

FAO Mental health lead

To whom it may concern,

My name is David and I am the new Spark group facilitator at Herts Mind Network in Bishops Stortford. I wanted to send you our flyer and let you know that the Spark group will continue to run Tuesday evenings 6-8pm. I was hoping you may be able to pass on the information to students and other staff in the school.

Spark is a free face-to-face young people's group for 12-17 year olds. Spark is funded by Building Life Chances and focuses on the benefits of using creativity to support our wellbeing. Young people attending the group will have the opportunity to exercise creative freedom by trying different art mediums and taking part in collaborative creative projects with their peers. Activities offered in the group will be diverse, including things such as, using clay, photography, drawing and painting.

More information can be found on our website at <https://www.withyouth.org/how-we-help/groups/spark/>.

Kind regards

David Adams

Spark Group Facilitator

Working hours: Monday 10-1pm, Tuesday 10-1pm & 5:30-8:30pm

Working in partnership with NHS Hertfordshire Talking Therapies

 **Mind Hertfordshire Network**

T: 02037 273600

M: 0750 765 5937



E: David.adams@hertsmindnetwork.org

W: www.hertfordshiremind.org



Our Nightlight Crisis Helpline is open 7pm - 1am, 7 days a week,
365 days a year for anyone who needs mental health support

01923 256391



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We are also a company Limited by Guarantee and are registered in England and Wales, Company number 5532977

Registered Address 139 Leighton Buzzard Road, Hemel Hempstead, Herts. HP1 1HN.

At Mind, we practice agile/flexible working.

If I email you outside of your working hours, it is because it suits my way of working.

I respect your way of working and do not expect a response until your normal working hours.

Spark

A Creative Space for Young People's Wellbeing

Our informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along, email us at cyp@hertsmindnetwork.org

When: Tuesday's from 6pm-8pm

Where: Bishops Stortford Wellbeing Centre

W: www.withyouth.org **T:** 020 8189 8400



Hertfordshire
Network CYP



Building
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CREATING OPPORTUNITIES