

A purple rounded rectangle with a yellow border containing the text "Services for Young People" in white.

Services for Young People

Community Activities for Young People with Learning Difficulties and Disabilities.

The following information shows a snapshot of opportunities and services in the local community that young adults with Learning Difficulties and Disabilities in Hertfordshire may access

To research a wider range of opportunities and services, Hertfordshire Local Authority has a Local Offer Website: [Hertfordshire Local Offer \(opens in new tab\)](#) The Local Offer lets parents/carers and young people know what special educational needs and disabilities services are available in Hertfordshire, and who can access them

Many organisations charge for their services. Some people purchase these services directly by using benefits or savings. Others may use a Personal Budget/Direct Payments/Care Package if agreed by the Local Authority 0-25 Together Service

There are eligibility criteria to access support from the 0-25 Together Service. You can contact the duty line for 0-25 Together Service on 01438 844660 to request a referral form, or for young people aged 17 ½ or above you can make an online referral here: [0-25 Together Service Adult Referral \(opens in new tab\)](#).

Organisations offering activities in the local community

Hertfordshire Day Services (countywide)

[Hertfordshire Day Services \(opens in new tab\)](#)

There is a range of Day Provision for adults with Learning Difficulties / Disabilities in Hertfordshire. You would usually need an assessment by the 0-25 Together Service to assess if you can access these

Inclusion Project (countywide)

[Inclusion Project \(opens in new tab\)](#)

Has peer groups for young adults up to 30 years old and then an older group. Range of timetabled leisure / social based activities in the community

Mencap (countywide)

[Mencap Hertfordshire \(opens in new tab\)](#)

Mencap offer day services and community groups at their centres throughout Hertfordshire

Trinity Community Project (St Albans)

[Trinity Community Project \(St Albans\)](#)

Trinity Community Project offer a wide range of activities, workshops and courses for adults with learning disabilities or mental health difficulties. These include art, cookery and community outings; the timetable is regularly updated

Camphill Village Trust (St Albans and Watford)

[Camphill Village Trust \(opens in new tab\)](#)

Camphill Village Trust offer a range of supported living and day opportunities

Live a Little (Roydon)

[Live a Little \(opens in new tab\)](#)

Live a Little is a specialist day service based in Roydon (Essex) for young people and adults with special needs. At Live a Little they aim to provide a unique experience of learning and socialising to enhancing everyday life skills. They have established a wide range of community-based and group activities and daily responsibilities to improve individual development. Live a little is available all year round and people can attend up to 5 days a week depending on personal budgets. A standard day is a 6 hour session Monday to Friday 9:30am to 3:30pm, and they also run two later sessions a week on request. They charge in line with what the standard hourly rate in the local area is. Transportation: Clients will be collected and dropped home; more information will be given once you join

Telephone Number: 0800 2545230

[Email Live a Little \(email opens in new tab\)](#)

Hand in Hands

[Hand in Hands \(opens in new tab\)](#)

Hand in Hands is a support service for adults with Learning Disabilities, Autism Spectrum Disorder and/or behaviour that may challenge established services, to enable them to live as independently as possible in their own homes. Also offer community outreach services. Hand in Hands ensure the individuals supported are provided with the opportunity to lead an independent life and play an active part in the community. This enables them to experience everything their community has to offer, whether this is attending college, following interests and hobbies or simply meeting new people and making friends.

Hand in Hands, Unit 5, Devonshire Business Centre, Works Road, Letchworth Garden City. SG6 1GJ

Telephone Number: 01462 222400

[Email Hand in Hands \(email opens in new tab\)](#)

Jackie's Drop In (Letchworth):

[Jackie's Drop In \(opens in new tab\)](#)

“Jackie's Drop-In, a unique centre for adults of 18 and above with disabilities. Currently we open Monday to Friday 11am to 3pm with a small entrance fee. You can make full use of the centre including a host of recreational and educational activities (see the Activities page for more details). If we don't have what you need we will do our utmost to get it. As a Service User your life skills and self-confidence are as important to us as overcoming Social Isolation. Let us help to build your future as we focus on your personal skills and help to develop them further. There is no 'them and us' at the Centre we are all equal. We are an independent, self-funded charity and rely entirely on donations.”

Jackie's Drop In, Broadway, Letchworth Garden City. SG6 3PA

Telephone Number: 01462 338752

[Email Jackie's Drop In \(email opens in new tab\)](#)

Oasis Academy (Hertford) / Oasis 2 (Buntingford)

For Young Adults up to 30 years old.

