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| News for you - orange**Health and Wellbeing Newsletter August 2020** |
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| sunflower |  | **Welcome**Welcome to our monthly health and wellbeing newsletter.This edition is packed with ways to keep active, mental health support, national campaigns and more of our favourite health and wellbeing advice and tips.As facilities begin to open, there are more and more opportunities available to improve health and wellbeing and take part in physical activities. Whatever your circumstances we hope you will find this edition useful. |

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| WMSM Logo |  | **We Move She Moves Update**We are currently reviewing new ways to resume the WMSM classes over the next few weeks. Follow our Facebook page [@WeMoveSheMoves](https://www.facebook.com/wemoveshemoves/?ref=bookmarks) to get regular updates and tips to stay active at home.With restrictions easing, it's a great time to take those home workouts out into the open. Exercising outside has been proven to improve blood pressure, decrease risk of cancer and even improve short term memory! [This Girl Can](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA4MDEuMjUxNjMxNTEiLCJ1cmwiOiJodHRwczovL3d3dy5mYWNlYm9vay5jb20vVGhpc0dpcmxDYW5VSy8_X190bl9fPUstUiZfX3h0c19fJTVCMCU1RD02OC5BUkFBdkJJbkMyR1BCa3k2Y1ZlclQ4TUp4SkE2aElLVUN5TEx5Tm9OV3BwMDlfTEJPbTRrbnJha3E3aEFBUXRKUFQ5WkI2U0RQNlAtNmhtdHF1eW5Ud1FxZjhfbzFLdHVuN1h6WEZ1Z2xkTS1TVmFnOHB4MXJEZU5LOEVKVVRreVFGTjRGbHVQZEl0clFyTmJWdGpEWDJyLWwxX1Q3SXdvdHpJLTVGXzFKVXJsVWY3Y0FPMXVsZDFmVUZHVnVfRkt5YVR4c05ucmZLV2JtbHk2T193MXV0SmNraGJ3emxvQkJxZThaZUEzWkt6YW9yYm43bk1qM3dYdHFnVkV5S1AyaC1DTjJUSWFZdVJOb2Z4NWRQQlRKT3c2TFN1d1lxc3ZrbHlDcU1WSVlBcVRMeG9fNFllRHdWQUc2RFFVeXA5NndXSHY5UnZXQ0NYUnQ1cWlhZHNXRTlJejYxdDFvUEtXYW14aHhPbnU4WXdDRVdKbWc2N3RidyZlaWQ9QVJEeW05aE5pcjhTbzJPaWtwZURBN3hQUjlnbXRUNTB0Wkc5THBscGlBNDl3RVM3Q0c4dWdjTUI5clR5R05HOW5HeGJ0Tm5FMzJQU3RpbDMmZnJlZj1tZW50aW9ucyZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkifQ.dTKckTyoutICOURHrJlGdXFOcBZpl5FjNPebs2IfIuI/s/1064850114/br/81790083226-l) share with us their top tips on making your [activity alfresco here](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA4MDEuMjUxNjMxNTEiLCJ1cmwiOiJodHRwczovL3d3dy50aGlzZ2lybGNhbi5jby51ay9hY3Rpdml0aWVzL3Bhcmstd29ya291dHMvP3V0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.SL6XQ2-iJaYwjdHDothKwDaIRwK1wvM91HZ43KFA5G0/s/1064850114/br/81790083226-l).We have created a quick survey to gauge the feelings and thoughts of our residents about returning to our sessions. If you could complete this short [survey](https://www.surveymonkey.com/r/HZ939Z6?fbclid=IwAR3Edk_-0DwMzpB5mF7WY01viqSelSsHW_oFtYscLMuxxf-v7S3lOQ3pVq4) it would be much appreciated.Thank you as always,The We Move She Moves Team x |

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| Nicola HH |  | **The Healthy hub is here to support you post lockdown!**Our Healthy Hub continues to operate at The Community Shop. Contact Nicola, our healthy hub advocate, for more information.**Nicola O'Neill** - healthyhub@communities1st.org.uk or 020 3940 4865Services include:* Staying mentally well
* Getting food or medication
* Staying socially connected
* Staying physically active
* Eating healthily
* Accessing alcohol and drug support

Alternatively, visit our [website](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4NjA3NDEiLCJ1cmwiOiJodHRwczovL3d3dy5oZXJ0c21lcmUuZ292LnVrL0hlYWx0aC0tV2VsbGJlaW5nL0hlYWx0aHktSHVicy5hc3B4In0.nVBfNt9T7ncexylGmas8O-qkuBkFUV1-dufmfYKdubM/br/76209748014-l) for further details. |

