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| Hertsmere Healthy Hubs |

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| Welcome to the Healthy Hub newsletterWelcome to our February Healthy Hub newsletter! It’s packed with lots of advice on a range of health and wellbeing issues including, awareness days in February, vaccination updates and information on grants and funding available for clubs and community groups. In addition every week, we will be showcasing the work of our Healthy Hubs. Healthy Hubs are new one-stop shops in Hertsmere for all your health and wellbeing needs.  |

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| HH Advocates |  | The Healthy Hubs are here for you!The Healthy Hubs are here to help you:👉Stay mentally well👉Get food or medication👉Stay socially connected👉Stay physically active👉Eat healthily👉Access alcohol and drug support**Contact Lee or Nicola now:****Lee Bruce** - Lee.Bruce@inspireall.com **Nicola O'Neill** - healthyhub@communities1st.org.uk or 020 8207 5115Find out more at the [Healthy Hub website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5oZXJ0c21lcmUuZ292LnVrL0hlYWx0aC0tV2VsbGJlaW5nL0hlYWx0aHktSHVicy5hc3B4In0.JbyiYRcvaaC12ZTR2HYO8rnq7mrDBSfxIwX6inaUCwo/s/1064847854/br/96531667210-l).Alternatively, visit our brand new [Healthy Hub Self Service page](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5oZXJ0c21lcmUuZ292LnVrL0hlYWx0aC0tV2VsbGJlaW5nL0hlYWx0aHktSHViLVNlbGYtU2VydmljZS5hc3B4In0.xv9W7lla57IqaYxQyyr48stcW752C--2WSw2LVeArY4/s/1064847854/br/96531667210-l), where you can access all of the services you need online. |

Stay Home, Save LivesSince 5 January, national lockdown rules have applied. It means you must stay at home. The single most important thing we can all do to protect the NHS and save lives is stay at home.A full list of restrictions are available to view [here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ3VpZGFuY2UvbmF0aW9uYWwtbG9ja2Rvd24tc3RheS1hdC1ob21lIn0.QO7NOkiU5xsc7Ciqq86ybOW_NZad4Z06kQRXXxvxaCQ/s/1064847854/br/96531667210-l)You can also keep up-to-date with Hertsmere Borough Council's services [here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5oZXJ0c21lcmUuZ292LnVrL0hlYWx0aC0tV2VsbGJlaW5nL0Nvcm9uYXZpcnVzLSVFMiU4MCU5My1zZXJ2aWNlLXVwZGF0ZXMtYWR2aWNlLWFuZC1zdXBwb3J0Li5hc3B4In0.fvDntPo3hlLAS1Q3B7DDLFcPmm200CHp83oiM1Kl86Q/s/1064847854/br/96531667210-l)An image with Stay home, Protect the NHS, Save LivesUpdate: Covid-19 vaccinations in HertsmereAll residents who are currently eligible to have a COVID-19 vaccination can now access a vaccination site in the borough. In addition to Allum Hall in Allum Lane, online pharmacy Med Mart in Imperial Place, Borehamwood, is now offering Covid-19 vaccinations.Vaccinations are only available by appointment, either following an invitation from your GP practice or a letter enabling you to use the national booking system.  Opening hours are coordinated to ensure that appointments are available when supplies of the vaccine allow.People aged 70 and over and those under 70 with a health condition that puts them at extreme clinical risk can now also be vaccinated.Whilst the programme has been extended to these additional groups, completing vaccinations for the over 80s, older people who live in care homes and those who care for them will continue to take priority.**Please wait to be contacted for your jab.**An image with the text 'The NHS will contact you when it's your turn to be vaccinated.'

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| Coach Education Week 2021 |  | Coach Education Week 2021A week-long series of talks and workshops are available for coaches in Hertfordshire later this month.Herts Sports Partnership are delivering this year's Coach Education Week running from 15 to 21 February. Whether you're a coach working in elite sport, or engaging people who are new to being active, there are opportunities to add to all areas of your coaching toolkit, while keeping safe. More than 25 virtual and e-learning courses are available to choose from.Herts Sports Partnership works with a variety of providers including UK Coaching, Performance Hertfordshire, the Football Association, the Activity Alliance and others, which means that many courses come with official accreditation, including CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) points. To book on visit the [Herts Sports Partnership](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3Nwb3J0aW5oZXJ0cy5vcmcudWsvd29ya2ZvcmNlL2NldzIwMjEvI2NvbnRlbnQifQ.6r8OeRVjpJTtg0mJ6xv5LtPcNtK46F1JWALxmeZCEac/s/1064847854/br/96531667210-l) website. |