Oasis has two settings: Hertford and Buntingford. “Oasis is a new centre offering an individual approach for young adults (aged 16+), who have learning difficulties. Oasis has been set up to help these young people to achieve their personal goals by supporting them, in small groups, to improve their life, learning and communication skills.”

Oasis Academy

[Oasis Academy \(opens in new tab\)](#)

Fair Oak, Staines Green, Hertford. SG14 2LN

[Email Ailsa at Oasis Academy \(email opens in new tab\)](#)

Telephone Number: 07902 243352

Oasis 2 Academy

[Oasis 2 Academy \(opens in new tab\)](#)

Cottered Village Hall, Brook End, Buntingford. SG9 9QR

[Email Liz at Oasis 2 Academy \(email opens in new tab\)](#)

Telephone Number: 07742969175

Supported Activities Programme (North Herts and Stevenage)

[Supported Activities \(opens in new tab\)](#)

Supported Activities Programme provides sport and leisure activities for adults aged 18+ with learning disabilities who live in North Hertfordshire or Stevenage. Activities cover a wide range of interests including creative arts, theatre, sports, discos and social evenings.

The Icknield Centre, Icknield Way, Letchworth. SG6 1EF

Telephone Number: 07760 232720

[Email Supported Activities \(email opens in new tab\)](#)

Guideposts

[Guideposts Hertfordshire \(opens in new tab\)](#)

A UK-based charity working to ensure that people can be connected to their community and achieve their potential – regardless of circumstances. They offer a range of services across Hertfordshire:

[Cross Street Community Hub \(Ware\)](#)

[Cross Street Community Hub \(opens in new tab\)](#)

A range of group and individual sessions are offered at the Hub. Sessions often include several activities tailored to individual interests. These may include cooking, gardening, shopping and crafts

Telephone Number: 01920 484946

[Email Cross Street Community Hub \(email opens in new tab\)](#)

[Community Activity Scheme \(Ware\)](#)

[Community Activity Scheme \(opens in new tab\)](#)

Supports adults with learning disabilities to develop their confidence and social skills by accessing a range of evening activities in small groups

[Friendship 4 All \(countywide\)](#)

[Friendship 4 All \(opens in new tab\)](#)

“Guideposts Friendship 4 All supports adults with learning disabilities through regular social groups, art and exercise clubs, and occasional outings and events. The scheme currently operates in St Albans, Harpenden, Stevenage, North Hertfordshire, East Hertfordshire, Welwyn, and Hatfield”

[Email Friendship 4 All \(email opens in new tab\)](#)

Woodhall Community Centre (Welwyn Garden City)

[Woodhall Community Centre \(Welwyn Garden City\)](#)

A learning and well-being environment for people aged 16+ with additional needs. Sessions include horticulture, life skills, cooking, music and movement, sport and well-being

Mill Green Road, Welwyn Garden City. AL7 3XD

Telephone Number: 01707 323305 or 07850 776900

[Email Woodhall Community Centre \(email opens in new tab\)](#)

Dance and Performing Arts

Electric Umbrella (South West Hertfordshire)

[Electric Umbrella \(opens in new tab\)](#)

“A collaboration of professional musicians and adults with learning disabilities to write, experience and perform music at small pubs, big festivals, live radio and everything in between. Meeting weekly in Rickmansworth, Hemel Hempstead and Watford, Electric Umbrella offer 60 adults with learning disabilities countless opportunities to get on stage alongside professional musicians and show the public at large what they CAN do, challenging the perception of people with learning disabilities with thousands of people each year”. Electric Umbrella also offers free weekly online music sessions

Telephone Number: 07727 555595

[Email Electric Umbrella \(email opens in new tab\)](#)

Silverbirch Dance Company (Ware)

[Silverbirch Dance Company \(opens in new tab\)](#)

“Enter an inspiring space where you can explore dance theatre in a fully accessible, supportive environment.

Sessions are structured to involve and challenge every dancer to their maximum ability. We are committed to enabling all our dancers to participate without being judged or undervalued. We facilitate communication through the universal language of dance”

Telephone Number: 07922 548944 (office hours 10am-3pm)

Herts Inclusive Theatre (countywide)

[Herts Inclusive Theatre Workshops \(opens in new tab\)](#)

Herts Inclusive Theatre offer workshops including youth and adult workshops which are open to everyone. “Adopting our inclusive ethos and led by our experienced and creative theatre practitioners, our youth theatre programme is open to all. Our trained workshop leaders are experienced in working collaboratively with a whole class/ group whilst at the same time always using a range of inclusive practices to support any additional needs.”

