
Health & Wellbeing, learning & Community Support Information Update 2023 - Issue 4



The King's Coronation 6th May 2023

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



Last month the Healthy Hubs special issue of the stakeholder PH eNews was issued, which can be viewed with the link below. Please share with any partners or friends.

<https://publichealth.hertsc.gov.uk/healthy-hubs-special-edition-2023/in-this-issue/welcome-to-a-special-edition-of-public-health-eneews>



People aged 75 or above, or those with a weakened immune system, can now book their spring COVID-19 booster vaccine. Book your appointment now at www.nhs.uk/covid-booster, through the NHS App, or by calling 119.

UK Health Security Agency



It's important to [#BeTickAware](#) while enjoying the outdoors. Get more info on ticks and Lyme Disease in this blog from UK Health Security Agency 📌

[What is Lyme disease, and why do we need to be tick aware? - UK Health Security Agency \(blog.gov.uk\)](#)



A CALL TO OUR COMMUNITY TO GET VACCINATED NOW

UK Health Security Agency



PRIORITISE POLIO VACCINATION IN YOUR PESACH PREPARATIONS

Contact your GP or local health centre and make sure you are **up to date with your vaccinations before you travel or visit relatives** this Pesach, to stop the disease from spreading.

Wishing all families a healthy, happy and kosher Pesach.

Prioritise Polio vaccination. Poliovirus continues to circulate in Jewish communities around the world.


Contact your GP or local health centre to make sure you are up to date with your vaccinations before you travel or visit relatives this Pesach, to stop the disease from spreading.

Here's **Hertfordshire County Council's Fifty Thrifty List of Adventures and Days Out** in Hertfordshire to keep children, young people and families entertained, without breaking the bank

hertfordshire.gov.uk/springtimeadventures

Springtime adventures

Take part in a junior parkrun	Explore Ashridge Estate	Visit Howard Park and Gardens	Play in the park at Bancroft	Discover new parks around you with ParksHerts
Visit the Lavender Farm	Spend the day at The British Schools Museum	Visit Hitchin Market	Pick up a second hand bike at a Reuse Shop	Spot the Meerkats at Cedars Park
Explore Heartwood Forest	Walk the Sculpture Trail in Broxbourne Woods	Sign up for a library card	Go Geocaching	Visit Herts Archives
Visit the animals at a local farm	Go for a bike ride	Explore the Alban Way	Attend a Services for Young People youth project	Take a ride at East Herts Miniature Railway
Have an adventure at Leavesden Country Park	Uncover Oughtonhead Common	Spend the day at the Natural History Museum in Tring	Check out an activity at your local library	Jump over the stepping stones at Batford Springs
Have an egg hunt	Walk around the Lee Valley Sculpture trail	Drop in to a parent cafe	Attend a Family Fun Event at a Family Centre	Go fly a kite
Spend the day at Cassiobury Park	Find a Dragonfly at Amwell Nature Reserve	Visit a Bluebell woods	Visit the historic St Albans Cathedral	Baby Rhyme Time at your local library
Visit Stevenage Museum	Family Fun session at a Family Centre	Discover Berkhamsted Castle	Explore Panshanger park	Picnic outside Hertford Castle
Unearth the Roman Ruins	Walk the Wheathampstead Heritage Trail	Discover the woods of Chipperfield	Sign up for a SaverCard	Find new places playing Pokémon Go
Go bird watching	Have an arts & crafts day	Play Disc Golf at Lee Valley	Relax at Jellicoe Water Gardens	Make your own playdough





Did you know nearly a quarter of 5-year-olds in England have tooth decay?

Hertfordshire's Family Centre Service can provide support and advice to help you become confident cleaning your child's teeth twice a day.

This support includes Hertfordshire Healthy Mouths, a scheme that distributes oral health packs (toothbrush, toothpaste, timer and oral health leaflet) to vulnerable families with children under 5.

www.hertsfamilycentres.org



New online mental health digital advice service for 10-25-year-olds in Hertfordshire.


The Sandbox is an NHS funded service, which offers games, worksheets, group chats and online events for children, young people and their parents/carers.






This service can also provide access to internet enabled Cognitive Behavioural Therapy (iCBT), or one-to-one support from professional therapists by text, phone, online chat or video call. Signing up is easy and doesn't need a professional referral, just visit <https://sandbox.mindler.co.uk/>

Date for your diary: Hertfordshire Public Health Festival of Evidence 15 – 19 May 2023

A week-long series of free workshops, online training videos, masterclasses and pop-up information events will take place at venues across the county, hosted by Hertfordshire Public Health Evidence and Intelligence Service. More details will be published soon at: [Hertfordshire Public Health Festival of Evidence 15 - 19 May 2023](http://hertshealthevidence.org) (hertshealthevidence.org) or email ph.events@hertfordshire.gov.uk to register your interest.

