

Herts Healthy Homes - Spring/Summer campaign



Getting Active

The focus of Herts Healthy Homes will change in April to promote getting active in the community with links to Countryside Management Service health walks and other local activities. Due to offerings of alternative exercise activities varying across differing districts and boroughs these will need to be managed via Herts Help as the central resource of information. However, suggestions regarding opportunities may include:

- [CMS Health Walks](#)
- Get Outdoors, Get Active – currently delivered by Groundwork in Broxbourne
- [Active Together](#)

In order to encourage residents to become more active we will also distribute branded [Pedometers](#) to residents along with recommendations regarding the number of steps that they should aim to reach per day. This can link to the NHS 10,000 step challenge and [Walk for Life](#).



Keeping cool and hydrated

As well as keeping active, Groundwork officers will provide additional advice on keeping cool as the temperature increases. This will include advice on increasing ventilation in the home during cooler times of the day and using curtains to increase shading during hot spells.

There is the option to provide a battery operated water spray fan (as pictured on right) to residents to help keep cool.



Dehydration is a known contributing factor to falls in older people due to increased dizziness and fainting. Therefore the provision of water jugs has been arranged and can be supplied by Hertfordshire Independent Living Service.

Water Savings

Following a pilot programme delivered with Affinity Water and HCC, Groundwork is able to offer the supply and installation of water saving devices during summer visits which will include:

- Tap aerator inserts
- Eco-shower head
- Shower flow regulators
- Save-a-flush bags
- Shower timers to encourage shorter shower times of 4 minutes
- Bath buoys
- Leaky loo strips – used to check if toilet overflows are leaking which can be hard to detect with coupled systems
- Trigger guns for garden hose.



Groundwork has a limited supply of these items left over from the pilot programme to distribute on home visits.

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Green Aiders

Groundwork currently delivers its Green Aiders service in:

- **Dacorum** and **Broxbourne** funded by HCC Community Wellbeing
- **St. Albans, North Hertfordshire, Hertsmere** and **Three Rivers** funded by HHH Local Initiatives grant
- **Welwyn Hatfield** funded by Hertfordshire Community Foundation and Welwyn Hatfield Community Housing Trust
- **Stevenage** funded by the Police and Crime Commissioner's Community Fund
- **Watford** funded by Watford Borough Council.

The Green Aiders service provides a one-off, 2-3 hours garden clearance service to help elderly and vulnerable people who have lost control of their garden. The service not only reduces the risk of trips and falls in the garden but also helps to improve the mental well-being of the resident and reduces the risk of doorstep crime.

The service is delivered with teams of local volunteers recruited by Groundwork providing meaningful volunteering opportunities for local residents.

Green Aiders helps to generate referrals for HHH (and vice versa) because the client group for both services is elderly and vulnerable people.



Existing service support

Groundwork will continue to deliver home energy advice to clients and will carry out draught proofing installations as required and provide carbon monoxide alarms.

Referrals to other existing HHH services will also continue, with Hertfordshire Community Foundation emergency grants being considered on a case by case basis.