Telephone Number: 01727 221414

[Email Herts Inclusive Theatre \(email opens in new tab\)](#)

Sports

Herts Disability Sports Foundation (countywide)

[Herts Disability Sports Foundation \(opens in new tab\)](#)

Herts Disability Sports Foundation offers a range of sporting activities across Hertfordshire including adaptive cycling, boating and bikeability sessions. They also offer online discos and bingo sessions

Special Olympics

Special Olympics is a charity that provides sports training for people aged 8+ who have a learning disability

There are two branches of Special Olympics in Hertfordshire:

Special Olympics East Herts:

[Special Olympics East Herts \(opens in new tab\)](#)

Special Olympics St Albans

[Special Olympics St Albans \(opens in new tab\)](#)

Horticulture

Mudlarks (Hertford)

[Mudlarks Garden \(opens in new tab\)](#)

Mudlarks is a community allotment site in Hertford for people with learning difficulties and mental health issues. We provide horticultural therapy and training, as well as social activities. On site, each gardener has their own vegetable plot and whatever is grown can be taken home. There are also many craft activities on site, making wooden structures for the allotments, bird boxes and other carpentry jobs. We run a community gardening team for more able gardeners, providing work experience. Mudlarks uses gardening as a means of promoting health by strengthening individuals' self-esteem and confidence

Telephone Number: 07507 933771 or 01992 537080

Triangle Community Gardens (Hitchin)

[Triangle Community Garden \(opens in new tab\)](#)

The Triangle Garden is a community garden within a local park where people of all ages and abilities can come together and take part in creative land-based activities, such as growing food and flowers, tending plants, creating wildlife habitats and making permanent garden features

The Triangle Gardens offers Growing Ability which are half-day therapeutic gardening sessions for adults with learning disabilities

[Email Triangle Community Gardens \(email opens in new tab\)](#)

Waste Not Want Not (Stevenage/Knebworth)

[Waste Not Want Not \(opens in new tab\)](#)

Horticulturally based social enterprise. "Our aim is to create a friendly and supportive environment for positive activity where participants, known as volunteers, can make new and supportive friendships and feel included in their local community."

Telephone Number: 01438 941168

[Email Waste Not Want Not \(email opens in new tab\)](#)

Earthworks (St Albans)

[Earthworks St Albans \(opens in new tab\)](#)

Work experience and training for people with learning disabilities aged 18+ in horticultural and land-based skills on a 3.5 acre eco-garden

Telephone Number: 01727 847311 or 07981 052248

[Email Earthworks St Albans \(email opens in new tab\)](#)

Sunnyside Rural Trust (Berkhamsted, Hemel Hempstead and Northchurch)

[Sunnyside Rural Trust \(opens in new tab\)](#)

Sunnyside Rural Trust offers training and work experience for people with learning disabilities in a range of rural skills including bee keeping, gardening and looking after chickens. They also have a café and farm shop

Home Farm Trust – Herts and Essex (Bishop's Stortford)

[Home Farm Trust \(opens in new tab\)](#)

Provide a day service in Ugley (Essex) offering day/half day workshops for adults with learning disabilities. Workshops include pottery, cooking, woodwork and gardening

Hft Herts & Essex, Bradbury Resource Centre, Pound Lane, Ugley, Bishop's Stortford, CM22 6HP
Telephone Number: 01279 816165

[Email Home Farm Trust \(email opens in new tab\)](#)

St Elizabeth's Centre Day Opportunities (Much Hadham)

[St Elizabeth's Center Day Opportunities \(opens in new tab\)](#)

St Elizabeth's offers a range of activities from their day service provision. These include horticulture, crafts, sensory activities, drama and activities within the local community

Telephone Number: 01279 844244

[Email Allison Hill at St Elizabeth's \(email opens in new tab\)](#)

Animal Care

Rural Care Church Farm (Ardeley)

[Church Farm Ardeley \(opens in new tab\)](#)

Provide a wide range of work-based farm activities for young people and adults with learning difficulties and disabilities. Activities include egg collecting, feeding the pigs, sowing seeds and serving customers in the café or farm shop

Telephone Number: 01438 861447

[Email Church Farm Ardeley \(email opens in new tab\)](#)

SweetTree Farming For All (Mill Hill, North London)

[SweetTree Farming For All \(opens in new tab\)](#)

Offer a range of farming and horticultural activities including animal care, horticulture, woodwork, cooking and enterprise. Co-farmers attend at least once a week for a maximum of 2 years