Knowing the symptoms of bowel cancer could save your life



-  **Bleeding from your bottom and/or blood in your poo**
-  **A persistent and unexplained change in bowel habit**
-  **Unexplained weight loss**
-  **Extreme tiredness for no obvious reason**
-  **A pain or lump in your tummy**

Support #BowelCancerAwarenessMonth
bowelcanceruk.org.uk

1 in 3 people don't know symptoms of bowel cancer, knowing the symptoms could save your life. If you have a change in bowel habits, or something isn't your normal, don't be embarrassed and don't ignore it. Get it checked out.

For more information visit:
www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month
 or www.nhs.uk/conditions/bowel-cancer

Hertfordshire is getting behind #TheBigHelpOut on Monday 8th May and we are getting involved



Scan the QR code to find out how you can join in!

GoVolHerts

01462 689409 | info@govolherts.org.uk



Funded by Hertfordshire County Council, Go Vol Herts is your one stop hub for any volunteering enquiries in Hertfordshire. 700 volunteering opportunities at 250 local charities.

★ Visit www.govolherts.org.uk today to find your perfect volunteer role locally.

★ Check out www.govolherts.org.uk/the-big-help-out for all the latest info on The Big Help Out in Hertfordshire.

★ Browse www.thebighelpout.org.uk to read more about the national campaign and download #TheBigHelpOut app to view volunteering opportunities available across the UK.



A new system has been launched giving the government and emergency services the capability to send emergency alerts. Designed to bolster the UK's resilience, it will send direct alerts to mobile phones when there is a risk to life.

A UK-wide test took place in the early evening of Sunday 23 April.

About emergency alerts: Your mobile phone or tablet may get an emergency alert if there's a danger to life nearby. Alerts tell you what to do to stay safe. Mobile phone masts in the surrounding area will broadcast an alert. Every compatible mobile phone or tablet in range of a mast will receive the alert. Your mobile phone or tablet does not have to be connected to mobile data or Wi-Fi to get alerts. You can opt out of emergency alerts, but the government advises you keep them switched on for your own safety. To opt out, search your settings for 'emergency alerts' and turn off 'severe alerts' and 'extreme alerts'. If you still get alerts after that, contact your device manufacturer.

If you're a survivor of Domestic Abuse with a secret or secondary phone, the government's new Emergency Alerts could reveal your phone even if it's on silent.

The tech team at [Refuge](#) has created an easy guide to turning off alerts on Androids and iPhones. Watch now: <http://ow.ly/TEnR50NGIHL>

Easy Read

[English language Easy Read leaflet](#)

In partnership with the UK Government, the Voluntary and Community Sector Emergencies Partnership, has published fact sheets in a number of community languages at <https://vcsep.org.uk/resources/emergency-alerts-system>

Mental Health Awareness Training

Volunteers and staff of food banks and designated warm spaces are being offered training to increase understanding of mental health and how to help others. The training, funded by Hertfordshire County Council Public Health and coordinated by Hertsmeire Borough Council, has been arranged in response to the rising costs of living and will be available online and in-person. The objectives of the course are:

- To be able to recognise stress and anxiety and other mental health conditions.
- To understand where to refer and signpost people with mental health conditions.
- To be able to manage stress in day-to-day life.

For more information, visit [Hub Training | Communities 1st](#)



[Social media made easy](#)

Thursday 11 May 2023, 10am - 12.30pm (Online)

This online course is for beginner's on how to run your social media channels and how to get the most out of them. This course is fully funded for staff and volunteers who are aiming to develop their digital communication skills. Click the link [Social media made easy](#)



Next month **Step2Skills** are running Mental Health & Work.

This online course is for anyone who'd like to gain a better understanding of how to maintain good mental health whilst seeking employment, or within a role they already have.

Book your place: <https://buff.ly/3JGFtxB>

Next month two fantastic online **Step2Skills** courses are starting:

- Overcoming Anxiety & Fear
- Mental Health & Work

These are weekly self-development courses for people aged 19+ designed to improve wellbeing, build confidence and gain new skills.

Find out more and get your place here: <https://buff.ly/3HESSTm>

An overview of the challenges and barriers faced by the Gypsy Roma Traveller communities in Hertfordshire and the UK - Masterclass

Tuesday 16 May 2023, 10am – 12.15pm

Learning Outcomes:

- To increase awareness and understanding of the challenges faced by the Gypsy, Roma, and Traveller (GRT) communities in the UK
- To understand the impact of mental health and suicide in the GRT communities and develop co production strategies to deal with these issues.
- To examine the social determinants of health within the GRT communities.

