

Whats going on?

Free or low-cost events coming up in Stevenage and surrounding areas

Come and enjoy our fun
packed events for this year

ALL AGES
WELCOME

#LoveStevenagetc2023

28 October Halloween-tastic

Town Square, Event Island & Indoor Market

4 November Poppy Making Workshop

Event Island in partnership with Junction7Creatives

25 November Christmas Light Switch On

Town Square & Event Island

Library events:

The library hosts lots
of free and low-cost
events and activities.

Full programme here:

[www.hertfordshire.gov.uk/services/
libraries-and-archives/events-and-
things-to-do/library-events.aspx](http://www.hertfordshire.gov.uk/services/libraries-and-archives/events-and-things-to-do/library-events.aspx)



Saturday 7th October 11am - 3:30pm • Town Square, Stevenage

STEVENAGE INTERNATIONAL DAY

CELEBRATING MUSIC, FOOD, DANCE &
FASHION FROM DIFFERENT CULTURES



Returning by popular demand:
Miss Jones
Warriorz & Asian
Drummers


Guest Stars:
**VINCEZO
AND DL**

Live performances,
The Jerk Chicken Man,
Bread Company,
Nigel's Hotscotch
Pepper sauce,
Filipino Community,
Stevenage World Forum,
Free Face Painting,
Cultural story time
at Stevenage Library,
Music Workshop at
Junction 7 Creatives,
And more

STEVENAGE
EQUALITIES
COMMISSION

Follow us for more info and to keep up to date:

 @lovestevenagetc
 lovestevenagetc

 lovestevenagetc
www.stevenagetowncentre.com



Stevenage Museum:

The museum hosts lots of free and low-cost events and activities.

Full programme here:

www.stevenage.gov.uk/stevenage-museum

Family Saturdays @ Stevenage Museum 2-3pm
Come along to our free sessions to create and learn!
No need to book, just turn up

FREE

September 9th
Exploring Space

October 7th
Skeletons and Bones

11th November
Terrible Tudors

2nd December
Birds and Birdfeeders

Under 5s@Stevenage Museum
Stories, games, and arts and crafts fun!

1:30pm – 2:30pm on Thursdays, and 11am – 12noon on Saturdays

September
Thursday 7th and Saturday 9th

October
Thursday 5th and Saturday 7th

November
Thursday 9th and Saturday 11th

December
Saturday 2nd and Thursday 7th

For children under 5 and their parents and carers.
£2.50 (£1 concessions) – Adults go free!

Book online at:
<https://stevenage-museum.arttickets.org.uk/>



Junction 7 Creatives:

J7C host FREE 'Creative Saturdays' every week. Pop in to 17 Town Square (by the old bus station)



Supporting our commitment to the environment, consider taking broken items to the new Repair Café in Stevenage, saving items from landfill.

REPAIR		
	BIN IT? NO WAY!	
CAFE	WHAT DO YOU DO WITH a cd player that no longer opens? a toaster that no longer works? a sweater with moth holes?	
	REPAIR CAFE IS repairing broken items together, professional advice, encounters and inspiration	
	COSTS? A voluntary contribution	
	WHERE? Location: Stevenage Repair Cafe Address: Bedwell Crescent, Stevenage, SG1 1NA Place: Bedwell Community Centre	
	WHEN? Date: First Saturday of each month From: 2pm to 5pm hrs	
CLOTHES • FURNITURE • ELECTRICAL APPLIANCES • TOYS • BICYCLES • ETCETERA repaircafe.org/en		

Eat for Less

We are all feeling the pinch of the 'Cost of Living' crisis.

If you need support, please reach out, there is help available.

Local food bank information here:

www.stevenage-vineyard.co.uk/compassion/foodshed

www.feedupwarmup.co.uk/help/food-bank/stevenage

Please let us know if you have a recipe to share for a cost-effective family meal. You could send us the shopping list and where to purchase.

You may like to explore the budget recipes available from supermarkets:

<https://realfood.tesco.com/budget-meals.html>

<https://www.asda.com/good-living/category/budget-meals>

Support for parents



Delivering Special
Provision Locally

The DSPL2 website has a wealth of resources for parents of children with SEND as well as parenting courses, network groups, support and advice.

If you are a parent of a child with additional needs, you may like to explore this website for support and advice:

<https://www.hertfordshire.gov.uk/microsites/local-offer/new-to-send.aspx>

Wellbeing support

The Sandbox

The Sandbox is a FREE NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being. It offers a website with access to games, worksheets, group chats and online events for children and their families. The service offers access to support from professional therapists by text, phone, online chat or video call, based on a triage of the child's needs.

- Website 24 / 7
- Therapy sessions: 7am – 10pm Mondays-Fridays and 10am – 10pm Saturdays and Sundays
- Live Chat: 10am – 8pm Mondays and Fridays
- <https://sandbox.mindler.co.uk>

Just Talk

If you are feeling low, anxious, or generally struggling, there are lots of services available to help you, all year round. Please always ask for support if you need it and don't ever struggle on alone.

The services below are all free.

They don't need a professional referral, so you can contact them directly.

<https://www.justtalkherts.org/news-and-campaigns/mental-health-support-for-hertfordshire-children-and-young-people.aspx>

Reach Out

REACHOUT offers online messaging and a helpline for children and young people and their parents to contact them about low level mental health issues.



ReachOut
Instant message us at
www.hertfordshiremindcyp.org
or call us on **01923 256391** (option2)
We are here for you **Mon to Thur from 5pm - 8pm**