



Welcome to the Healthy Hub newsletter

Welcome to our April Healthy Hub newsletter!

It's packed with lots of advice on a range of health and wellbeing issues including, awareness days, vaccination updates and information on new projects in the borough. 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.



The Healthy Hubs are back open this month!

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 to make a face-to-face appointment or phone in:

Lee Bruce - Lee.Bruce@inspireall.com or 07741 248852

Nicola O'Neill - healthyhub@communities1st.org.uk or 020 8207 5115

Find out more at the [Healthy Hub website](#).











Alternatively, visit our new [Healthy Hub Self Service page](#), where you can access all of the services you need online. If you would like to access FREE health advice fill out our [enquiry form](#) and get advice right away.

A roadmap out of lockdown

As part of the Government's cautious easing out of the national lockdown, a wide range of business and other activities will be allowed to reopen later this month.

From 12 April, all retail, personal care, indoor leisure, libraries and community centres will be allowed to reopen. To find out more, go [here](#).

You can also keep up-to-date with Hertsmere Borough Council's services [here](#).

STEP 1 8 March		29 March	STEP 2 No earlier than 12 April At least 5 weeks after Step 1	
 EDUCATION			 EDUCATION	
8 MARCH			• As previous step	
<ul style="list-style-type: none"> Schools and colleges open for all students Practical Higher Education courses 				
 SOCIAL CONTACT			 SOCIAL CONTACT	
8 MARCH		29 MARCH	• Rule of 6 or two households outdoors	
<ul style="list-style-type: none"> Exercise and recreation outdoors with household or one other person Household only indoors 		<ul style="list-style-type: none"> Rule of 6 or two households outdoors Household only indoors 	• Household only indoors	
 BUSINESS & ACTIVITIES			 BUSINESS & ACTIVITIES	
8 MARCH		29 MARCH	• All retail	
<ul style="list-style-type: none"> Wraparound care, including sport, for all children 		<ul style="list-style-type: none"> Organised outdoor sport (children and adults) Outdoor sport and leisure facilities All outdoor children's activities Outdoor parent & child group (max 15 people, excluding under 5s) 	<ul style="list-style-type: none"> Personal care Libraries & community centres Most outdoor attractions Indoor leisure inc. gyms (individual use only) Self-contained accommodation All children's activities Outdoor hospitality Indoor parent & child groups (max 15 people, excluding under 5s) 	
 TRAVEL			 TRAVEL	
8 MARCH		29 MARCH	• Domestic overnight stays (household only)	
<ul style="list-style-type: none"> Stay at home No holidays 		<ul style="list-style-type: none"> Minimise travel No holidays 	• No international holidays	
 EVENTS			 EVENTS	
<ul style="list-style-type: none"> Funerals (30) Weddings and wakes (6) 			<ul style="list-style-type: none"> Funerals (30) Weddings, wakes, receptions (15) Event pilots 	

Update + Survey: Covid-19 vaccinations in Hertsmere

Anyone can now book their vaccination appointments online if any of the following apply:

- you are aged 50 or over
- you have previously received a letter saying you are at high risk from coronavirus (clinically extremely vulnerable)
- you are an eligible frontline health worker
- you are an eligible frontline social care worker

- you are eligible for Carer's Allowance – find out more about Carer's Allowance on GOV.UK

You can book appointments at a larger vaccination centre or a pharmacy that provides COVID-19 vaccinations.


You do not need to wait to be contacted by the NHS. Please go [here](#) to book your jab today.

In the meantime, please take the time to complete our **short Covid-19 vaccination survey**. It is important to us to be able to understand residents' attitudes to and confidence in the vaccinations being rolled out through our partners in the NHS and voluntary sector.


Your feedback will help us tailor our engagement with communities to ensure we can provide additional support where it is needed.

The survey is applicable for all adults aged 18 and above, regardless if you have had the vaccine or not we would still like to hear from you.


Please fill out the survey [here](#).



COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.



We Move She Moves - Outdoor sessions resume!

As restrictions are gradually eased, we are excited to announce that our outdoor sessions can resume. This includes our Learn to Run programme as well as our Stroller Strength sessions.

To book or for further information visit the websites below.

[Learn to Run](#)

Can't run at all? Get yourself up to 5k in just seven weeks! Designed for total beginners, these sessions will teach the key skills and techniques perfect for those of you who have always wanted to try running but felt you weren't fit enough, fast enough or strong enough.

Potters Bar, Oakmere Park - Every Monday 7:30pm (£30 for the full seven weeks)

[Stroller Strength](#)

Get some fresh air while you get fit! The best part is baby gets the best seat in the house warm and cosy in the pram. Stroller Strength is a one-hour class that intermixes walking, resistance exercises and mummy tummy toning all in one great class. Meet other mums, have fun and get fit.

Bushey, King George Recreation Park - Every Wednesday 10am

Shenley, Shenley Park - Every Thursday 10am

Please note, all other WMSM face-to-face sessions have been suspended until further notice. Some sessions will be re-introduced online in a phased approach, so keep an eye on our [website](#) and Facebook page [@WeMoveSheMoves](#) for updates.

Empower



Empower is a FREE 48 week project which takes place in Borehamwood from next month and aims to improve young people's mental health

Each session is 90 minutes in length and consists of 60 minutes of physical activity, typically in the form of a sport session such as dodgeball, football, basketball, badminton or dance, followed by a 30-minute wellbeing workshop, facilitated by Watford FC Community Sports and Education Trust coaches and a NESSie psychotherapist.

Children must be aged between 9 and 12 years of age to take part. Government restrictions will apply.

