
**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](https://twitter.com/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

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](#)



NEW TIMETABLE OFFICIALLY RELEASED!

www.newleafcollege.co.uk

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

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



**BOOK
NOW FOR
APRIL -
JULY 2023**



**HOT
COURSE**
Introducing the Royal
Literary Fund's
**Expressive
Writing
Workshop**

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



East of England Mental Health in Sport & Physical Activity Conference

March	9:00 am - 1:30 pm	In-person and Online attendance options
29	Free to attend with lunch included	

If you have any questions about the conference, please email t.horey2@herts.ac.uk

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.



Thank you to Hertfordshire Healthy Hubs for the above Content –
For your CIC related enquiries please contact lynsi.hayward-smith@cdaherts.org.uk

Learn something NEW with Step2Skills

STEP 2 SKILLS
PREPARE FOR SUCCESS IN HERTS

Facebook Instagram Twitter LinkedIn
@step2skills

step2skills.org.uk 01992 556194

Learning in the community for Hertfordshire residents aged 19+

April & May 2023 Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Social Media for Business </p> <p>2 weeks FREE Borehamwood Starts 15th May 10am-12pm</p>	<p>Improving Your Skills in Excel </p> <p>4 weeks £15 Online Starts 18th April 10am-12.30pm</p>	<p>Setting up your own business </p> <p>5 weeks £15 Online Starts 26th April 10am-12pm</p>	<p>Introduction to Working in Film and Media </p> <p>5 weeks £15 Online Starts 27th April 1pm-3pm</p>	<p>Level 2 Award Mental Health and Wellbeing </p> <p>10 weeks £15 Online Starts 28th April 9.30am-12.30pm</p>
<p>Crochet for Beginners </p> <p>2 weeks FREE Borehamwood Starts 15th May 1pm-3pm</p>	<p>Crochet for beginners </p> <p>5 weeks £15 Online Starts 25th April 10am-12pm</p>	<p>Boost Your Confidence </p> <p>5 weeks £15 Online Starts 26th April 1pm-3pm</p>	<p>Quilting for Beginners </p> <p>5 weeks £15 Online Starts 27th April 10am-12pm</p>	<p>Understanding your smartphone </p> <p>5 weeks £15 Stevenage Starts 28th April 10am-12pm</p>
<p>Find Your Career Path </p> <p>2 weeks FREE Stevenage Starts 18th April 10am-12pm Waltham Cross Starts 9th May 1pm-3pm</p>	<p>Creative paper crafts - Celebrations </p> <p>5 weeks £15 Online Starts 25th April 1pm-3pm</p>	<p>Public Speaking and Presentation Skills </p> <p>5 weeks £15 Online Starts 27th April 10am-12pm</p>	<p>Understanding your smartphone </p> <p>5 weeks £15 Waltham Cross Starts 27th April 1pm-3pm</p>	<p>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 556 825</p>

Do you have number anxiety?
We're here to help you LOVE NUMBERS!
Our Number Ninjas are ready and waiting for you at a Multiply Hub, call us to find out more on: 01992 556194.

Are you lacking Qualifications?
Gaining a qualification can open up new job opportunities.
We offer accredited English & maths courses at various times on various days and locations across the county or online.
Visit our website to find out more.

Worried about costs? We can waive the £15 fee in some cases, please talk to us on 01992 556194.

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.



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



Be your workplace Health Champion

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.

Thank you to Hertfordshire Healthy Hubs for the above Content –

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



Help us
help you

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 [a campaign toolkit](#) 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.

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The King's Coronation 6th May 2023

[Click for information available on the Herts County Council website](#)

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 information

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.