

Community Information Champions
Covid, Community & Health & Wellbeing Information Update 2023 Issue 2



We want to hear your thoughts, experiences, and views of the Cost of Living crisis.

How are you managing with the rising Cost of Living?

You can share your views anonymously in our online survey:
<https://www.surveymonkey.co.uk/r/HwHCostofLiving>

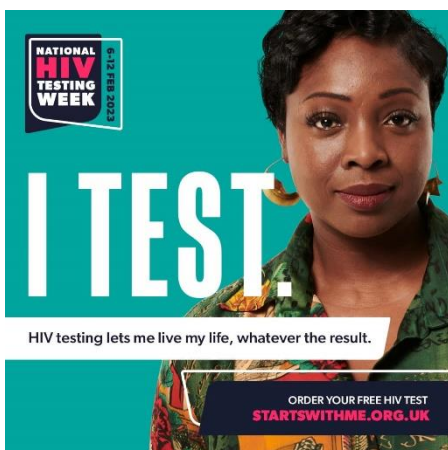
By sharing your experiences, you will help us, Hertfordshire County Council and other local services understand where their support and services are most needed.

healthwatch
Hertfordshire

The advertisement features a light blue background with several circular images: a person's hands holding a wallet, a cup of tea, a person working on a laptop, and a hand holding a utility bill. A QR code is also present.

Do you live in [#Hertfordshire](#)? Are you worried about paying your energy bills this winter?

Share your experiences of the rising [#CostofLiving](#), to help Healthwatch Hertfordshire work with Hertfordshire County Council and other local services to understand how they can continue to support you: <https://www.surveymonkey.co.uk/r/HwHCostofLiving>



NATIONAL HIV TESTING WEEK
2023 18th - 24th

I TEST.

HIV testing lets me live my life, whatever the result.

ORDER YOUR FREE HIV TEST
[STARTWITHME.ORG.UK](https://startwithme.org.uk)

The advertisement features a portrait of a woman with short dark hair wearing a patterned green top.

Did you know you can get a FREE HIV postal test kit delivered to your door in plain packaging?

Testing for HIV is free, quick and easy. It's recommended you test for HIV at least once a year and more regularly if you've had unprotected sex or more than one partner.

Due a test? Order a free kit <https://freetesting.hiv/>



Cervical screening helps save around 5,000 lives each year.

Those who receive a letter inviting them for an appointment are urged to take it up.

If you'd like to know more, free [Cancel out Cancer](#) sessions take place monthly to help people understand cancer screening, symptoms and prevention.

Find out more <https://hertsandwestessex.icb.nhs.uk/stay-well-1/get-checked-get-clued-cervical-screening>



mind in Mid Herts
Psychoeducation self-help courses for wellbeing & recovery

Living Well

- Feeling Well
- Learning to Relax
- Staying Calm
- Building Courage
- Being Assertive
- Coping with Loss
- Sleeping Well
- Staying Well at Work
- Developing Self-Compassion

www.mindinmidherts.org.uk
training@mindinmidherts.org.uk

****fully funded**
sign up online**

Mind in Mid Herts Living Well courses are designed to support your [#wellbeing](#).

Check out their upcoming courses at the link below:

<http://mindinmidherts.org.uk/.../courses.../living-well/>

Thank you to Hertfordshire Healthy Hubs for the above Content –

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



www.hpft.nhs.uk/spot-the-signs

Mind in Mid Herts have new dates for their training sessions on learning how to Spot the Signs of those at risk. Anyone working in primary care or in the voluntary sector with adults can sign up to either a one hour or a three hour fully funded course. To see dates and to register, please go to:

<https://www.eventbrite.co.uk/o/spot-the-signs-and-save-a-life-18307455358>


Helping you raise more
We have £5,000 in +Extra funding



Launch your crowdfunding campaign and you could gain up to £5,000 support from Hertfordshire County Council's Community Innovation fund.

If your charity or organisation has a project that aims to make stronger, safer, fairer, and inclusive communities visit

<https://buff.ly/3Bie5j4>

 Crowdfunder We're more than giving

Fund provided by  Hertfordshire

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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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[We Are Undefeatable in Hertfordshire Virtual Conference \(online\)](#)

Friday 10 March 2023, with registration free to all.

Organised by the Herts Sports & Physical Activity Partnership as part of the [Live Longer Better in Hertfordshire movement](#), the aim of the conference is to enable the sector to better support people to get active whilst living with Long-Term Health Conditions.

It will consist of a number of webinars throughout the day, sharing inspiring stories and practical ways to be active that work with each person's conditions, not against them. Attendees will be welcome to join for as many individual webinars as they like.

