line – a disused railway line between Hemel Hempstead and Harpenden 
- Pick your own Fruit & Veg at Grove Farm - 30 different fruit & veg available from June to Oct (nr Tring)   
<https://www.grovesfarmpyo.co.uk/>
- Go pond dipping in the River Gade, Gadebridge Park
- Head up to Ashridge for a walk and picnic

*Please check websites for Covid-19 updates and guidance*

## **EMERGENCY HELPLINES**

**Family Lives - 0808 800 2222**

**Samaritans - 116 123**

**Childline - 0800 1111**

**HCC Children's Services 0300 123 4043**

**Families First Portal:**

**[www.hertfordshire.gov.uk/familiesfirst](http://www.hertfordshire.gov.uk/familiesfirst)**

**Dacorum Foodbanks**

**<https://www.trusselltrust.org/get-help/find-a-foodbank/dacorum-foodbank/>**

## **In this issue:**

*Staying Positive Post Pandemic Article p1*

*Growth Mindset - What does it mean? p2*

*Ideas for the holidays p2-4*

*Support for Teens p4*



## *Endings are also beginnings*

*Staying Positive Post Pandemic*

As parents we have faced one of the most difficult periods in terms of supporting our children throughout the huge change and challenges since Covid changed our lives.

How can we remain positive in the face of so much uncertainty? How can we keep our children moving forwards?

Resilience actually means “bouncing back” from challenge. Our brains adapt to change and show us what we can actually deal with. You can take a renewed confidence in the challenges you have faced this year, parents, you can look back and realise that you coped with huge change, anxiety in your children and the test on your family dynamics. We must use this experience to show our children what they have “already” faced, reiterate to them how adaptable they have had to be, how they have coped with missing out on friends etc.

Our brains are constantly seeking evidence to back up our beliefs, if you highlight to yourself and your child what you have achieved, your brain will learn to look for the positives and not the negatives.

Reframe this uncertainty into illuminating your adaptability showing both yourself and your child your huge capacity for resilience.

*Gayle Hammill*

CIRCLE THERAPY



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## Growth Mindset— What does it mean?

by Natalie Beard, Pupil Support Worker



The term ‘**Growth Mindset**’ describes how we face challenges and setbacks. People with a growth mindset believe their abilities can improve over time and they use the process of tasks to develop & grow and view these challenges as positive learning experiences.

On the other hand, people with a fixed mindset think their abilities are set in stone or can’t change, no matter how hard they try and they focus on the end result on being perfect.

“I can’t do this homework. I don’t understand it.” This is a **fixed mindset** statement.

*“I can’t do this homework yet. I don’t understand how to make sense of this question.” This is a **growth mindset** statement.*

Having a growth mindset can have real benefits. It helps to reframe how we approach challenges. The word ‘yet’ in the above statement about homework, acknowledges that the homework is hard, but shows growth mindset to recognise it may not always be that hard.

Having a growth mindset means more than just accepting feedback and being open-minded. It’s about taking feedback, learning from experience and coming up with strategies for improving. It’s believing that even if you fail at something, you can still succeed.

Another misconception about growth mindset is that it’s the same thing as effort. Knowing the difference can help you give your child the best kind of praise.

Praising your child’s talent and saying:

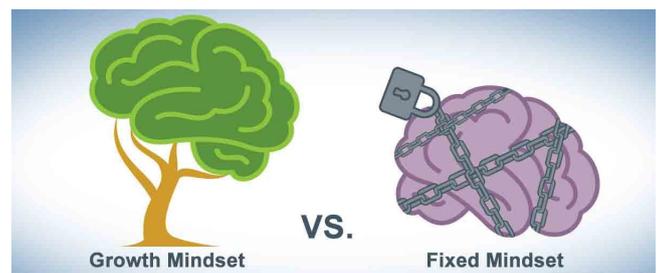
“You’re really good at maths’ can actually promote a fixed mindset. It’s like saying that the ability to do maths is just something your child “has’ or has been gifted with.

*Praising your child’s effort: “You worked really hard”, ‘You look like you are really enjoying that’, ‘You have thought about this really carefully’ is more helpful.*

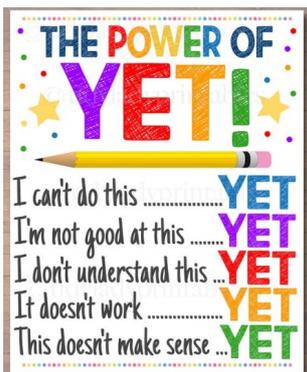
By praising the process and how they approached the challenge, not just the final result being perfect, shows that getting stuck, asking for help, and trying new strategies are important, too.

### Activities to encourage a growth mindset:

- **Make a mistakes jar** – pop a pom pom or marble in the jar each time someone in the family makes a mistake and celebrate when the jar is full.
- **Get your child to record a pep talk** and have your child play it back to themselves when they feel like they need it.
- **Make a poster as a family** and put on all the things you can’t do yet and would like to learn or get better at.
- **Write as many compliments** about each other and pop them in to a jar. Take a compliment out of your jar and read it every time you need a boost.
- **Have a look and see** if you can find out what inventions were made by mistake!
- **Look on Google for growth mindset** activities and choose which ones your family would like to have a go at.