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| Mental Health |  | **Mental Health Support**We know that now more than ever you need to keep an eye on your mental health.With lockdown restrictions beginning to lift, some people may be feeling anxious about whether they will be able to readjust back to 'normality'. You don't have to brave it alone if you're feeling overwhelmed. Why not take part in this [short quiz](https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/) from Every Mind Matters to get top tips and advice for you. Pass this on to anyone you feel might benefit.Below are links to mental health organisations in Hertfordshire that can support you. They all have lots of tips to help look after your mental health during this difficult period or are there if you need someone to talk to.* [Herts Mind Network](https://www.hertsmindnetwork.org/)
* [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/)
* [Samaritans](https://www.samaritans.org/)
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| Logo |  | **InspireAll Update**Finally our leisure centres are back open! There are a few changes in place, but InspireAll is pleased to be able to invite you back to gym, swim and fitness classes. Be sure to book before you visit.Watch this [video](https://www.inspireall.com/centre-re-opening/)  which highlights what to expect when returning to your local centre.To stay up to date with InspireAll follow them on their social media channels or visit their [website](https://www.inspireall.com/).Facebook/Instagram channels: [@FurzefieldCentre](https://www.facebook.com/Furzefield/)[@TheVenueBorehamwood](https://www.facebook.com/TheVenueBorehamwood/)[@BusheyGrove](https://www.facebook.com/BusheyGrove/) |

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| HAFLS |  | **Hertfordshire Adult and Family Learning Service**Hertfordshire Adult and Family Learning Service (HAFLS) is running a range of online courses from September. A poster for the Functional Skills English and maths assessments is pictured left, along with the link to book a place at one of their assessment centres below:[HAFLS FS Assessments](https://www.hertfordshire.gov.uk/microsites/adult-learning/find-a-course/event-booking?service=eventHAFLS&category=727eaa59-6bcb-4497-be53-8fd540341f67&pageIndex=0)If you wish to see what other courses HAFLS are running visit [here](https://hafls.hertfordshire.gov.uk/). |

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| Reminiscence Group |  | **Active Memories**Active Memories is a new project which aims to tackle social isolation and physical inactivity in individuals living with mild to moderate dementia as well as their carers.Active Memories is specifically designed to target people living within Herts Sports Partnership ‘[Active Local](https://sportinherts.org.uk/sport-for-social-change/activelocal/)’ areas.Due to COVID-19 the project pilot is currently delivered online via Facebook Groups. [Click here](https://www.facebook.com/groups/563980750966711/) to join the Active Memories group in Cowley Hill, Borehamwood use the link below:For further information contact Herts Sports Partnership.

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| Bike |  | **£50 voucher to get your bike fixed!**Unused bicycle in need of a repair?The government are giving £50 vouchers towards the cost of a service and repair for up to two cycles per household. The first batch of vouchers have been allocated, but more will be available soon.  Keep updated [here](https://fixyourbikevoucherscheme.est.org.uk/?utm_campaign=Asset%20Bank&utm_medium=email&_hsmi=92580167&_hsenc=p2ANqtz-9QqJylx58oVm9OLhwKUUnFA6ctFvDa2zuI5X7ZpzVJJtSgCaYqByzsElAK4B80Oby06ALhcqVTHe2I_o26RX16O8pV0MmawFnvdg1UwFewXJKE0qw&utm_content=92580167&utm_source=hs_email) for the next batch of vouchers, but be quick so that you do not miss out! |

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| Beezee Bodies Logo |  | **Beezee Bodies**Beezee Bodies provides healthy lifestyle resources and content that are ready to use. They help people form habits towards a healthier, happier lifestyle with weight management, fitness, nutrition advice and lots of other top tips and handy strategies.Whether you’re a man, woman or child; a new mum or just expecting; a family unit or an individual; they’ve got you covered with a range of weight management programmes.To find out more visit their website [here](https://beezeebodies.com/healthy-resources-for-public-health-teams/?utm_source=Email&utm_medium=promail&utm_campaign=Herts%20Email%204%20August). |

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| Better Health  |  | **Better Health**Download the free NHS weight loss plan to help you start healthier eating habits, be more active and start losing weight.The plan is broken down into 12 weeks so you can:* set weight loss goals
* use the BMI calculator to customise your plan
* plan your meals
* make healthier food choices
* get more active and burn more calories
* record your activity and progress

Don’t worry, the app makes it easy for you - just take it one week at a time. Let’s make "one day" today!To find out more visit [here](https://www.nhs.uk/better-health/?utm_campaign=Asset%20Bank&utm_medium=email&_hsmi=92580167&_hsenc=p2ANqtz--D0mScEVP9UypZlWKZ_RqvAL-0HtQJRWMR34nJlSOBK6U8llPFTo0Q3pmh-TEkkR3VHSQwzqmXfoHYqX2gK92OYoP0U3gzPQpvo_BVQSCr3gCQHc0&utm_content=92580167&utm_source=hs_email). |

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| HSP |  | **Herts Sports Partnership Lockdown Awards 2020**There have been some fantastic and creative ways of staying active, engaging club members, and keeping the love of sport shining during lockdown and Herts Sports Partnership want to celebrate it.Have you been:* Zooming your way through club sessions?
* Kicking, throwing, or hitting a loo roll?
* Playing virtual Olympics with the family?
* Or just finding all sorts of ways to keep your training up?