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| Healthy Start Vouchers |  | Healthy Start VouchersYou could be entitled to free food and milk vouchers if you are a pregnant women or have a child under four years old.Thousands of people in Hertfordshire are missing out on Healthy Start vouchers, worth £3.10 per child per week (£4.25 per week from April).To be eligible, you should be in receipt of certain means-tested benefits. Check [here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvaGVhbHRoeS1zdGFydC9lbGlnaWJpbGl0eSJ9.F7f-9FjGJjO7wL1j_AgbHU3XmTlqCzDAVK_IV7QWl4w/s/1064847854/br/96531667210-l) |

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| Sport England Logo |  | Return to Activity Grants FundClubs and community groups in Hertsmere could receive up to £10,000 to support them through the challenges of the coronavirus pandemic.Sport England’s Return To Play Small Grants fund is accepting applications until June 2021. It aims to award clubs and community groups with between £300 and £10,000 to support them in returning to play.If you're interested in applying sooner rather than later, Herts Sports Partnership are offering free support with a funding consultant. Please contact Alex to find out more.For more information go [here](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5zcG9ydGVuZ2xhbmQub3JnL2hvdy13ZS1jYW4taGVscC9vdXItZnVuZHMvcmV0dXJuLXBsYXktc21hbGwtZ3JhbnRzIn0._fmHekGZNSuxq1WOi15sAEmX2fDB4AHt0lhxw-ZYZL8/s/1064847854/br/96531667210-l). |

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| WMSM |  | We Move She Moves updateAll face-to-face sessions have been suspended until further notice. Some sessions have been re-introduced online in a phased approach and so keep an eye on our [website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3dlbW92ZXNoZW1vdmVzLm1lLnVrLyJ9.PFFJmpauD7Y61i2_30KkksyCeGP8kEqOhowPyIYAVX8/s/1064847854/br/96531667210-l) and Facebook page [@WeMoveSheMoves](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5mYWNlYm9vay5jb20vd2Vtb3Zlc2hlbW92ZXMifQ.OOpN9ZB-Q3sorbaOq9Mf9VGI1aPfmvE01M3UbNuh76Q/s/1064847854/br/96531667210-l) for updates.In the meantime, ahead of International Women's Day we are looking to hold a virtual WMSM health and wellbeing week in March.Tell us about which topics or activities you would like to attend, so we can plan the week around your needs. Please complete [this survey](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL2Zvcm1zLm9mZmljZS5jb20vUGFnZXMvUmVzcG9uc2VQYWdlLmFzcHg_aWQ9Mno1c3E2eDB6RTZfWlE4d0I2WG4zZUJDYjRyNlZ3WkN1aFRlWk5jSU1PZFVOa0ZEV0VsS1NVVk5OMUk0Tms5TlR6UTNOVk5aTVV4TE55NHUifQ.AhhFH27OSKAecM_s6x9A_hHF_u3VZ7Hd0P9Ki8iQSiA/s/1064847854/br/96531667210-l) to let us know your thoughts.For more information on International Women's Day please visit their [website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5pbnRlcm5hdGlvbmFsd29tZW5zZGF5LmNvbS8ifQ.3VdtTIBEN0NrYImzy9XQVG0PkINNzlxvqi3aVD6PjzQ/s/1064847854/br/96531667210-l). |

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| Time to Talk Day |  | Time to Talk DayTime to Talk Day is taking place on Thursday (4 February).It's the day that we get the nation talking about mental health.We know that the more conversations we have, the more myths we can bust and barriers we can break down, helping to end the stigma around mental health.This year’s event might look a little different, but at times like this open conversations about mental health are more important than ever.Get involved using the #TimeToTalk and join in by visiting [Time to change](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTEsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy50aW1lLXRvLWNoYW5nZS5vcmcudWsvZ2V0LWludm9sdmVkL3RpbWUtdGFsay1kYXkifQ.4m1ASfvKmQvQtp2m_49ua0crK0I_aRnBfNSQosf4MK0/s/1064847854/br/96531667210-l). |

