



NEWSLETTER

SPRING 2026



HABS Strength in Mind Therapeutic Services are a Hertfordshire based, multi national award-winning organisation, entrusted by schools, families, and local authorities to deliver transformational mental health, emotional wellbeing, and family support work.

From urgent crisis response, to deep, long-term therapeutic work, we step in where others step back; with compassion, expertise, and a fierce commitment to making a difference.

We have been the emergency lifeline, dependable safety net and support system of thousands of families, for over 13 years.

We see the person, not just statistics

Support delivered Jan to March 2026

Targeted Support

53 families

Early Intervention

42 hours supporting families via Early Intervention

Counselling

372 Student sessions

Therapeutic Support

85 Sessions

Parenting Programmes and Workshops

32 Parents

Student Group Work

27 Students

House Hold Support

143 Families

Mi Soul Radio Station

What a special moment for the HABS team! A huge thank you to Tom Sawyer who contacted Jon Jules on Mi-Soul Radio who then gave our team a shout-out on his show.

Even more amazing, this has already created something really special... Following the shout-out, the incredibly talented artist Davey Brown has kindly commissioned a piece of work for our Charity Event this October.

Moments like this remind us of the power of community, connection, and people coming together to support a cause that matters, our children and young people.



Eman SV2 - Social Influencer

What a special moment for the HABS team

We are incredibly grateful to have received support from Eman SV2, a huge social influencer and gaming ambassador for New Balance.

Thanks to this amazing connection, we've received donations of clothing, trainers, and so much more. Because of this generosity, we've been able to support so many families with high-quality items.

This is what it's all about, people using their platform and influence to create real impact in the lives of others. Thank you for being part of our journey.



Unmasking Me Programme Funded by the Lavallin Trust.

We are pleased to share that another Unmasking Me programme is currently being delivered.

Unmasking Me is a targeted emotional wellbeing programme designed for girls experiencing Emotionally Based Non School Attendance (EBSNA), masking behaviours, and significant emotional distress. Many of the young people accessing the programme are also struggling with self-harm, anxiety and social isolation.

The programme was created in response to the shared experiences of girls who describe "holding it together" in school while feeling internally overwhelmed. It provides a safe, consistent and supportive space to explore identity, anxiety, emotional regulation and the impact of masking. The girls at RBA have been incredible, showing courage, honesty and mutual support throughout the sessions. It is a privilege to witness their growth and resilience.

Ladies Night - Edmonton Latymer Lodge 5026.

Edmonton Latymer Lodge 5026 held their annual Ladies' Night at the beautiful Fanhams Hall, raising funds for the HABS Family Support Team alongside another chosen charity.

We are delighted to share that over £1,000 is being donated to HABS from the evening. We cannot thank Peter and the Lodge members enough for their generosity, warmth and interest in our work. Their support will make a meaningful difference to the families we work alongside.





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Families Feeling Safe

We had a great turn out for our Spring Families Feeling Safe course. The parents and carers who attended were so engaged and were able to add many tools to their tool kit to help support not only their children emotionally but also themselves. One parent feedback 'I have learnt to be more patient and how important this is to prevent escalation when managing his children's behaviour and is implementing all the skills from the course at home and can see the impact this is having.'



Remembrance Sunday - Covid

Our CEO, Leigh, recently joined other professionals at St Catherines & St. Paul's Church, Hoddesdon, to share the reality of working on the frontline during COVID.



It was a truly moving experience, highlighting the challenges, resilience, and dedication of those supporting others through such an uncertain time. A very different reality to being at home on furlough, these were moments that tested, stretched, and ultimately strengthened the work we do every day.



We're proud to have been part of those efforts and to continue supporting our community with the same commitment and care.

Amelia Consultant

We are fortunate to be working alongside Amelia, who is helping to write bids for the team so we are able to continue to offer the high level support to our community. If successful with the bids, they will support us to offer high level mental health support to those who need it in our community as well as high level targeted family support.



Our Patrons

We would like to introduce you to our two patrons, Billy Byrnes and Karen Trew. Both Billy and Karen have a desire to support those in the community in need, whatever that reason may be.



Billy became our patron last year and has attended some of the events including a golf day and the mayors dinner as well as meeting with the team to understand exactly what we do and how he can support us.

Karen has been prominent figure in the Broxbourne area for many years, supporting children and young people via her many roles within the community. Karen is passionate about services and support being available to the community when needed by approachable and empathic teams. Karen attended our latest event at Hoddesdon Enterprise Centre, where she drew the lucky ticket in the Easter raffle where £240.00 was raised.



Fundraising Events for 2026

June 26 - Hills Construction, Charity Skydive

17th July 26 - Lovell Construction Golf Charity Day Woburn

10th October 26 - HABS First Black Tie Charity Event

October 26 - Halloween Event - Halsey Hall

November 26 - HABS Christmas Appeal



www.habsfamily.co.uk



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