Telephone Number: 0207 6449505

[Email SweetTree Farming for All \(email opens in new tab\)](#)

Appleby Cottage (Cheshunt)

[Appleby Cottage \(opens in new tab\)](#)

Offer a range of rural-based activities for young people aged 16+. These include horticulture, looking after the animals on the farm, woodwork and seasonal crafts

Telephone Number: 07594 606573 [Email Appleby Cottage \(email opens in new tab\)](#)

Catering

Mudlarks Café (Hertford)

[Mudlarks Cafe \(opens in new tab\)](#)

Mudlarks Café is a vegan café which provides training and paid employment for adults with learning disabilities

Telephone Number: 01992 538515

Employment

Services for Young People Supported Employment

Provide support for young people (age 16-25) with learning difficulties and disabilities to find work and support them in the workplace until they become independent workers

[Services for Young People Supported Employment \(opens in new tab\)](#)

Contact the Services for Young People LDD Duty line on 01438 844999 to discuss how we can help.

Inclusive Employment

Support motivated people with mental ill health, learning disabilities, Aspergers, physical disabilities and sensory needs who often find it difficult to get and keep a job

Funded by the county council, accessed by the 0 – 25 team: 01438 844660

[Inclusive Employment \(opens in new tab\)](#)

The Prince's Trust

Provide a range of schemes and activities to help young people (aged 16-25) to develop work skills

Get Into Courses – Includes work experience and training in a particular area

Team Courses – 12 week personal development program which includes work experience

[Princes Trust \(opens in new tab\)](#)

Jubilee House – Work Experience Programme in office work

10 week course to provide young people with learning disabilities with skills and experience in an office based environment

[Jubilee House \(opens in new tab\)](#)

Other Useful Links/Contacts

HCC Services for Young People SEND Team Duty

Telephone Number: 01438 844999

Hertfordshire local offer

[Hertfordshire Local Offer \(opens in new tab\)](#)

Hertfordshire Money Advice Unit Factsheets

[Hertfordshire Money Advice \(opens in new tab\)](#)

Preparing for Adulthood

[Preparing for Adulthood Tools and Resources \(opens in new tab\)](#)

Hertfordshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service.

[Hertfordshire SENDIASS \(opens in a new tab\)](#)

Youth Projects

HCC Services for Young People runs a range of projects / groups in Hertfordshire for young people with learning difficulties and disabilities.

[HCC Services for Young People Youth Groups \(opens in new tab\)](#)

Updated: 17/03/2023

Appendix 1 Directory

Listed below are direct website links and telephone numbers for useful contacts. Website links will open in a new tab once clicked.

Organisations Offering Activities in the Local Community

Hertfordshire Day Services	Website: www.hertfordshire.gov.uk/services/adult-social-services
Inclusion Project (Countrywide)	Website: https://inclusionproject.co.uk/
Mencap (Countrywide)	Website: http://hertsmencap.info/about-us.html#a1109
Trinity Community Project (St Albans)	Website: www.trinitycp.org.uk
Camphill Village Trust (St Albans & Watford)	Website: www.camphillvillagetrust.org.uk/
Live a Little (Roydon)	Website: www.livealittle.org.uk/ Telephone number: 0800 2545230 Email address: info@livealittle.org.uk
Hand in Hands	Website: www.handinhands.co.uk Telephone number: 01462 222400 Email address: info@handinhands.co.uk
Jackie's Drop In (Letchworth)	Website: www.jackiesdropin.org.uk/ Telephone number: 01462 338752 Email address: Centre@jackiesdropin.org.uk
Oasis Academy (Hertford)	Website: www.oasisacademy.co.uk Telephone number: 07902 243352 Email address: ailsa@oasisacademy.co.uk
Oasis 2 (Buntingford)	Website: www.oasis2inclusionacademy.co.uk Telephone number: 07742969175 Email address: liz@oasisacademy.co.uk
Supported Activities Programme (North Herts & Stevenage)	Website: www.supportedactivities.org.uk Telephone number: 07760 232720 Email address: office@supportedactivities.org.uk
Guideposts	Website: https://guideposts.org.uk/services/area/hertfordshire/
Cross Street Community Hub (Ware)	Website: https://guideposts.org.uk/services/community-hub-at-cross-street/ Telephone number: 01920 484946 Email address: guideposts.ware@guideposts.org.uk
Community Activity Scheme (Ware)	Website: https://guideposts.org.uk
Friendship 4 All (Countywide)	Website: https://guideposts.org.uk Email address: friendship4all@guideposts.org.uk
Woodhall Community Centre (Welwyn Garden City)	Website: https://sjog.uk/woodhall/ Telephone number: 01707 323305 or 07850 776900 Email address: enquiries@sjog.org.uk