For further information and to register, please visit [Eventbrite](#)

*If you have a problem with the page loading, please try another web browser e.g. Google Chrome

If you have any queries regarding this masterclass, please contact publichealth@hertfordshire.gov.uk



Introduction to Gypsy and Traveller culture, traditions and practices

Monday, 22 May 2023, 10:30am-1pm

This training is conducted by community members and is ideal for services who work with the communities. Current issues and difficulties that the communities face will be discussed, giving attendees a broader understanding and the opportunity to ask questions. Tickets can be booked by visiting the [Eventbrite link](#)

Healthy Ageing Masterclass - Wednesday 17 May 2023, 10am – 12pm

During this master class, we will share our experiences of research involving ageing, physical activity and sporting reminiscence with a specific focus on dementia. We will also share practical examples from those providing services in the community. Attendees will be encouraged to think about;

- Ageism and healthy ageing
- Inclusion in Physical Activity
- Sporting reminiscence
- Age friendly/dementia inclusive communities

To register, please visit [eventbrite](#)

If you have any queries regarding this masterclass, please contact publichealth@hertfordshire.gov.uk



Sport England: Small Grants Programme

This programme always seeks to support projects that bring communities together through sport and activities for local people who may be less physically active.

In this coronation year, Sport England are also looking at [three additional areas which reflect His Majesty the King's personal passions](#), so are inviting projects that focus on sustainable activity while reducing the impact on the environment, like purchasing locally-made equipment to extend capacity in a club or using local community assets to minimise travel. They have also added the additional priority of focusing on the development of skills in young people, like supporting this group through coaching qualifications or relevant sports administration courses or trying sessions to bring new participants into clubs. There is also an extra focus on volunteering, with [The Big Help Out](#) also forming part of the coronation celebrations.

Visit [Small Grants Programme | Sport England](#)

The Department of Health and Social Care has launched a new look [Campaign Resource Centre](#) (CRC).

All current campaigns and resources are now available at: <https://campaignresources.dhsc.gov.uk/>

You'll still have access to all the same great resources from the Department of Health and Social Care, NHS England and the UK Health Security Agency, but you should find the design, content and functionality of the new site has been improved:

- Easier search and navigation of campaigns and resources.
- Select your preferred size or design to download.
- Search by your profession, target population, health issue and resource format.
- More accessible design for users.

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 have been a 'Getting Active in' session for each district, the dates to come are as follows:

- 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

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>Scan this QR code with your phone camera to visit our website</p>	<p>Creative paper crafts - Celebrations </p> <p>5 weeks £15 Online Starts 25th April 1pm-3pm</p>	<p>Key</p> <ul style="list-style-type: none"> Face to Face Online Accredited 	<p>Public Speaking and Presentation Skills </p> <p>5 weeks £15 Online Starts 27th April 10am-12pm</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>
<p>STEP 2 SKILLS Multiply</p> <p>Our Number Ninjas are ready and waiting for you at a Multiply Hub, call us to find out more on: 01992 556194.</p>	<p>Do you have number anxiety? We're here to help you LOVE NUMBERS!</p>	<p>Waltham Cross Starts 9th May 1pm-3pm</p>	<p>Understanding your smartphone </p> <p>5 weeks £15 Waltham Cross Starts 27th April 1pm-3pm</p>	<p>Worried about costs? We can waive the £15 fee in some cases, please talk to us on 01992 556194.</p>

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.

Herts & West Essex Integrated Care System - Update on strategic priorities

There are four health and care partnerships with the Hertfordshire and west Essex ICS, three are place-based on the footprints of the former CCG's.

Each of the three placed based HCP has a Place Director, who is also an ICB Board Director these are:

- East and North Hertfordshire, Sharn Elton
- South and West Hertfordshire, Matthew Webb
- West Essex, Toni Coles

In addition, Hertfordshire has a Mental Health, Learning Disability and Autism Health and Care Partnership co-chaired by Chris Badger and Karen Taylor.

[Our strategy for a healthier Hertfordshire and west Essex – Hertfordshire and West Essex Integrated Care System \(hertsandwestessexics.org.uk\)](https://hertsandwestessexics.org.uk)

Carers in Herts run 1.5 hour information sessions aimed at professionals and volunteers working in Hertfordshire in the Health and Social care sector as well as the voluntary sector.

The sessions are facilitated by two staff members online via Teams and cover:

- the national and local picture on carers and caring issues
- who is a carer
- eligibility criteria to Carers in Hertfordshire services
- how to refer carers to Carers in Hertfordshire
- the range of services offered by Carers in Hertfordshire

This session is free to attend.

Next available dates:

- Tuesday 16th May 2023
- Wednesday 12th July 2023
- Thursday 7th September 2023
- Tuesday 21st November 2023
- Wednesday 24th January 2024
- Thursday 21st March 2024

To book onto a session please visit <https://www.carersinherts.org.uk/supporting-carers-an-information-session/>

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 Coronavirus rules - GOV.UK \(www.gov.uk\)](#)
- 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.