The conference is based around 3 key themes:

Reducing Inequalities: Understanding what we can do to ensure a healthier life is an opportunity available and accessible to every individual?

Understanding and Improving Provision: Where are the opportunities to get active and where can we learn to create further opportunity?

Improving Knowledge and Skills: What further opportunities are there for developing greater skills and awareness to support our sector's inclusivity to those living with long-term health conditions. Full details of each webinar will be announced in the near future.



Older People's Booklet

The Hertfordshire and West Essex Integrated Care Board (ICB) are publishing a health guide for older people.

The booklet is particularly aimed at older people in Hertfordshire and West Essex who might be digitally excluded and are not routinely getting their health information online.

If you'd like to order any print copies of the booklet, please contact Susan Haigh directly with quantities and addresses.

Direct line: 01707 685141

Communications team: 01707 685140

Switchboard: 01707 685000

Or downloads a copy [here](#)



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Protect your home from mould during the cold weather

As cold and damp weather continues, there is an increased risk of moisture and damp air causing mould in the home. Moisture can enter your home in several ways - leaky roofs, ill-fitting doors and windows, drying clothes, and steam from cooking are just a few.

For advice on managing condensation and preventing mould growth in your home, go to www.hertfordshire.gov.uk/mouldyhomes

In January 2023, a new service for direct payment holders launched in Hertfordshire.

The new service will deliver a range of interventions and services as part of an all-age one-stop-shop approach to supporting people using a direct payment or individual service fund, including:

The service want people in Hertfordshire to live full and active lives in their local communities. The vision and actions outlined in the Hertfordshire Direct Payments and Individual Service Fund strategy aim to give people real power and control over their lives, with self-directed support being the essential element to achieving this.

If you have any questions about this new service, please email:

Sam Wood-Ede, Direct Payments Manager

sam.wood-edede@hertfordshire.gov.uk

or

Tara Mullaney, Commissioning Manager tara.mullaney@hertfordshire.gov.uk

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We've extended Adviceline opening hours to cover evenings and Saturdays - meaning that you can call us when it suits you

Call free on 0800 144 88 48
Monday to Wednesday 10am to 9pm
Thursday & Friday 10am to 8pm
Saturdays 10am to 4pm



Hertfordshire County Council are really pleased to be funding Citizens Advice Hertfordshire's extended adviceline opening hours to cover evenings and Saturdays.

They offer practical advice on a wide range of issues, for help, call: 0800 144 8848 or visit:

<https://hertscitizensadvice.org.uk/contact-us/>



Slipper Swap

Pick up **FREE** slippers to prevent slips and trips.
Learn how to stay steady on your feet.
Get information to help with money and the cost of living
at the following libraries:

Oakmere	Wednesday	1 March
St Albans	Monday	6 March
Letchworth	Wednesday	15 March

All events 10.00am - 1.00pm

No booking needed. Come for a cuppa and a chat!

For more information visit www.hertfordshire.gov.uk/slipperswap or call 0300 123 4049

FREE event but donations for refreshments welcomed

Herts Libraries Slipper Swaps are back!

Pick up **FREE** slippers to prevent slips and trips.

Learn how to stay steady on your feet and get information to help with money and the cost of living.

No booking needed, just come for a cuppa, a chat and **FREE** slippers.

For more info visit www.hertfordshire.gov.uk/slipperswap

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Remember F.A.S.T for the signs of a stroke.

Face – has their face fallen on one side? Can they smile?

Arms – can they raise both arms and keep them there?

Speech – is it slurred?

Time – it's time to call 999.

When stroke strikes remember to Act **F.A.S.T.**

nhs.uk/actFAST

New Grants Programme - Race Equality in Mental Health & Suicide Prevention Grant Open

CDA Herts is working with Hertfordshire County Council Public Health to help Black, Asian and Minority Ethnic (BAME) communities, including faith groups to support their own communities to promote mental awareness and wellbeing, as well as raise awareness of suicide prevention.

Groups who can apply between £2500 and £5000 for a 9-month or 12-month project. **The closing date for application is latest by noon Monday 27 March 2023.**

Contact office@cdaherts.org.uk



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Telling the story of your work

Tuesday 28 March 2023

11am - 1pm (online)

Stories from small organisations can make a big impact! Learn top tips for writing compelling case studies, reports, presentations, funding applications, social media posts and more. This online course is ideal for staff and volunteers of small to medium organisations.

Click the link more more information:

<https://training.hertscf.org.uk/courses/telling-the-story-of-your-work-March-2023>

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
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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 <https://www.cdaherts.org.uk/cic-health-wellbeing-resources/> thank you for visiting.