The five categories for the Lockdown Awards are:* Best Lockdown Coach
* Best 'Active Lockdown' Photograph
* Best 'Active Lockdown' Video
* Most Inspiring Club
* Best Use of Lockdown

For the first time the voting will be down to the general public, so you’ll need to get your club, families and friends all on board to vote. **Nominations close on Friday 21st August 2020.**For more information and to nominate, [click here!](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA4MDEuMjUxNjMxNTEiLCJ1cmwiOiJodHRwczovL3Nwb3J0aW5oZXJ0cy5vcmcudWsvaHNwLWxvY2tkb3duLWF3YXJkcy8_dXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5In0.oS0zrB24Rp63ZNkU8wmHYvrLZtrhU5ToG5Snvv859ok/s/1064850114/br/81790083226-l) |

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| HYOC |  | **Hertfordshire Year of Culture**Not sure what to get up to this weekend? Download the brand new shiny HYOC2020 Activity Pack!HYOC have teamed up with some of Hertfordshire’s creatives to create the activity pack! From craft activities to tasks that get you talking - it’s jam-packed with fun and creative activities that can be done at home or in a care setting and is for everyone, from young children to parents and families to older people.You can download it for FREE [here!](https://www.creativehertfordshire.com/networks/creative-hertfordshire/documents/hyoc2020-activity-pack.pdf?fbclid=IwAR0eb3vgCQFrarwEWORNaLCcK8_sf9BJeiIJBS8OAa_Kv2FNTwJZyJt0y80)**Get your #HertsPride celebrations started with a bang(er)!**Hertfordshire Year of Culture understands that music is a big part of LGBTQ+ culture. It reaches out to people whose sexuality might leave them feeling isolated from their own families or communities and helps them feel a part of something much bigger.  To help us stay connected this #HertsPride, they’ve put together a playlist of some of our top Pride songs. What songs would you have on your Pride playlist? Let us know via our socials or send us an email on hyoc2020@hertsmere.gov.uk.  Don’t forget to check out the current playlist on Spotify to listen to at [https://spoti.fi/2CwMyBe](https://hertsmere.us20.list-manage.com/track/click?u=28e9713a390344e45e49b6413&id=3a5b02e748&e=4b3f908e4c)!   |

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| Play your part |  | **Stay Safe Hertfordshire - Play your part**Organisations across Hertfordshire are appealing to the public to play their part in preventing outbreaks of coronavirus in the county.As part of a countywide ‘Stay Safe Hertfordshire: Play Your Part’ campaign, residents are being reminded that the most important things you can do to help reduce the spread of coronavirus are to:* Wash your hands as often as possible, for 20 seconds with warm water and soap
* Keep your distance from others, particularly in indoor spaces
* Wear a face covering in the places you are required to and when it is difficult to stay socially distanced ([more information on when to wear a face covering here](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA4MDEuMjUxNjMxNTEiLCJ1cmwiOiJodHRwczovL3d3dy5nb3YudWsvZ292ZXJubWVudC9wdWJsaWNhdGlvbnMvZmFjZS1jb3ZlcmluZ3Mtd2hlbi10by13ZWFyLW9uZS1hbmQtaG93LXRvLW1ha2UteW91ci1vd24vZmFjZS1jb3ZlcmluZ3Mtd2hlbi10by13ZWFyLW9uZS1hbmQtaG93LXRvLW1ha2UteW91ci1vd24_ZmJjbGlkPUl3QVIxQW04ZnNabGZNXzNvSmZaY2VWaVlzejJOeUZhTjBwRmJDV3M3MDF5NFVRZ3czMU9Sd2pQejlZM3cmdXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPWdvdmRlbGl2ZXJ5I3doZW4tdG8td2Vhci1hLWZhY2UtY292ZXJpbmcifQ.00GrSmr8ltuAyhgGwR7TuemlML2bccLX19NiQ5FLgTQ/s/1064850114/br/81790083226-l))
* Self-isolate and [book a test](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDA4MDEuMjUxNjMxNTEiLCJ1cmwiOiJodHRwczovL3d3dy5uaHMudWsvY29uZGl0aW9ucy9jb3JvbmF2aXJ1cy1jb3ZpZC0xOS90ZXN0aW5nLWFuZC10cmFjaW5nL2dldC1hLXRlc3QtdG8tY2hlY2staWYteW91LWhhdmUtY29yb25hdmlydXMvP3V0bV9tZWRpdW09ZW1haWwmdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSJ9.u3x-6yb6pTBpdu18EZBlLskQSw1B86xPTUPkXIjwydU/s/1064850114/br/81790083226-l) immediately if you get symptoms

Thank you for all your efforts to help control coronavirus in Hertfordshire so far, but we're not through this yet. Let's continue to work together to protect our communities.**#StaySafeHertfordshire #PlayYourPart**For service updates and council news during the pandemic go to Hertsmere Borough Council’s website [www.hertsmere.gov.uk/coronavirus](http://www.hertsmere.gov.uk/coronavirus) |

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| **Working with you, for you, improving our communities, our places.****Contact us** [www.hertsmere.gov.uk](http://www.hertsmere.gov.uk/) customer.services@hertsmere.gov.uk 020 8207 2277 Civic Offices, Elstree Way, Borehamwood, WD6 1WA |

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