



Have you visited your local Healthy Hub?

Free information, advice and support to help you stay healthy and well



Welcome to the Healthy Hub newsletter

Welcome to our May 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!

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.

Check out our new [Mental Health Advice video here](#).

A roadmap out of lockdown

As part of the Government's cautious easing out of the national lockdown, indoor hospitality, including pubs and restaurants, will be allowed to reopen later this month.

From 17 May, all indoor hospitality, entertainment and attractions, and organised indoor sport for adults will be allowed to reopen. In addition, the rules around social contact will be easing. Up to 30 people will be allowed to meet outdoors, while two households or up to six people may be allowed to meet indoors.

All easing of the restrictions are subject to review. To find out more, go [here](#).

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

STEP 3 No earlier than 17 May	STEP 4 No earlier than 21 June
At least 5 weeks after Step 2	At least 5 weeks after Step 3 All subject to review
EDUCATION <ul style="list-style-type: none"> As previous step 	EDUCATION <ul style="list-style-type: none"> As previous step
SOCIAL CONTACT <ul style="list-style-type: none"> Maximum 30 people outdoors Rule of 6 or two households indoors (subject to review) 	SOCIAL CONTACT <ul style="list-style-type: none"> No legal limit
BUSINESS & ACTIVITIES <ul style="list-style-type: none"> Indoor hospitality Indoor entertainment and attractions Organised indoor sport (adult) Remaining accommodation Remaining outdoor entertainment (including performances) 	BUSINESS & ACTIVITIES <ul style="list-style-type: none"> Remaining businesses, including nightclubs
TRAVEL <ul style="list-style-type: none"> Domestic overnight stays International travel (subject to review) 	TRAVEL <ul style="list-style-type: none"> Domestic overnight stays International travel
EVENTS <ul style="list-style-type: none"> Most significant life events (30) Indoor events: 1,000 or 50% (plus pilots) Outdoor seated events: 10,000 or 25% (plus pilots) Outdoor other events: 4,000 or 50% (plus pilots) 	EVENTS <ul style="list-style-type: none"> No legal limit on life events Larger events

Update Covid-19 vaccinations in Hertsmere

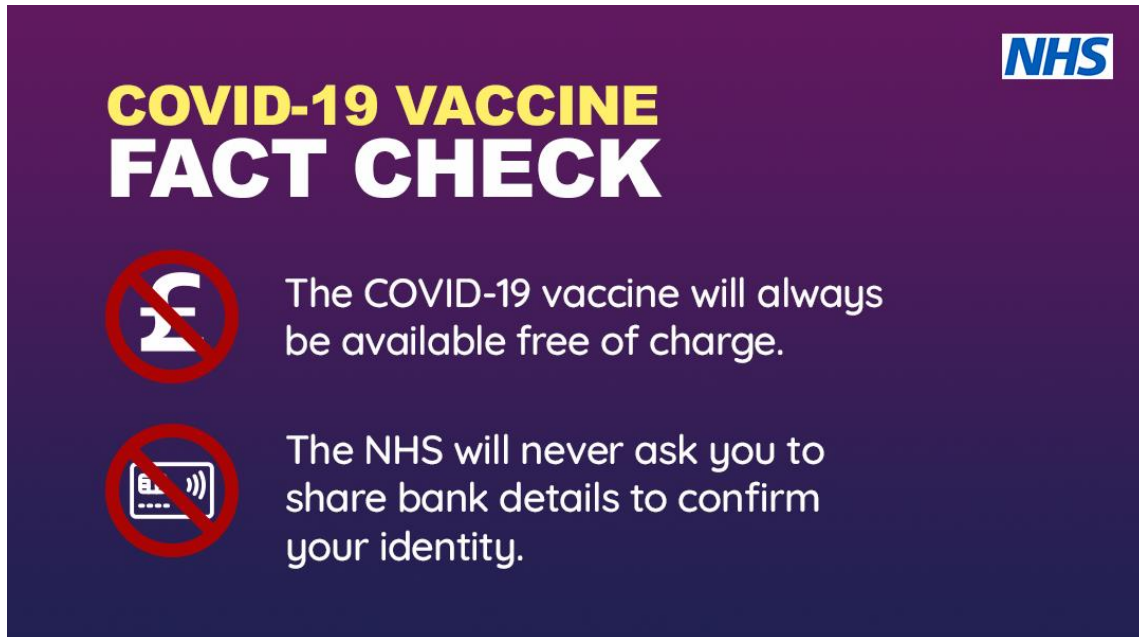
Anyone can now book their vaccination appointments online if any of the following apply:

- you are aged 40 or over; or you will turn 40 before 1 July 2021.
- 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.



