

Health & Wellbeing, learning & Community Support Information Update 2023 - Issue 3



Get around for £2 offer extended! Until 30 June 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 #HelpforHouseholds

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/

Click for a Map of CA Office location details





Inspiring hope, opportunity and control
Free courses supporting mental wellbeing and personal recovery

New Leaf Recovery
College are pleased to
announce the release of
their summer term
timetable (April – July
2023), including the
popular Expressive Writing
workshop.



Book a course: www.newleafcollege.co.uk/Courses/Book-A-Course



Are you interested in how sport and physical activity can be used to benefit people's mental health?

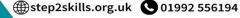
Herts Sports Partnership have a free learning and networking opportunity on Wednesday 29 March from 9am to 1.20pm, which you can attend in person or online. Lunch will be provided too.

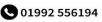


Learn something NEW with Step2Skills



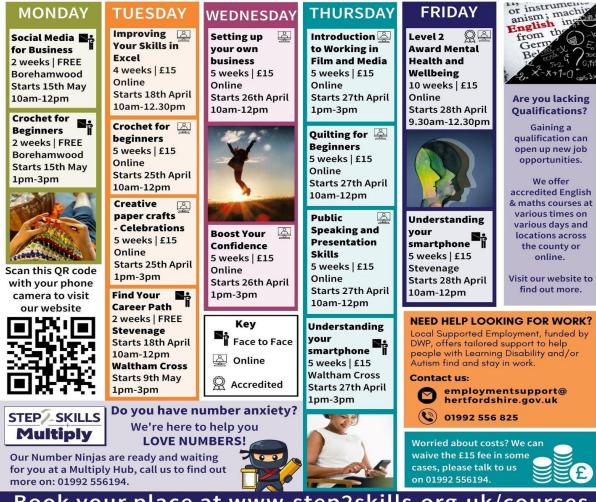






Learning in the community for Hertfordshire residents aged 19+

April & May 2023 Timetable



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















Want to get stuck into a new hobby, change your career or develop a new skill? Take a look at Step2Skills new timetable and book now: www.step2skills.org.uk

Courses are open to ALL Hertfordshire residents aged 19+, whether you're employed or unemployed and are either offered with a very low fee or free.

Community Information Champions



Sign up to Hertfordshire's FREE healthy workplace programme

Do you work or own a small or medium sized business in the private or voluntary sector in Hertfordshire? Want healthier changes in your workplace, but don't know where to start?

Hertfordshire County Council's free healthy workplace programme now supports almost 1,500 employees and trained over 50 Health Champions, addressing any health concerns in their workplace. From this April, you too can start getting the advice, support and training you need. Learn more at a free lunchtime webinar from 12:30pm to 1pm on 16 or 21 March.

Your workplace can sign up by emailing workplace.health@hertfordshire.gov.uk

Find out more at www.hertshealthyworkplace.org.uk



Become a Health Champion and Spring forward with a healthier and happier workplace

Are you a bit of a health connoisseur, passionate about helping your local community or maybe you're good at motivating those around you? Hertfordshire County Council's free healthy workplace programme has trained and is already supporting 50 Health Champions to lead the way in their workplace. If you work for a small or medium sized business (SME's) from the private or voluntary sector in Hertfordshire and want your workplace to make healthier changes, you too

can volunteer and become your workplace, Health Champion.

You'll get all the support and training you need – for free! Just let your employer know about this free scheme and to find out more about the next intake at www.hertshealthyworkplace.org.uk.





Bowel screening campaign

NHS England has launched a campaign to encourage people who are sent the NHS bowel cancer screening home test kit to complete and return it. Bowel cancer is the fourth most common cancer in the UK. Yet the latest data shows that almost one third of people who were sent an NHS bowel cancer screening kit in England last year did not go on

to complete it. Early diagnosis is vital, as detecting bowel cancer at the earliest stage makes you up to nine times more likely to be successfully treated.

The campaign is targeting people aged between 56 and 74, which aligns with the age of eligibility for being invited to complete the test. It is currently running across TV, Video on Demand, community radio, PR and partnerships and there is <u>a campaign toolkit</u> that contains resources and messaging that you can use to share across your channels.



Men's Health Champions Training

Tuesday 21 and Thursday 23 March, 10am – 12pm (Online, fee £149)

The course is for anyone who wants to support the health of the men in their community, group, workplace or other organisation. Evidence-based, participative and fun.

Learn how to 'do' men's health with Men's Health Forum's new workshops. Places still available for Men's Health Champions

Training on 21 and 23 March and How to make health services work better for men workshop on 25 and 27 April.

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.

office@cdaherts.org.uk

The closing date for application by noon Monday 27 March 2023.

Community Information Champions





The King's Coronation 6th May 2023

<u>Click for information available on the Herts County</u> <u>Council website</u>

For Celebration Events Click for National Lottery
Awards for All Grant Applications

Live Longer Better in Hertfordshire (LLBiH) is organising a series of online events to promote sessions available for older adults to stay strong, stable, supple and social. LLBiH is keen to collaborate with the relevant Healthy Hubs for these sessions.

There will be a 'Getting Active in' session for each district, the dates are as follows:

- East Herts and Broxbourne 20 March 2pm 3:30pm
- Three Rivers and Dacorum 19 April 10:30pm 12pm
- Welwyn Hatfield and St Albans 25 May 10:30-12pm
- Hertsmere and Watford 8 June 10:30-12pm
- North Herts and Stevenage 14 September 10:30-12pm

Please email Charlotte Bird c.bird3@herts.ac.uk for further imformation

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