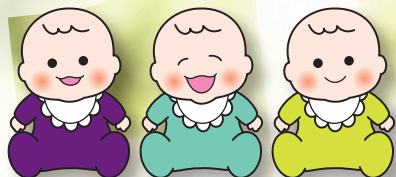


# Supporting Young Parents & Parents To Be



## What is the Plus One Programme?

Plus One is a programme which is being led by YC Hertfordshire, supporting young parents and parents to be. You will gain valuable employability skills and confidence to progress into the next stage of your life.

The topic areas covered are:

1. Employability
2. Healthy Living
3. Parenting Awareness
4. Confidence Building

You will receive appropriate support to gain a qualification which will enable you to progress to further education, training or employment. The programme will also contain elements which will help you grow in confidence and cope with new challenges as a parent.

## Who is it for?

- Young people aged 14-21 who live in Hertfordshire
- Care leavers up to the age of 21 years
- Young people with learning difficulties up to the age of 24 years
- Mums and dads/mums and dads to be

## How can this help you?

- Make positive, sound decisions
- Become more confident about making life choices
- Feel confident about what you want to do next
- Help improve your employability skills
- Be part of a supportive group

## What does the programme offer you?

### The programme offers the chance to:

- Find out more about parenting
- Learn budgeting skills and tips on how to make your money go further
- Find out about what's on locally for you and your baby
- Understand the importance of a healthy lifestyle

## How long is the programme?

The programmed sessions will run weekly in your local area.

## Programme Content

### City and Guilds 5546 Employability Skills:

- Parenting awareness
- Managing personal finance
- Contributing to own healthy living
- Self-assessment and development





A YC Hertfordshire Youth Worker or Personal Adviser will be there to support and encourage you to attend and take part in the programme. They will help facilitate group sessions, provide advice, guidance and support with your next steps after the programme.

### Referrals can be made by contacting:

#### **Broxbourne & East Herts & Welwyn Hatfield**

01992 588220  
[yc.broxbourne@hertfordshire.gov.uk](mailto:yc.broxbourne@hertfordshire.gov.uk)  
[yc.eastherts@hertfordshire.gov.uk](mailto:yc.eastherts@hertfordshire.gov.uk)  
[yc.welwynhatfield@hertfordshire.gov.uk](mailto:yc.welwynhatfield@hertfordshire.gov.uk)

#### **North Herts & Stevenage**

01438 843340  
[yc.northherts@hertfordshire.gov.uk](mailto:yc.northherts@hertfordshire.gov.uk)  
[yc.stevenage@hertfordshire.gov.uk](mailto:yc.stevenage@hertfordshire.gov.uk)

#### **St Albans & Dacorum**

01442 454060  
[yc.stalbans@hertfordshire.gov.uk](mailto:yc.stalbans@hertfordshire.gov.uk)  
[yc.dacorum@hertfordshire.gov.uk](mailto:yc.dacorum@hertfordshire.gov.uk)

#### **Watford & Three Rivers & Hertsmere**

01442 454060  
[yc.watford@hertfordshire.gov.uk](mailto:yc.watford@hertfordshire.gov.uk)  
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