The graphic is a purple rectangular box with the NHS logo in the top right corner. The title 'COVID-19 VACCINE FACT CHECK' is written in large, bold, yellow and white letters. Below the title are two items, each with a red prohibition sign (a circle with a diagonal line) over an icon. The first item shows a pound symbol (£) and states 'The COVID-19 vaccine will always be available free of charge.' The second item shows a smartphone with a signal icon and states 'The NHS will never ask you to share bank details to confirm your identity.'

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. Further classes will be restarted as we enter the next phase of lockdown.

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.

The next course will begin in June, further details to be announced soon.

[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

[Aqua Zumba](#)

From 17 May Aqua Zumba will be able to restart at the Furzefield Centre and The Venue, keep an eye on our website and Facebook page for updates on this and how to book.

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.



Meet David!

We would like to welcome David Golding to our team.

David is our new Community Engagement Officer and he will be looking to support groups and organisations in the Cowley Hill area of Borehamwood as we move out of lockdown and the vaccination programme continues to move forward at pace.

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

Your feedback will help David tailor his engagement with communities to ensure he 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.

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

To contact David, email him [here](#).

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 on 18 May and takes place at **Cranborne Primary School in Potters Bar**, 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](#).

A promotional graphic for the 'Shape Up' weight loss course. It features a yellow background on the left with a white t-shirt graphic in the center. The t-shirt has 'SHAPE UP' printed on the front and 'What have you got to Lose?' on the back. The background on the right shows a man in a black t-shirt with the same 'What have you got to Lose?' text, standing on a grassy field. The graphic includes logos for Watford FC and the Community Sports & Education Trust. Text on the graphic includes 'Free 12 Week Weight Loss Course', 'Starting May', 'Entry Criteria', 'Further Information', 'Location: Potters Bar – Cranborne School', and 'Sign Up: www.shapeupherts.com'.

Free 12 Week Weight Loss Course

Starting May

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

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

Location: Potters Bar – Cranborne School

Sign Up: www.shapeupherts.com

Mental Health Awareness Week

Mental Health Awareness Week runs from Monday 10 May until Sunday 16 May.

This year, the Mental Health Foundation want people to notice nature and make a habit of connecting to nature every day.

Stop to listen to birdsong, smell the freshly cut grass, take care of a house plant, notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.

Hertfordshire, Mid Essex and West Essex IAPT Services will be running a free programme of online activities and webinars during Mental Health Awareness Week, including 'How to cope with stress' on Wednesday 12 May (11am) and 'Relaxation and nature' on Friday 14 May (1pm). See details below.

[For more information and to register for the live webinars, please go here.](#)

Share images or videos of nature and how it made you feel on social media using #ConnectWithNature and #MentalHealthAwarenessWeek

[Read more about Mental Health Awareness Week here.](#)

Mental Health Awareness Week

10th - 16th May 2021

Spending time in nature can be great for your mental health. This year's Mental Health Awareness Week will be focusing on nature. Find out how you can get involved with our week of free activities!

Monday - Mindfulness Nature Walk (self-help video)

Watch our free self-help video and learn more about mindful walks in nature. In this video, we will provide you with useful tips to focus your attention on the natural beauty of the season and to make the most of your here-and-now experience.

Tuesday - Mindfulness: dealing with negative thoughts webinar (10:00am)

Mindfulness helps us to relate to our thoughts and emotions in a new way which can lead to a life lived in the present. This webinar will explore the Mountain Meditation where you will imagine the most beautiful mountain. Sign up for free here: www.hpft-iapt.nhs.uk

Wednesday - How to cope with stress webinar (11:00am)

Stress can't always be prevented, but there are lots of things you can do to manage stress better. During this webinar we will explore how to spot the signs of stress and the long term effect it has on our bodies and minds. Sign up for free here: www.hpft-iapt.nhs.uk

Thursday - Nature and Wellbeing (self-help video)

This self-help video will teach you how nature can help you feel better. You will also find out why being outdoors can positively impact mood and general wellbeing, as well as tips to turn your time outside the house into a self-care ritual.

Friday - Relaxation and nature webinar (1:00pm)

Join us from your garden as we guide you through a range of practical exercises intended to support a calm, peaceful frame of mind. This webinar explores the benefits of relaxation and the importance of connecting to nature. Sign up for free here: www.hpft-iapt.nhs.uk

Join us daily for a mindfulness walk!