## Reframe negative thoughts by saying the following →



- What can I do?*
- I will learn from them*
- This may take some time & effort*
- Is this my best work?*
- I am going to try a different strategy*
- Mistakes help me to learn and improve*
- I can ALWAYS improve my work*
- I will learn how to do this*

## Ideas for the holidays

Hertfordshire's  
Holiday Activity Programme







**Coaching Me**  
28th - 30th July  
2nd - 6th / 9th -12th  
16th - 19th / 23rd-26th Aug  
Galley Hill Primary School  
Hemel Hempstead HP1 3JY

Book activities at:  
[sportinherts.org.uk/hafhappy](http://sportinherts.org.uk/hafhappy)



It's important that you have your unique HAPPY Booking Code to hand before trying to make your booking. This will have been issued to eligible families by your child's school. Please make sure you enter the entire code, including any special characters, when prompted to do so.



Hertfordshire's  
Holiday Activity Programme







Bookings are  
**Open!**

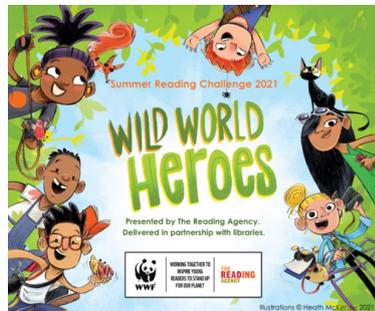
If you have children aged 5-16 who receive benefits-related free school meals, head over to the HAPPY Holiday Activity Finder. Various locations available across the local area.

<https://sportinherts.org.uk/happy/booking/>



## Summer Reading Challenge 2021

Get ready for **Wild World Heroes**, arriving **online** and in your **local library** this summer.



Pack your bags, we're headed for Wilderville! It's a pretty cool place, but there are lots of things that the Wild World Heroes can do to make their town even better for the people and animals that live there.

Join the Wild World Heroes for the Summer Reading Challenge and discover how **you can make a difference** to the environment too.

The library is teaming up with **WWF** for a very special nature-themed Challenge that will inspire you to stand up for the planet!

Wild World Heroes will feature amazing books, awesome rewards, and plenty of ideas for taking care of our environment.

<https://summerreadingchallenge.org.uk/>

## Boxmoor Yoga



Monday 9th August  
Thursday 12th August  
10-11am

**Yoga for adults and children** in Dacorum Creative Art Hub in the Marlowes Shopping Centre. Come and play yoga in an art gallery this summer! Fun partner poses for children and their responsible adult to try out together. £10 (adult & child). Booking essential.

**Family Alpaca Yoga with the Mums and Babies at Fuzzy's Farm**

Monday 26th July and  
Wednesday 11th August

10-11am, at Fuzzy's Farm, Pouchen End Lane, HP1 2SN What is Alpaca Yoga? Basically yoga in a field with Alpacas wandering around including baby alpacas only a couple of months old! £14 (adult & child). Booking essential.



[www.boxmooryoga.co.uk](http://www.boxmooryoga.co.uk)



## Grovehill and Adeyfield Adventure Playgrounds will reopen on Monday 5 July

Both playgrounds have had a makeover with new multi-play structures including climbing walls, a sand pit, water play and double tubular slides. There are also new floodlit artificial turf pitches and a multi-play basketball area (for ages 8-16).

Note: max numbers apply  
<http://orlo.uk/jqCnT>



## Summer Camps available locally



<https://apex360.co.uk/camps/>



<https://www.jpprofootball.co.uk/football-camp>



<https://sport4kids.biz/>



<https://www.barracudas.co.uk/locations-prices/>

# Dacorum Family Services North & East

Support during the summer holidays

Lyndsey Hooper will be available in the Partnership office at Hobbs Hill Wood Primary School (HP3 8ER) on the following days during the summer holidays for any DFS families requiring support or help:

28 – 29.07.21

11 – 12.08.21

25 – 26.08.21

Please contact Lyndsey on her mobile or email to book in:

Mobile: 07557 683 773

Email: [lyndsey.hooper@hobbshillwood.herts.sch.uk](mailto:lyndsey.hooper@hobbshillwood.herts.sch.uk)

Office Tel: (term time only) 01442 401222 (Ext 5)



## Support & Advice for For Teens

### Young People's Helpline

If you are 10-17 years old and experiencing a dip in your mental health and wellbeing, and would like someone to talk to, you can call the Young People's Helpline. <https://www.hertsmindnetwork.org/young-peoples-helpline>

**Hertfordshire Young People's Helpline**

Helpline opening hours:

- Mon: 1pm – 4.30pm
- Tue: 5pm – 7.30pm
- Wed: 1pm – 4.30pm
- Thu: 5pm – 7.30pm
- Fri: 1pm – 4.30pm
- Sat: 10am – 1pm

01923 256391



## Support for Young People

At the Hemel Hempstead Access Point young people from the Dacorum area can get information, advice, guidance and support on education, work, training and volunteering. Also offer advice on drugs, finance, health, housing and much more.

Every Monday, Wednesday and Friday 3-6pm.

Venue: The XC Centre, Jarman Park

Age Range: 13-19

Now open for face-to-face appointments but please call, text or email to make an appointment before visiting. Help may be provided by phone or video call if a face-to-face appointment is not essential or if you would prefer that.

<https://www.servicesforyoungpeoplelistings.org/Activity/Details/Services-for-Young-People-Hemel-Hempstead-Access-Point-at-the-XC-Centre>

Services for  
Young People

## School Nurses

If you're aged 11 - 19 and are worried about your health and wellbeing our School Nurses are here to help you with a wide range of issues such as Emotional health, Relationships, Self-harm, Bullying, Alcohol, Healthy eating, Drugs and Smoking and more.

Text your school nurse:

07480 635 050

[Health for Teens website](#)