
Health & Wellbeing, learning & Community Support
Information Update 2023 Issue 5 - May



Volunteers' Week 1st June - 7th June

Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities. The week is a time to celebrate and inspire, that follows shortly after [The Big Help Out](#) initiative, where 6 million people joined their community to lend a hand. It's with your help and continued support that we create a long-lasting legacy of volunteering.

During the 7 days we will be showcasing our **7 Wonders of Volunteering**; where we will be celebrating some of our volunteer heroes in our community, sharing the benefits and rewards of volunteering, highlighting events where you can get involved and spotlighting local volunteer opportunities, plus much more.

[Visit the GoVol Herts website for all the information about #Volunteers Week](#)



DOES YOUR DRINKING ADD UP?



Reducing how much alcohol you drink can have many health benefits, including better sleep, improved mental health, and a reduced risk of developing certain health conditions.

You may also find that you have more energy and feel more alert during the day. Reducing how much alcohol you drink can also help you save money and improve your relationships with friends and family.

Calculate how much you're drinking and find healthier alternatives at doesyourdrinkingaddup.co.uk



#HatsOffToYou

Juggling to be the best mother, daughter, sister, wife, partner, best friend, colleague, good neighbour and so much more?

Wearing too many hats every day can be exhausting. We can help. Need to update your CV for a new job? Think your dad might be entitled to benefits, but not sure where to start? Want to get fitter and healthier, but can't afford it?

We'll take time to listen and help you find the information, advice and support you need to feel like YOU again.

Find your local Healthy Hub at www.healthyhubs.org.uk/hatsoff



Taking your first step to change a habit or ask for help isn't always easy. Maybe you'd like to quit smoking, get money advice or simply try a new activity to get out and about more.

We'll take time to listen and help you find the information, advice and support you need to feel like you again. If you do one thing today, come talk to us, even if it's just 5 minutes.

Find your local Healthy Hub at www.healthyhubs.org.uk/hatsoff



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.



Hertfordshire County Council invites you, its residents, to help them shape a new scheme encouraging local food businesses to provide healthy choices. To have your say please complete a short survey:

<https://surveys.hertfordshire.gov.uk/s/LocalFoodEnvironment/>



Fit, Fed & Read Holiday Camps offer free camps for disadvantaged children in Hertfordshire during holidays. Booking for the May half term is now available for children aged 8-11.

The camp includes team games, sports, arts and crafts, and games, along with a free hot lunch. These camps operate based on professional referrals from schools, agencies, and professionals, to assist vulnerable families who cannot afford holiday childcare provision.

Find further details at <https://sportinherts.org.uk/free-may-halfterm-fit-fed-read-holiday-camps-are-back/>

Thank you to Hertfordshire Healthy Hubs for the above Content –

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

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

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



hertfordshire.gov.uk/springtimeadventures



New Weather Health Alerts system

From 1 June 2023 the Weather-Health Alerts (Heat-Health and Cold Weather) will be changing.

The alerts will move to improved impact-based alerting, indicating potential health-sector impacts and likelihood of those impacts occurring based on the forecast temperatures.

These new alerts will be issued by UKHSA in partnership with the Met Office.

There will be a new dedicated webpage on gov.uk and a registration page where users will be able to specify which region within England they wish to receive alerts for.

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 Hertsmeres 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](#).



Gypsy, Roma and Traveller History Month is celebrated every year as a way of raising awareness of these communities and their contributions to society, and to offset negative stereotyping and discrimination.

The aims of the month are to:

- Promote knowledge of the Gypsy, Roma and Traveller History, Cultural and Heritage

Thank you to Hertfordshire Healthy Hubs for the above Content –

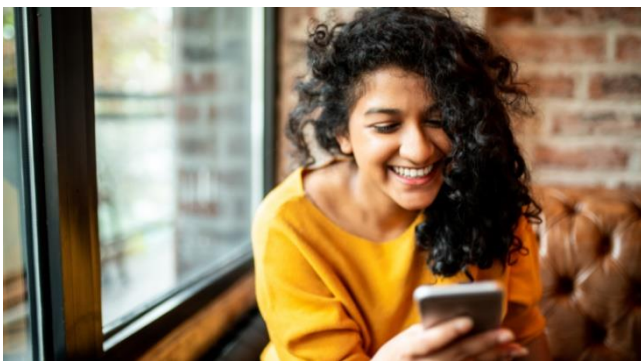
For your CIC related enquiries please contact lynsi.hayward-smith@cdaherts.org.uk

- Heighten the confidence and awareness of Gypsy, Roma and Traveller people to their cultural heritage
- Celebrate Gypsy, Roma and Traveller culture and heritage

To celebrate GRT history month this year, Hertfordshire County Council Public Health and GATE Herts will be hosting an event on 25 June that will include, live music, arts & crafts and much more.

The event is free to attend and will be at Cuffley Youth and Community Centre, 70 Station Road, Cuffley, EN6 4EY.

Contact hub@gateherts.org.uk for further information



Social media ready-to-watch videos

These ready to watch videos are designed to give you a step by step tutorial on social media basics, helping to optimise your reach and marketing options via social media.

Click to [Watch the videos](#)



Health and Respiratory Awareness Event

Come along for complimentary coffee and cake, and a chat with local health professionals to find out more about health and respiratory services and support available in Hertsmere.



Date: Wednesday 14th June, 1-4pm
Venue: Aberford Community Centre, Borehamwood, WD6 1PL

To book your **FREE** place, please
Visit: www.communities1st.org.uk/healthmatters
Email: community.help@communities1st.org.uk
or Call: 01727 649900



Herts Five PCN



Hertfordshire and West Essex
Integrated Care Board

Want to learn more about respiratory support services?

Communities 1st invites you to a Health and Respiratory Awareness event on Wednesday 14 June (1-4pm) at Aberford Community Centre in Borehamwood. The theme is respiratory education and awareness delivered in a fun way!

There will have several stall holders including [Asthma + Lung UK](#), all four GP Practices in Borehamwood, Hertsmere Healthy Hub and Hertfordshire County Council Public Health.

This event is free and there is no need to book, however please do register to help ensure there will be enough refreshments on the day.

Book your place: <https://buff.ly/3I3i8oy>

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Hertfordshire County Council are offering an exciting opportunity for voluntary or community organisations in Hertfordshire to apply for a grant of up to £5,000 to launch and deliver physical activity projects that promote mental health and wellbeing for those aged 18+.

Email PublicMentalHealth@hertfordshire.gov.uk for more information. Applications close 31 May 2023 #MentalHealthAwarenessWeek

Network while you walk

The Applied Research Collaboration (ARC) East of England is organising a lunchtime community walk in Stevenage on Friday 9 June. This event will be an opportunity to meet and chat with the researchers from the NIHR (National Institute for Health & Care Research) Applied Research Collaboration working in the region, discuss local issues, and enjoy the beautiful scenery.

Anyone else who interested is welcome to attend. For more information and how to book please contact research assistant Emilia Tylenda on e.tylenda@herts.ac.uk. You can find out more information at the [NIHR ARC website](#).



Are you on Nextdoor?

Hertfordshire County Council has joined Nextdoor. [Click to sign up now to join in on community discussions and find local help and advice.](#)

You'll be able to see important updates and make new connections with neighbours in your area.

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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:

- 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

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