

Have you visited your local Healthy Hub?



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:

- Get food or medication
- Stay socially connected

☐ Access alcohol and drug support

Contact Lee or Nicola now to make a face-to-face appointment or phone in:

Lee Bruce - <u>Lee.Bruce@inspireall.com</u> or 07741 248852

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

Find out more at the <u>Healthy Hub website</u>.

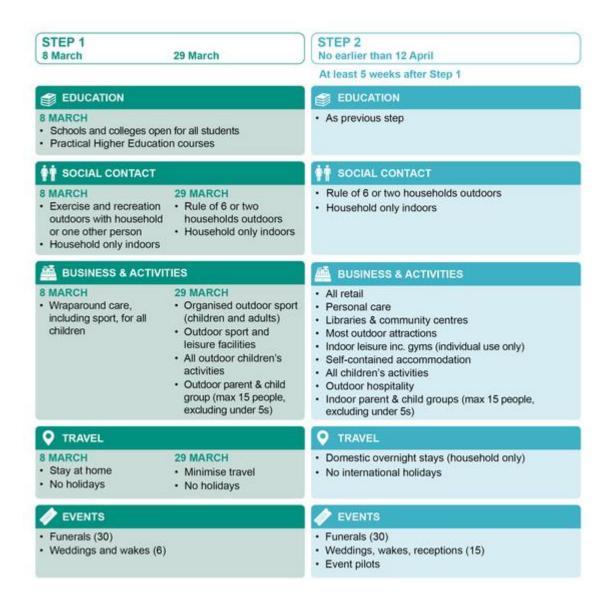
Alternatively, visit our new <u>Healthy Hub Self Service</u> page, where you can access all of the services you need online. If you would like to access FREE health advice fill out our <u>enquiry form</u> and get advice right away.

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.



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.



We Move, She Moves

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 <u>here</u>.

Live Longer Better.

Hertfordshire

Launch Event

Wednesday 14 April 10.30am

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



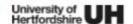
Click here to

Join the revolution.















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 <u>website</u>.





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. <u>Sign up today here</u> 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 <u>website</u>.

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 <u>website</u> 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.







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 <u>here</u>, 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 <u>HAPpy Holiday Activity Finder</u> 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 <u>online</u> activity offer.

For more information please email <u>HAF@herts.ac.uk</u> or go <u>here</u>.



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