If you would like to refer anyone to Empower or find out more information, please email Jodine.Williams@watfordfc.com.

Live Longer Better in Hertfordshire Launch Event

Live Longer Better in Hertfordshire is a movement that puts physical activity at the heart of Covid-19 recovery for older adults.

The virtual launch event will take place on **Wednesday 14 April 2021** starting at **10am** and will provide a platform to unite sectors and partners across Hertfordshire, to learn how to work better collaboratively to improve the health and quality of life of our older population, using physical activity as a vehicle for change.

Programme details are pictured below, and you can register your attendance [here](#).

Live Longer Better. in Hertfordshire

Launch Event

Wednesday 14 April 10.30am

*Putting physical activity at the heart of Covid-19 recovery
for older adults*



Click here to

Join the revolution.

Live Longer Better.

in Hertfordshire



University of
Hertfordshire **UH**



Shape Up is back for Potters Bar!

Shape Up is a 12 week **FREE** weight loss course aimed at men aged 18-65 who have a BMI of 30+. The course will be face-to-face as the lockdown restrictions are eased.

The course, which starts May, takes place at **Cranborne Primary School in Potters Bar** and advises men on simple lifestyle changes they can make to help lose weight in a safe, friendly way. The sessions will take place in the evenings.

If you know of anyone who could benefit from this course then contact Rhys Ratcliffe at rhys.ratcliffe@watfordfc.com now to secure a place.

Shape Up is run by the Watford FC Community Sports and Education Trust. If you would like further information on this programme please visit their [website](http://www.shapeupherts.com).

A promotional graphic for the 'Shape Up' weight loss course. It features a yellow background on the left with logos for Hertfordshire and the Community Sports & Education Trust. A yellow t-shirt with 'SHAPE UP' printed on it is shown. To the right, a man is seen from the back wearing a black t-shirt with the same logo and the text 'What have you got to Lose?'. The text 'Free 12 Week Weight Loss Course' is prominently displayed. Below this, entry criteria and further information are listed. A yellow box says 'Starting May'. At the bottom, the location and sign-up website are provided.

Free 12 Week Weight Loss Course

Entry Criteria
Hertfordshire Resident
Male Aged 18-65
Body Mass Index of 30+

Further Information
Rhys Ratcliffe
01923 496391
rhys.ratcliffe@watfordfc.com

Starting May

Location: Potters Bar – Cranborne School

Sign Up: www.shapeupherts.com



Bowel Cancer Awareness Month

April marks Bowel Cancer Awareness Month.

Every 15 minutes someone is diagnosed with bowel cancer. That's over 42,000 people every year.

Step up for 30 in April is part of Bowel Cancer Awareness Month. It's really simple, just get active every day and ask people to sponsor you. [Sign up today here](#) and help Bowel Cancer UK to save more lives and improve the quality of life of everyone affected by bowel cancer.

Remember Together - As part of Bowel Cancer Awareness Month, you can light a candle and remember someone you know who lost their lives to bowel cancer. A live stream remembrance ceremony will be taking place via Zoom on Sunday 11 April from 5 to 5.30pm. Organisers have asked for £5 donation to join in the ceremony. To join this event [click here](#).

To get involved or to find out more about bowel cancer, visit this [website](#).



Could you be a Covid Information Champion?

Volunteers are needed to act as Covid Information Champions and help keep their communities safe.

Community Help Herts, a partnership of voluntary sector organisations, are seeking people to become Covid Information Champions to share reliable, accurate information about Covid-19, support people to make informed choices and ultimately help reduce infection rates and keep people safe.

Communities 1st are working on this initiative, in partnership with the other members of Community Help Herts and Herts County Council.

If this is something you would like to support, or if you would like to know more, please email christine.halpin@communities1st.org.uk

For further information please go to [Community Help Herts page](#).

InspireAll Update

The Venue, Bushey Grove and Furzefield centres will all be reopening from 12 April, in line with the Government's roadmap out of lockdown.

Check out important dates for activities below or for more information, visit the InspireAll [website](#).

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. This can be downloaded via the Apple app store or Google play.

Please also keep an eye on InspireAll's [website](#) 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. All measures are subject to change and government updates.



Important dates*

For more information relating to each activity please visit: inspireall.com/centre-re-opening

	 gym	 classes	 swimming	 swimming lessons	 under 18s sports	 indoor sports	 outdoor sports	 sauna, steam spas
from 12 April	✓	available digitally	✓ lane swim only	✓ children's only	✓ Junior Courses	✓ same household	✓ same household	
from 17 May	✓	✓ socially distanced	✓	✓	✓ Junior Courses	✓ same household	✓ no contact activity	✓
from 21 June	✓	✓	✓	✓	✓	✓	✓	✓

*Activity restrictions correct at time of writing. All activities are subject to availability and changes to government guidelines.



Sport England Return to Play Grants

Outdoor sport is back, allowing many people to [#ReturnToPlay](#). Get the latest information and guidance for outdoor sport [here](#).

Watch Sport England's latest Return to Play promotional video [here](#), Sport's Back. It may look different, but the feelings are the same.

Clubs 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.

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](#).



HAPpy Activity Programme Finder

If you have children aged five to 16 who receive **benefits-related free school meals** and are looking for something to do during Easter, then head over to the [HAPpy Holiday Activity Finder](#) right now, to search through an array of free, countywide activities.

There are almost 2000 free places on activities each day throughout Hertfordshire!

Can't find anything you fancy? Then there are also ideas on how to keep active at home with the [online activity offer](#).

For more information please email HAF@herts.ac.uk or go [here](#).



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