Dance and Performing Arts

Electric Umbrella (South West Hertfordshire)	Website: www.electricumbrella.co.uk Telephone number: 07725 555595 Email address: info@electricumbrella.co.uk
Silverbirch Dance Company (Ware)	Website: https://silverbirchdance.com Telephone number: 07922 548944 (office hours 10am-3pm)
Herts Inclusive Theatre (Countywide)	Website: https://hit-theatre.org.uk/whats-on/theatre-workshops Telephone number: 01727 221414 Email address: admin@hit-theatre.org.uk

Sports

Herts Disability Sports Foundation (Countywide)	Website: https://hdsf.co.uk
Special Olympics	Website: www.specialolympicseastherts.org
Special Olympics St Albans	Website: www.sostalbens.club

Horticulture

Mudlarks (Hertford)	Website: https://mudlarksgarden.co.uk Telephone number: 07507 933771 or 01992 537080
Triangle Community Gardens (Hitchin)	Website: www.trianglegarden.org Email address: info@trianglegarden.org
Waste Not Want Not (Stevenage/Knebworth)	Website: https://wastenotwantnot.org.uk Telephone number: 01438 941168 Email address: office@wastenotwantnot.org.uk
Earthworks (St Albans)	Website: www.earthworksstalbens.co.uk Telephone number: 01727 847311 or 07981 052248 Email address: earthworks@earthworksstalbens.co.uk
Sunnyside Rural Trust (Berkhamsted, Hemel Hempstead and Northchurch)	Website: www.sunnysideruraltrust.org.uk
Home Farm Trust Herts and Essex (Bishop's Stortford)	Website: www.hft.org.uk/ Telephone number: 01279 816165 Email address: HftHertsandEssex@hft.org.uk
St Elizabeth's Centre Day Opportunities (Much Hadham)	www.stelizabeths.org.uk/adult-day-opportunities/day-opportunities/ Telephone number: 01279 844244 Email address: allison.hill@stelizabeths.org.uk

Animal Care

Rural Care Church Farm (Ardley)	Website: www.churchfarmardeley.co.uk/education-care/rural-care Telephone number: 01438 861447 Email address: ruralcareinfo@churchfarmardeley.co.uk
Sweet Tree Farming For All (Mill Hill, North London)	Website: www.sweettreefarmingforall.org.uk Telephone number: 0207 6449505 Email address: enquiries@sweettreefarmingforall.org.uk
Appleby Cottage (Cheshunt)	Website: www.applebycottage.co.uk/inclusive-provision Telephone number: 07594 606573 Email address: applebycottage@outlook.com

Catering

Mudlarks Café (Hertford)	Website: https://mudlarksgarden.org.uk/cafe/ Telephone number: 01992 538515
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Employment

Services for Young People Supported Employment	Website: www.servicesforyoungpeople.org/careers/additional-support/supported-employment/ Telephone number: SfYP SEND Duty line on 01438 844999 to discuss how we can help
Inclusive Employment	Website: www.hertsdirect.org/services/advben/worksolns/ Telephone number: 01438 844660
The Prince's Trust	Website: www.princes-trust.org.uk/
Jubilee House – Work Experience Programme in Office Work	Website: http://jubileehouse.com/work-experience/

Other Useful Links/ Contacts

HCC Services for Young People SEND Duty	Telephone number: 01438 844999
Hertfordshire Local Offer	Website: www.hertfordshire.gov.uk/microsites/local-offer/the-hertfordshire-local-offer.aspx
Hertfordshire Money Advice Unit Factsheets	Website: www.hertfordshire.gov.uk/services/Adult-social-services/Money-and-benefits-advice/Financial-information/Financial-information-tool.aspx?searchInput=&page=1&resultsPerPage=10&view=list
Preparing for Adulthood	Website: www.preparingforadulthood.org.uk Telephone number: 01225 789135 Email address: info@preparingforadulthood.org.uk
SENDIASS	Website: www.hertssendiass.org.uk Telephone number: 01992 555847 Email address: SENDIASS@hertfordshire.gov.uk

Youth Projects

Youth Projects	Website: www.servicesforyoungpeople.org/support-for-young-people/youth-projects-in-your-area/youth-projects-in-your-area/
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