

Community Information Champions Covid, Community & Health & Wellbeing Information Update 2023 Issue 1

Keep children healthy this winter

Stay home if unwell Infections can spread quickly. If your child is unwell and has a fever keep them home until they are better and the fever has gone.	Keep hands clean Keep hands clean to stop bugs from spreading. Help children wash their hands regularly with soap and warm water.
Catch coughs & sneezes Catch coughs and sneezes in tissues then bin them, and keep rooms ventilated to reduce the spread of winter illnesses.	Keep up vaccinations Check vaccinations, including flu, are all up to date - you can check your child's personal health record (Red Book) or ask your GP.

hertsandwestessexics.org.uk



Flu and COVID-19 are circulating at high levels, high numbers of scarlet fever continue to be reported and respiratory illnesses like respiratory syncytial virus (RSV) are also present. Follow these simple steps to minimise the spread of illness.

More info: <https://hertsandwestessexics.org.uk>



Exercise can help keep you physically and mentally healthy. Find out some tips from @HFRS firefighters on how to strengthen your willpower to get active and go to

www.hertfordshire.gov.uk/healthybodyhealthymind

#DRYMESTER 
HELPING PARENTS-TO-BE GO ALCOHOL FREE

**SPREAD
THE WORD
NO SAFE TIME
NO SAFE AMOUNT**

www.drymester.org.uk

Drinking alcohol during pregnancy can affect how your baby's brain and body develop, which can lead to a range of lifelong disabilities. When it comes to drinking alcohol during pregnancy, there's no safe time, no safe amount.

Find out more and get support at www.drymester.org.uk/he

Thank you to Hertfordshire Healthy Hubs for the above Content –

For your CIC related enquiries please contact lynsi.hayward-smith@cdaherts.org.uk

MH
LDH
Herts Mental Health
Learning Disability and
Autism Health and Care
Partnership

Get Advice

In need of
some advice?

There are many services
available offering care
and support.

Please get in touch. We are here for you.

Working together
for a healthier future

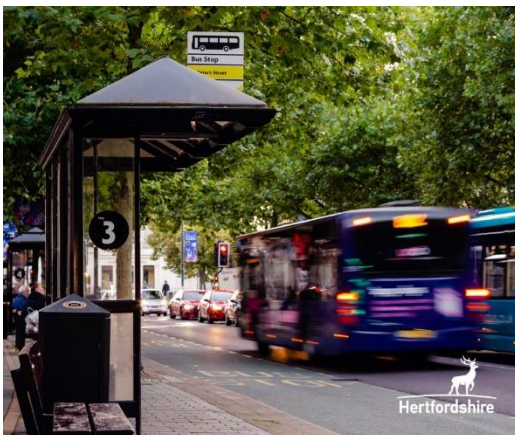
If you or someone you care for are in crisis and need advice, support, or help, there is someone providing care and support in your community waiting for your call.

Go to [#MentalHealth](#) services for adults in [#Hertfordshire](#) at www.hertfordshire.gov.uk/mentalhealth



Warm Spaces in Hertfordshire aren't just somewhere to go to get out of the cold. Leader of Hertfordshire County Council, Richard Roberts, popped along to Mill Green Baptist Church's Warm Space to find out about the range of free activities available for everyone in the local community. They even have a nail salon and a clothes mending service!

Find out what's happening at your local Warm Space www.hertfordshire.gov.uk/warmspaces



Get around for £2. Whether you are heading to work or into town, from now until 31 March a single bus journey will cost no more than £2 on most routes across Hertfordshire.

To find out more visit www.hertfordshire.gov.uk/2farecap

Winter Health Guide

Health and wellbeing advice for you and your family this winter



www.hertfordshire.gov.uk

www.nhs.uk



To help residents stay well and know where to go for the right support and medical advice this winter, HCC has worked with NHS partners to produce a winter health guide. It contains important advice on what residents can do and who to contact if they feel unwell, and information on where to go for the wide variety of support and services on offer in Hertfordshire.

[The full guide](#) has been delivered as a booklet to every household in Hertfordshire and through numerous partner networks.

A summary of the guide is also available to read online at: [Hertfordshire County Council | Winter health guide](#). This can be translated using the Google Translate function at the bottom of the page. Additionally, working in partnership with Community Help Hertfordshire printable versions have been produced in Arabic, Polish, Portuguese, Romanian, Ukrainian and

Urdu (an English version is also attached for information). Other languages can be made available if need is identified.

Are you interested in setting up a walking group in your community?

Join a fantastic team of volunteers from all walks of life. [Hertfordshire Health Walks](#) are free, friendly and safe, offering free training and support to get you started. No previous experience is required.

Walking groups are a great way to stay fit and healthy, while having fun exploring your local area. If you're interested, please call 01992 588126 or email healthwalks.cms@hertfordshire.gov.uk

For more information visit www.hertfordshire.gov.uk/healthwalks

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Would you know what to say to a friend who is suicidal?

Take the training - save a life

Free 20 minute online suicide prevention training:
bit.ly/suicidepreventionherts

Hertfordshire

Can you spare 20 minutes of your time to learn how to talk to someone who is suicidal or in emotional distress? Take the free online training today

www.bit.ly/suicidepreventionherts

Please share this message, it might save a life



We can help your family stay healthy

Apply for your prepaid Healthy Start card now at:
www.healthystart.nhs.uk

NHS Healthy Start provides families with fruit, vegetables and milk worth £220 a year, plus free vitamins to help pregnant and breastfeeding women and growing children.

If you are more than 10 weeks pregnant or have a child under four years old, and you receive certain benefits, you could be entitled to a Healthy Start prepaid card worth

£4.25 per week, to spend on healthy food and milk.