NHS Childhood Winter Illness LeafletMany children may be experiencing common illnesses like coughs and colds. Some parents and carers aren’t always sure what to do when their child is unwell.   That is why the NHS have published a [new leaflet](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL2hlcnRzdmFsbGV5c2NjZy5uaHMudWsveW91ci1oZWFsdGgtYW5kLXNlcnZpY2VzL2NoaWxkcmVucy1oZWFsdGgvY2hpbGRyZW5zLXdpbnRlci1pbGxuZXNzIn0.2qkAMMv7ea7ivRbuFHz72IX1uhOa7VrE9or5sjU_f-M/s/1064847854/br/96531667210-l) to help them spot common winter illnesses and how they can treat their child at home.It is also important they know where to go for medical advice when they need it and what to do in an emergency.  The NHS understand this can be a little confusing during the coronavirus pandemic. They would like to reassure parents that **the NHS is still providing safe care when they need it**.It can be found [here.](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL2hlcnRzdmFsbGV5c2NjZy5uaHMudWsveW91ci1oZWFsdGgtYW5kLXNlcnZpY2VzL2NoaWxkcmVucy1oZWFsdGgvY2hpbGRyZW5zLXdpbnRlci1pbGxuZXNzIn0.iSIiUwB9HWHMy8mf-S3wZh3_h7VZgLlmtuAeOeo9Pm8/s/1064847854/br/96531667210-l)

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| Every Mind Matters |  | Every Mind MattersBetter mental health helps us at work, at home and in the way we feel about ourselves.Dealing with stress, feeling low, worrying too much or not sleeping as well? There aresimple steps you can take to feel better.Complete the [Mind Plan quiz](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5uaHMudWsvb25leW91L2V2ZXJ5LW1pbmQtbWF0dGVycy8ifQ.nq5ZzfELR8isA19yFOyqC1dqTU6OykUPrEmSVVBBkv4/s/1064847854/br/96531667210-l) to get yourpersonalised and easy to follow NHS action plan. #EveryMindMatters |

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| Inspire All Logo |  | InspireAll updateInspireAll's leisure centres are closed to the public, however you can still access some activities through their new fitness app and digital platform.The NEW InspireAll App now includes a digital membership using the Mywellness platform. With over 100 on-demand classes, live-streamed classes, daily workouts, and outdoor activity tracking, it’s a great way to keep connected and keep active at home. Please also keep an eye on InspireAll’s website [www.inspireall.com](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwOi8vd3d3Lmluc3BpcmVhbGwuY29tLyJ9.P5iKpm6xRD9OKPd2fNxJEjfjiSGbFdKu1gvSil1k-J8/s/1064847854/br/96531667210-l) and The Venue’s, Bushey Grove’s and Furzefield’s Facebook and Instagram pages for news and updates about the borough’s leisure centres and services on offer.In the meantime, you can download the new InspireAll app via the App Store or Google Play to serve as your workout buddy during the current restrictions.InspireAll would like to thank all of their customers for their continued support. |

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| Covid-19 Poster |  | Concerned about coronavirus?Our partners at Herts Valley CCG and North and East Herts CCG have published a useful webpage for anyone concerned about Covid-19.Two Hertfordshire GPs - Dr Prag Moodley and Dr Nicolas Small - have teamed up to provide answers for some common dilemmas facing people in the current pandemic.Among the subjects tackled in their Q&A page are:* how to tell the difference between the symptoms of a cold and Covid-19;
* what to do if you can't get a test;
* what support or help is available if you have symptoms and need to self-isolate.

To read the full Q&A go to the [Healthier Future website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL3d3dy5oZWFsdGhpZXJmdXR1cmUub3JnLnVrL25ld3MvMjAyMC9zZXB0ZW1iZXIvY29uY2VybmVkLWFib3V0LWNvcm9uYXZpcnVzLXlvdXItcXVlc3Rpb25zLWFuc3dlcmVkIn0.6NMExZyWgQSLakgaXOm-UUedmKHllwUMUSCqqhQ5OZk/s/1064847854/br/96531667210-l) or the [Herts Valley CCG](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMTAyMDEuMzQzNjAyMTEiLCJ1cmwiOiJodHRwczovL2hlcnRzdmFsbGV5c2NjZy5uaHMudWsveW91ci1oZWFsdGgtYW5kLXNlcnZpY2VzL3d1aGFuLW5vdmVsLWNvcm9uYXZpcnVzLXdoYXQteW91LW5lZWQta25vdyJ9.CIvugAFGN0b3zii1Xv34ZV9avC-LZTwBRmCh_NmiAAE/s/1064847854/br/96531667210-l) website. |

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