Throughout the week we are encouraging local residents and colleagues to get outside in the great outdoors and practice mindfulness to help improve wellbeing. Don't forget to join in online by tagging us and using the hashtags #connectwithnature and #IAPTMindfulness

For more information about Mindfulness Nature Walk watch our free self-help video.

Visit our website for more information about our NHS IAPT service: www.hpft-iapt.nhs.uk



Self Kindness Checklist

In line with Mental Health Awareness Week, we have created a Self Kindness checklist for you to use everyday to help boost your health and wellbeing.

Save this checklist as your desktop or phone home screen image or print it out and put it on your fridge!

The graphic is a light blue rectangular poster. At the top left is the 'Healthy hub Hertsmere' logo. At the top right is the slogan 'We Move, She Moves' with a small figure icon. The main title 'Self Kindness Daily Checklist' is centered at the top. Below the title is the instruction: 'Use this checklist everyday this month to help boost your health and wellbeing!'. The checklist consists of ten items arranged in two rows of five. Each item has a simple line-art icon above a question. The first row items are: a glass of water ('Have I drank enough water today?'), two people dancing ('Have I got up and moved my body?'), a smartphone ('How long have I spent on my phone?'), a person in a meditative pose ('Have I taken a moment to pause and breathe?'), and a bed with 'Z's above it ('Did I get enough sleep last night?'). The second row items are: a laughing face ('Have I laughed out loud today?'), a plate of food with a fork and spoon ('Have I eaten 3 good meals today?'), a hand holding a heart ('Have I done something to make someone else feel good?'), and a house with a tree and sun ('Have I been outside today?'). At the bottom, there are two website URLs: 'www.healthyhubs.org' and 'www.wemoveshemoves.me.uk', along with a small logo on the right.



Hertfordshire Health Walks are back!

May is National Walking Month and in line with this and the government's roadmap, Hertfordshire Health Walks is back.

Hertfordshire Health Walks is a county-wide initiative of free, guided walks aiming to encourage people of all ages and abilities to get outdoors, get more active and enjoy their local surroundings.

The team is currently making plans to launch a phased return of Covid-19 Safe Health Walks across the county, with limited numbers allowing for additional health and safety precautions.

Walking has a whole host of different health benefits, so why not make it part of your daily routine.

- **Walking is good for your heart**
- **Walking helps you lose weight**
- **You can lower your risk of dementia**
- **Walking gives you energy**
- **It's a full body workout**
- **Increase your Vitamin D intake**
- **Walking makes you happy**

For more on Hertfordshire Health Walks, visit [here](#).

To find out more about National Walking Month or share your experiences, follow the hashtag #WalkthisMay.



HAPpy Programme applications now open!

The summer holidays are looking brighter for disadvantaged children and young people in Hertfordshire thanks to an exciting project.

Following the success of the Easter HAPpy: Hertfordshire's Holiday Activity Programme, Hertfordshire County Council, the Herts Sports Partnership and Hertfordshire Community Foundation will once again join forces to deliver healthy food alongside sport and physical activity.

The programme is open to **children and young people aged 5 to 16 who are in receipt of benefits-related free school meals** and aims to tackle the triple inequalities of holiday hunger, physical inactivity and social isolation

In Hertfordshire, **the HAPpy project will look to offer 5000 free activity places each day, for a four-week period from July**. Grant applications for summer delivery are open now, and **close on Friday 14 May**.

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

Princes Trust Programme starting in May

16-25 years old? Are YOU ready for an exciting new challenge to start on 17th May 2021?

- Are you unemployed and not in education but ready to uncover your hidden talents and mix with new people?
 - Do you want to improve your communication skills?
 - Have you ever wanted to gain good teamwork skills and boost your confidence?
 - Do you need help with CV writing and interview skills?
 - Are you ready to gain work experience?
 - How about stepping out and gaining a qualification?
- YES? Come and join the Prince's Trust Team programme for 12 weeks and you can get all of this for FREE!**

For more information or to register your interest, scan the QR code and complete our online form . email hfrs.youth@hertfordshire.gov.uk or find us on social media:



@HFRSYouth



Princes Trust Team Programme Hertfordshire



**START
SOMETHING**

West Herts
College



InspireAll Update

The Venue, Bushey Grove and Furzefield centres have reopened, 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.



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