Previous voucher recipients must re-apply to continue getting help. Check your eligibility and apply below.

Find out more - <https://www.healthystart.nhs.uk/how-to-apply/October>



Get help to buy healthy food and milk with Healthy Start

NHS Healthy Start provides families with fruit, vegetables and milk worth £220 a year, plus free vitamins to help pregnant and breastfeeding women and growing children.

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LGBT+ History Month

Founded by:

**SCHOOLS
OUT**

LGBT+ History Month – February 2023

The University of Hertfordshire invites staff and shared networks to attend a series of events to mark LGBT+ History Month in February.

The events available are:

- An Introduction to Trans and Gender Diverse Identities - Tuesday 7 February, 12.00 - 13.30
- Pronouns workshop - Wednesday 8 February, 13.00 - 14.00
- Friend or Foe? The Media and the History of HIV - a conversation with Drew Dalton - Wednesday 15 February, 12.00 - 13.20
- The ABC of LGBT+ History - Tuesday 21 February, 13.00 - 14.00
- Living Gender in Diverse Times: Young People's Understandings and Experiences of Gender Diversity in the UK, with Dr Joe Hall - Friday 24 February, 12.00 - 13.00
- The Importance of Allyship in Creating Inclusive Workplaces - Monday 27 February, 12.00 - 13.30

For more information on these events and to register, please visit [LGBT+History month events 2023 | Uni of Herts](#)

If you have any questions, please get in touch with the EDI Office team on edi@herts.ac.uk



The Herts Sports Partnership's annual Coach Education Week is back and ready to train a workforce of coaches across Hertfordshire for 2023.

Taking place between 13-19 February, the half term week aims to support sport and physical activity workforces to be suitably qualified in their quest to lead a more active and healthier county.

If you'd like more information visit

<https://sportinherts.org.uk/workforce/courses>

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National HIV Testing Week (NHTW) campaign promotion begins 30 January 2023 across multi-channels including outdoor advertising, targeted broadcast, digital and social media, and press and PR. The social media pack is now available to [download](#). Unfortunately, am unable to access the link, please feel free to download if you're able to or keep a look out on [Health in Herts Facebook](#) where it will be shared once the campaign is launched. Thank you!

Here for you this winter
Fees only £10 for courses starting in January and February 2023*
*funding criteria apply

STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS

Facebook, Instagram, Twitter, LinkedIn icons
step2skills.org.uk
01992 556194

Learning in the community for Hertfordshire residents aged 19+

Have you heard about the upcoming [Step2Skills JobFair](#)? Coming soon on Thursday 23 February 2023 between 10am to 3pm at West Herts College.

February 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introduction to Excel Workshop 4 hours FREE Stevenage 6th Feb 10am-2pm Brilliant Boxes 5 weeks £10 Online Starts 20th Feb 10am-12pm Digital Scrapbooking for wellbeing 5 weeks £10 Stevenage or online Starts 20th Feb 10am-12pm Family Photography 5 weeks £10 Online Starts 20th Feb 4pm-6pm	Improving Your Skills in Excel 4 weeks £10 Online Starts 21st Feb 10am-12.30pm Energy Efficiency and Money Management Level 1 Progression Course 60 hours £10 Online Starts 21st Feb Tuesdays and Thursdays 9.30am-12.30pm	Introduction to working in the Health and Social Care Sector 5 weeks £10 Stevenage Starts 22nd Feb 10am-12pm Introduction to Customer Service 5 weeks £10 Stevenage Starts 22nd Feb 1pm-3pm THURSDAY Understanding Assertiveness Workshop 2 hours FREE Online 9th Feb 1pm-3pm	Budget Friendly Winter Warmers Workshop 2 hours FREE Borehamwood 2nd Feb 12.30pm-2.30pm Level 1 Garment Construction - Sewing Skills 12 weeks £10 Stevenage Starts 23rd Feb 10am-12.30pm Explore your sewing machine 2 weeks FREE Online Starts 23rd Feb 10am-12pm	Level 1 Preparing to Work in Schools 10 weeks £10 Online Starts 13th Jan 9am-12pm Advanced Digital Skills for work 5 weeks £10 Stevenage Starts 24th Feb 10am-12pm NEED HELP LOOKING FOR WORK? Local Supported Employment, funded by DWP, offers tailored support to help people with Learning Disability and/or Autism find and stay in work. Contact us: employmentsupport@hertfordshire.gov.uk 01992 556 194 Worried about costs? We can waive the £15 fee in some cases, please talk to us on 01992 556194.

Scan this QR code with your phone camera to visit our website

Key
 Face to Face
 Online
 Accredited

Introduction to working in schools
5 weeks | £10
Waltham Cross
Starts 23rd Feb
1pm-3pm

Watch this BSL video by Emma to learn more about why you should visit if you're looking for employment, training or education opportunities.

Book your place at www.step2skills.org.uk/courses



<https://www.youtube.com/watch?v=ckDxUPA0q1k>

Want to register? Visit Eventbrite to pick your preferred time to visit:

<https://www.eventbrite.co.uk/e/491630779897>

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Resources - More are available on the CDA Herts website

- <https://www.cdaherts.org.uk/cic-health-wellbeing-resources/>
- [COVID-19 vaccination information | A Healthier Future](#)
- [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](#)
- [Travel to England from another country during coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#)
- [Travel Test Package | UK Gov Mandatory Day 2 & 8 PCR Tests \(projectscreen.co.uk\)](#)
- HertsHelp: www.hertshelp.net email info@hertshelp.net or call 0300 123 4044

If you wish to use any of the images featured in this pdf document, they can be found on the CDA Herts website on the Resources page as above – thank you for visiting.